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NOTE FROM THE EDITOR

I have been so saddened lately by the way I see people treating others. Whether it be on social media (which is the worst), on the school playground, at the office, or even amongst those you call friends, many have forgotten how to treat one another.

I remember being taught, "Do to others as you would have others do to you." (Luke 6:31) My son says, "But mom, he was mean to me. He said bad things about me." I remind my son that the Golden Rule does not say to treat others how they treat you, it is the other way around- treat them how you WANT to be treated. What a wonderful world this really would be if everyone applied the Golden Rule to their life, and taught it to their children.

Love starts at home, and this month we have many articles to help you show love to yourself by taking care of your health, to your spouse by pampering them a little bit, and our kids by working on our communication skills.

This month also kicks off our annual Camp Directory. Make sure you check it out and start making plans. Spring Break is almost here and summer isn't far behind! February also marks Dental Health month. Keep those smiles shining by starting early with good habits.

Wishing love and peace for all of you this month and always.

Kim Carlisle, Editor

COVER CUTIE

This sweet cover cutie is 19 month old Clara. She loves to jump and play with any kind of ball she can find. Her favorite foods include peas and cheese. Her favorite television show is the Mickey Mouse Clubhouse.

Her parents play softball, and Mom coaches volleyball, so you will often find Clara running the bases at the field or working on her volleyball skills. She is a social girl who likes to dance, enjoys meeting people and playing with her dog, Laney-bug. She definitely loves life and lives it to the fullest.

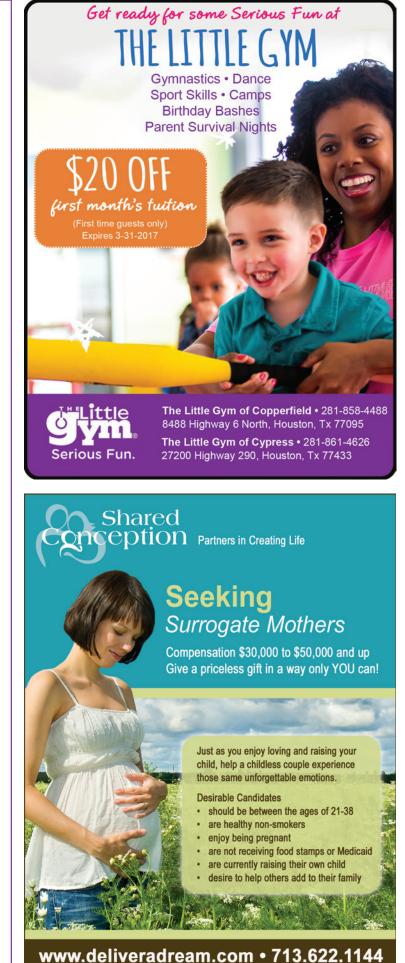
Parents Ryan and Shannon are very proud of their Cutie Patootie!



Cover Photo By: Jennifer Stoehr Photography info@jenniferstoehrphotography.com



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SHOW YOURSELF A LITTLE LOVE: It's Heart Healthy!

by Christa Melnyk Hines

s the chief director of your family's universe, you're the pulse-point of the home. But if that means you're struggling under the mantle of an unforgiving schedule, now is the time to re-evaluate. Your health depends on it. Just ask Nefertari Williams.

When nine-months pregnant with her fifth child, Williams suffered a lifethreatening heart attack that forced her to reassess her chaotic lifestyle.

Like many moms, 34-year-old Williams's daily routine included getting her children ready for school before heading to her full-time job working with cognitively and physically disabled preschoolers.

After slogging through a 45-minute commute home from work, she quickly made dinner, helped her children with homework and then taxied them to dance, karate, swimming and singing practices.

"I made sure my children were not only involved in many activities-they had to be the best," says Williams, who was also a stage mom to her oldest daughter, a talented singer.

In addition, she sold cosmetics and her handmade jewelry. Squeezed into her schedule were visits to the nursing home to see her mother, who had suffered a massive stroke. Her husband, who worked nights, managed the family's laundry.

Williams blames her exhausting schedule for contributing to her heart attack, which was caused by a spontaneous coronary artery dissection (SCAD).

According to the American Heart Association, SCAD typically affects young women who are otherwise healthy. Thirty percent of the time, the condition, which is a spontaneous tearing in the coronary artery wall, occurs among women who have recently had a child. SCAD does not have any warning signs, making it hard to diagnose prior to a heart attack.

Although doctors aren't sure why SCAD occurs, Williams says, "after reaching out to other SCAD survivors, we had one thing in commonhyperactive lifestyles."

Overcommitment health risks.

"Wanting to please, wanting to be everything to everybody, women just keep extending themselves, until their minds and bodies cannot cope," says Rosalie Moscoe, RHN, RNCP, and author of Frazzled Hurried Woman! Your Stress Relief Guide to Thriving.

Besides heart disease, chronic stress can lengthen the recovery time from illness and fuel other long-term health problems, like obesity, irritable bowel syndrome, high blood pressure, insomnia, headaches, depression and even infertility.

A hectic lifestyle could also make conception more difficult, says Elle Griffin, a natural fertility expert and feminine vitality coach.

Moderate exercise. Exercise in moderation can help relieve stress, but Griffin warns that overtaxing an already stressed body with too much strenuous exercise can increase the stress hormone cortisol.

"High levels of circulating stress hormones can impair adrenal function, resulting in brain fog, lethargy and the dreaded 'pregnant belly' even if you are not with child," she says. "Some women even start losing their hair."

HOW CAN YOU BETTER MANAGE YOUR BUSY LIFESTYLE?

Prioritize. Make a list of everything you do. Decide which items can be eliminated, pared down or delegated to others. Can you organize a carpool with another parent? Can you limit your kids' activities to one per season? Are there volunteer activities that you no longer find meaningful? Can your kids fold and put away laundry?

"Dissect one of your most stressful commitments," Moscoe says. "Your own thoughts and feelings about what is expected of you will determine how much stress you will feel. If you have elder care, get your teenage kids or other family members to visit your folks and do errands. It doesn't have to be you all of the time."

Williams, who is in congestive heart failure, says she now mostly manages her home and family from her bed.

"After nearly losing my life, I have learned what's important which is my love of my higher power and my family," she says. "My family is happy because I am here with them. They don't miss the hyperactive lifestyle at all."

Pursue pleasure. Integrate activities into your day that bring you personal joy.

"That doesn't mean you should go to yoga or pilates," Griffin says. "Whether it's eating cake for dinner or having drinks with girlfriends, doing things just for yourself can have a huge effect on your endocrine health and fertility."

Try out a new recipe, engage in a favorite craft, read a book or take a nap. Or plan to do nothing at all. Schedule "me time" in your calendar if necessary.

Practice saying no. Avoid adding any new commitments to your schedule. If an opening appears on the calendar, try not to fill the space by obliging someone else.

THINK YOU CAN AFFORD TO WAIT TO REIN IN YOUR HYPERACTIVE LIFESTYLE?

"Sit down and look into your loved ones eyes. Then, picture them looking at you while laying in the critical care unit of a hospital," Williams says. "Because you love them, take care of you, so you can be here to watch them grow up."

FREE MEDITATION APPS

- Mediation Timer Pro
- Take a Break!
- Omvana
- Relax Melodies

HEART ATTACK WARNING SIGNS:

- Chest pain or pressure
- Pain or discomfort in one or both arms, back, neck, jaw or stomach
- Shortness of breath
- Profuse sweating
- Dizziness, nausea, lightheadedness

*Call 9-1-1 if you experience any of these symptoms.

Source: American Heart Association

4 / Spring Cypress Parent



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MOMS are often stereotyped as being football-illiterate. First down? Red zone? Fullback? But in the spirit of the Super Bowl (aka "Wife-on-Her-Own Day"), here are 16 football terms that have double-meanings in the context of raising kids – meanings that endure well beyond an over-hyped three-hour period on an otherwise useful Sunday afternoon:

FIRST DOWN! Parental exclamation after the younger of two siblings goes to sleep.

RUNNING BACK What you do five minutes after you've left the house without ample pacifiers.

HALFTIME How to settle the issue of getting one free cookie but having two children on the verge of fighting over it.

GOOD FIELD POSITION A shady picnic spot in the park far from other children and dog poop.

RED ZONE What keeps companies like Desitin and Vaseline in business.

OFFENSIVE LINE "Shut up!"

DEFENSIVE LINE "But she hit me first!"

30-SECOND TIME-OUT When you run out of time to give a full one.

INSTANT REPLAY What happens when the first restaurant-menu tic-tac-toe game ends in a tie.

EXTRA POINT The benefit of mechanical pencils over typical #2s.

PASS PROTECTION In the minivan, when your child tells you the left lane is clear.

TIGHT END The part of a child's sock that is hardest to put on.

ONE-HAND RECEPTION When you hold a crying kid with one hand and take a call with the other.

FLEA-FLICKER The family dog, especially when lounging on your child's bed.

TURNOYER The point at which one child's allotted water-fountain period ends and another's begins.

STRONG SAFETY The moment at which a parent says "Hold my hand! We're in a parking lot!"





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www.foundationsacademy.com 281-758-3535

Frontier Camp

www.frontiercamp.org 936-544-3206

Houston Zoo

www.houstonzoo.org 713-533-6500

K2 Academy of Kids Sports www.k2academy.com

281-655-7272

Katy Learning Center

www.katylearningcenter.com 281-391-6401

Kids R Kids www.krkfairfield.com 281-304-5437

Language Kids

www.languagekids.com 281-565-1388

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The Girl Scouts of San Jacinto www.gssjc.org 713-292-0300

The Health Museum

www.thehealthmuseum.org 713-521-1515

The Little Gym

www.thelittlegymoftexas.com Katy: 281-347-1400 Copperfield: 281-858-4488 Cypress: 281-861-4626 Memorial: 281-558-9500

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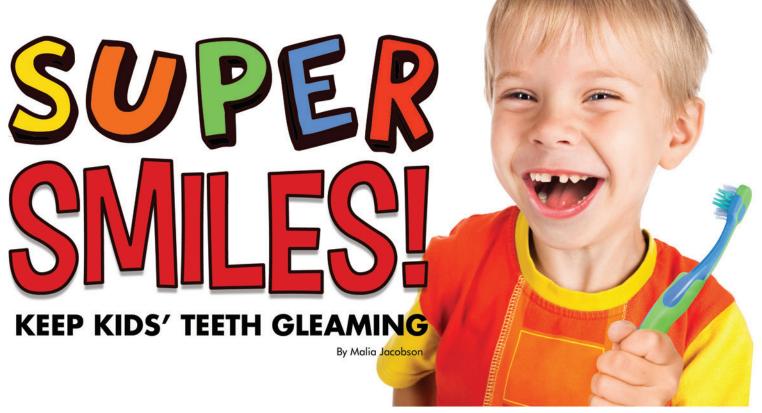
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If your child is sporting a cavity or two, they're not alone. According to the American Academy of Pediatric Dentistry, tooth decay is the most common chronic childhood disease, far surpassing other childhood ailments: It's four times more common than childhood obesity, five times more common than asthma, and 20 times more common than diabetes. Some children are especially prone to cavities—research in the Journal of Public Health Dentistry shows that over 70 percent of childhood cavities are found in 8 percent of children—possibly due to an overbalance of Streptococcus mutans bacteria in the mouth. Whether your child is cavity-free or all-too-familiar with fillings, you can help encourage better dental health, starting today. Here's help.

GOOD BEGINNINGS EARLY YEARS: Ages 0-5

The first tiny teeth generally appear around six months, but parents can begin caring for baby teeth before they even appear. Use a clean, damp washcloth to clean off residual food and milk after feedings and before bed. This helps introduce the idea of and the sensations of tooth brushing, and helps keeps the gums clean and healthy, says Kate Lambert, DDS, of Spangler, Rohlfing & Lambert Pediatric Dentistry in Winston-Salem and Kernersville, North Carolina.

"Babies and toddlers thrive on a fun, simple, and regular routine. It's vital to brush before bed, since that removes all the plaque and food from the day which could increase the risk of cavities during sleep," she says. "I always talk to my families about making it part of the bedtime routine. Bath, book, bottle, brush and bed!" Singing a song or reading a special book while brushing, like Brush, Brush, Brush! by Alicia Padron or Sesame Street Ready Set Brush! can help little ones who need a little distraction to get the job done.

BRACE RACE ELEMENTARY YEARS: Ages 6-12

Parents are often surprised to learn that an orthodontic consult is recommended around age seven, and some children are sporting brackets by age eight. Second grade isn't too early for braces, says Kim K. McFarland, DDS, MHSA, of Creighton University School of Dentistry in Omaha, Nebraska, particularly for children with overbites, cross-bites, or other types of jaw misalignment. Early orthodontic treatment is timed to correct these issues early in the child's growth, so that a child's dental arches and teeth will grow more symmetrically during the natural growth spurt that occurs around age 10. Early braces usually mean two sets of braces, the first between ages 8 and 10 and the second around age 12.

This route isn't for everyone; braces necessitate excellent brushing habits (parents of reluctant brushers, take note) and not every family wants to commit to two courses of orthodontic treatment. As an alternative to early braces, McFarland says, parents can ask about less invasive pediatric appliances to help guide growth during these formative elementary years.

CLEAN SCENE TEEN YEARS: Ages 13-18

The transition to independence can mean more cavities for teens, says Lambert. Over half of teens have had at least one cavity, and 13 percent have untreated decay. But because teens have their permanent teeth the final baby teeth usually fall out by age 13 good dental hygiene is especially important. "Teenagers have an increased risk for cavities for a number of reasons, including less parental guidance when completing home care, braces which can be more difficult to clean, and more independent diet choices, such as sodas and candy," she notes.

Because teens care about their attractiveness, a gentle reminder about the appeal of fresh breath may motivate more thorough, regular brushing and flossing. Use a dry erase marker on the bathroom mirror to occasionally remind teens to brush and floss; seek out You Tube videos to demonstrate how unhealthy habits like smoking, chewing sugary gum, or sipping soda can impact the way their teeth look and feel for years to come, recommends Lambert. "Teens are smart, so explaining how cavities form in detail can help motivate them to make better choices!"

8 / Spring Cypress Parent



The Fun-Time Calendar

SESAME STREET

Parents: Some programs require tickets and/or reservations, always contact event locations to confirm times and requirements.

Feb ъ. • Bring your little ones to Tot*Spot the Civil Rights Movement and beyond. (our exclusive exhibit for children 35 • Free • Children's Museum of Houston months and under), and mingle with other mommies during Mommy Mingle Feb 3 • K2 Open Gym • 7:30pm Day • 11:00am • Join enjoy free coffee and snacks on us (while supplies last). • Children's • 713-522-1138

Feb 1 • L.I.F.E. Program - Super 281-655-7272 Bowl Houston: Football for the Feb 4 • Tadpole Troopers: Bird Uninitiated • 10:00am • Get ready Notes • Tadpole Troopers is a nature for Super Bowl Houston of Feb. 5 with class and outdoor adventure for parents a fun review of football basics with and children to share together. We Feb Mich Stafford. We'll provide the chips offer opportunities for natural science and queso... • Lone Star College-CyFair investigations, crafts, and a guided walk Branch • lonestar.edu/library/14656.htm • 281-290-3214

Feb 2 Could Talk?" An Original Play houstonarboretum.org • 713-681-8433

• cmhouston.org • 713-522-1138

Wednesdays. Daddies, nannies and • Jump, twist, flip and tumble at our us as we read popular caretakers are welcome, too! Plus, open gym. Pre-registration is not required, but highly recommended. Parents do not need to stay, but must come inside to drop off. \$15, Ages 6 yrs & up. Museum of Houston • cmhouston.org Limited to 30 kids. • K2 Academy Free • Barnes & Noble, of Kids Sports • k2academy.com •

> with a naturalist. \$16 member / \$32 a month at 9am, 11am or 1pm. "If These Walls Houston Arboretum & Nature Center •

Mommy Mingle Birmingham church bombing to create and special appearances. • Children's Feb 6 • Chapter Chats • 4:30pm Wednesday • 10:00am-12:00pm awareness about its significance during Museum of Houston • cmhouston.org • Free • Tomball College & Community Library • hcpl.net • 832-559-4200 713-522-1138

February 2017

Feb 4 • Disney Reads Disney stories and do fun activities to inspire kids' imaginations. Houston Champions • bn.com • 281-631-0681

Sensory Friendly 281-290-3210 Screenings • 11:00am • Brighter Feb 9 - 15 • Spirit Of Sankofa 281-290-0077

Performance • 6:30pm • The Feb 4 • Children's Museum of Feb 4 • Time for Three Talented Twenty ensemble will spotlight Houston celebrates Super Bowl 8:00pm • Cypress Creek FACE • • Children's Museum of Houston • an original play based off of the 1963 📙 • 10:00am • Interactive activities cypresscreekface.org • 281-440-4850 cmhouston.org • 713-522-1138



SpringCypressParent.com Pajama Boogie

Feb 7 • Baby 6:00pm • Free • Cy-Fair College Branch Library • hcpl.net • 281-290-3210

Feb 7 • Free Afternoon at

713-533-6500

Free
Houston
Zoo

houstonzoo.org

Barnes & Noble, The Centre in Feb 8 • Screen-Play - Tweens/ Copperfield • bn.com • 281-861-6842 Teens • 5:00pm • Free • Cy-Fair College Branch Library • hcpl.net •

Lighting, Lower Sound, Shorter Previews - A Celebration Of Black History nonmember per class. One Saturday and Accepting Environment. • Santikos Wonderweek • Come celebrate the Silverado IMAX • santikos.com • Spirit of Sankofa WonderWeek at the Children's Museum of Houston and dive into the African-American History and participate in our exciting activities.

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The Fun-Time Calendar

2:00pm • Free • Barbara Bush @ Depot • 5:00pm • Please bring • Two start times: 10am & 11:30am. Cypress Creek Branch Library • hcpl.net your family to enjoy games, music, Also, enjoy pre- and post-concert • 281-376-4610

Feb 9 • Make A Valentine's Day Gift! • 4:30pm • Come to the library to make a Valentine's Day Feb 11 • Parent's Night Out gift for someone special. • Free • Katherine Tyra Branch Library @ Bear trampolines, bounce mountain...and Creek • hcpl.net • 281-550-0885

Feb 9 • Chocolate Olympics • 5:00pm • Free • Tomball College & Community Library • hcpl.net • 832-559-4200

Feb 10 - 25 • Playhouse 1960 Short Play Festival • Playhouse 1960 • ph1960.com • 281-587-8243

• Playhouse 1960 • ph1960.com • 281-587-8243

Feb 11 • AMC Sensory Friendly Films for Families Affected by Autism • The Lego Batman Movie: Unique movie showings where we turn Feb 12 • The Farmers Market Disorders (ASD) and sensory processing the lights up, and turn the sound down, at Bridgeland • 12:30pm-3:30pm so you can get up, dance, walk, shout • Produce, fresh eggs, goat cheese, or sing! • AMC Willowbrook 24 • amctheatre.com • 281-970-9604

Feb 11 • Lakeshore Learning Event - Celebrate Valentine's Day! • 10:00am-3:00pm • Explore the joys of caring during this day of kindness! *Make a Valentine Mailbox Feb 14 • Rob Landes and a Kindness Catcher *Write a personalized book about kindness *Listen to hourly stories on acceptance, respect, emotions, & more Contact your local Lakeshore Learning Store for more details! • 3-11 yrs • Free • Lakeshore Learning • lakeshorelearning.com • 713-355-1893

Feb 11 • Valentine's Day Story Time • 11:00am • Free • Barnes & Feb 17 - 28 • Mardi Gras! • 281-861-6842

Feb 11 • High-5 Club • 1:00pm • Free • Northwest Branch Library • hcpl.net • 281-890-2665

Feb 11 • Wade Smith Reads "Smitty Hits The Books" • 1:00pm Author and former Houston Texans player Wade Smith will enlighten by reading from his book, Smitty Hits the Books, which tackles how to create a game plan for studying and doing what you're passionate about at the same time. The event will be followed by a meet-and-greet book signing. • Children's Museum of Houston . cmhouston.org • 713-522-1138

Feb 9 • Baby Gymboree • Feb 11 • 2nd Saturday at The Feb 18 • Mardi Gras Menagerie! entertainment & a movie at dark! • Tomball's Historic Downtown Depot • tomballchamber.org

> • 6:30pm • Tumble track, pit play, more! • 3 (potty-trained)-13 yrs • \$25 per child, \$5 off additional siblings • K2 Academy of Kids Sports • k2academy.com • 281-655-7272

Feb 11 • Parents' Survival Night - Valentine's Day • 7:00pm • 4 full hours of Serious Fun including games and activities, free play and a craft. Pizza is included. Members: \$28*, Feb 11 - 26 • Peter Pan Jr. Non-Members: \$33* (*\$5 more at the door). All children must be at least 3 years old and bathroom independent. • The Little Gym of Houston-Copperfield tlghouston-copperfieldtx.com 281-859-3939

> milk, honey and much more! Held in the parking lot adjacent to the Lakeland Activity Center. 16902 Bridgeland Landing, Cypress farmersmarketbridgeland.org 281-304-1318

> 3:00pm • Cypress Creek FACE cypresscreekface.org • 281-440-4850

> Feb 14 • Art Explorers • 5:00pm • Free • Tomball College & Community Library • hcpl.net • 832-559-4200

> Feb 14 • Family Time • 6:30pm • Free • Cy-Fair College Branch Library • hcpl.net • 281-290-3210

Noble, Houston Champions • bn.com **Galveston** • 30+ concerts, 22 • 281-631-0681• Barnes & Noble, parades, 20 balcony parties, several The Centre in Copperfield • bn.com elegant balls and more. Check the website for details and to purchase tickets. • Multiple Locations Galveston, TX • mardigrasgalveston.com

> Feb 17 • K2 Open Gym • 7:30pm Jump, twist, flip and tumble at our open gym. Pre-registration is not required, but highly recommended. Parents do not need to stay, but must come inside to drop off. \$15, Ages 6 yrs & up. Limited to 30 kids. • K2 Academy of Kids Sports • k2academy.com • 281-655-7272

> Feb 18 - 19 • Curious George • 713-522-1138

activities, including our Instrument Petting Zoo, young musician performances in the Lobby as well as craft and musical activities. • Jones Hall • houstonsymphony.org • 713-224-7575

February 2017

Feb 18 • Mighty, Mighty **Construction Site Story Time •** 11:00am • Free • Barnes & Noble, Houston Champions • bn.com • 281-631-0681 • Barnes & Noble, The Centre in Copperfield • bn.com • 281-861-6842

Feb 18 • The Okee Dokee Brothers • 3:00pm • Cypress Creek FACE • cypresscreekface.org • 281-440-4850

Feb 20 • Sensory Friendly Day at the Children's Museum of Houston

• 10:00am-2:00pm • Exclusive event for children with Autism Spectrum differences to have a fun, enjoyable and interactive learning experience in a comfortable and accepting environment! • \$5 (free for members) • Children's Museum of Houston • cmhouston.org • 713-522-1138

Feb 21 • Special Needs Family Night • 5:00pm • Everyone must wear socks. • Bouncin' Bears • bouncinbearstexas.com • 281-257-9696

Feb 24 • Parents' Survival Night - Secret Agents • 6:45pm • 4 full hours of Serious Fun including games and activities, free play and a craft. Pizza is included. Members: \$28*, Non-Members: \$33* (*\$5 more at the door). All children must be at least 3 years old and bathroom independent. • The Little Gym of Houston-Copperfield tlghouston-copperfieldtx.com 281-859-3939

Feb 25 • AMC Sensory Friendly Films for Families Affected by Autism • Rock Dog: Unique movie showings where we turn the lights up, and turn the sound down, so you can get up, dance, walk, shout or sing! • AMC Willowbrook 24 • amctheatre.com • 281-970-9604

Feb 25 • Mom Expo Express **2017** • 10:00am-4:00pm • The ultimate play date for families of all ages and stages! • Free Admission Character Appearance • Children's with ad from Spring Cypress Parent Museum of Houston • cmhouston.org • Klein Multipurpose Center Exhibit Hall • themomexpo.com

COMMUNICATION FOR LASTING RELATIONSHIPS

by Lara Krupicka



It's no secret that stable, long-term relationships, whether with a spouse, or with children, take a lot of work. But the payoffs are more than worth it. And there are ways of communicating that ensure better, more enjoyable relationships.

Appreciate

Make a point of noticing when the other person does something you appreciate. Tell them what specific attributes or attitudes or actions you value about them.

Focus

We live in a highly distracted age. It's not uncommon at a restaurant to see couples glancing at their cell phones, or texting or surfing social media during dinner. But while we're busy keeping up with all of the other people in our lives, we're missing out on connecting with the person in front of us. Putting away distractions and focusing on the immediate conversation goes a long way to communicating attentiveness - literally and emotionally.

Listen

Make an effort to be an active listener. Ask questions that probe deeper. Reflect back what you are hearing, including any emotions you sense underneath the words. Allow silence between your comments and questions to encourage the other person to speak up.

Enjoy

Talk about fun stuff too - not just school (with the kids) or the kids (with your spouse). Connect with them by bringing up topics that interest you both - a tv show you enjoy watching together, or a new fact you learned that they would appreciate.

When conflict arises:

Add humor.

Don't be afraid to inject humor to lessen the tension. But try not to direct it at the person with whom you are arguing.

Avoid being defensive.

Seek to understand the other person's perspective. And refrain from leveling criticisms at others, but instead share concerns rationally, unemotionally.

Demonstrate affection.

A gentle touch, a kind look, an endearing word, even when you aren't feeling affectionate, can diffuse heated emotions. It's a reminder that you are for each other and not against.

Good relationships are key to a happy life. Communicate well to keep them healthy.



The Fun-Time Calendar Cont'd

Feb 25 • Lakeshore Learning Family Night Event - Dr. Seuss's Birthday Bash! Free • Chick-fil-A 1960 & Walters • 10:00am-3:00pm • Kids have a Rd. • chichfila.com/1960&Walters • brilliant time as they hop, craft, and 281-895-0794 even rhyme *Rhyming activities and Preschool Story Time • 7:00pm gross-motor games *Hourly readings • Free • Barbara Bush @Cypress of Dr. Seuss classics *One-of-a-kind Creek Branch Library • hcpl.net • bookmark crafts Contact your local 281-376-4610 Lakeshore Learning Store for more details! • 3-11 yrs • Free • Lakeshore Learning • lakeshorelearning.com • 713-355-1893

Feb 25 • Happy Birthday, Dr. Seuss! Story Time • 11:00am • Free • Barnes & Noble, Houston Champions • bn.com • 281-631-0681 • Barnes & Noble, The Centre in Copperfield • bn.com • 281-861-6842

Feb 28 - Apr 1 • Ramona **Quimby** • Main Street Theater MATCH • mainstreettheater.com 713-524-6706

Feb 28 • R.E.A.D. • 4:30pm • Free • Tomball College & Community Library • hcpl.net • 832-559-4200

Feb 28 • Family Time • 6:30pm • Free • Cy-Fair College Branch Library • hcpl.net • 281-290-3210

Ongoing

MONDAY

Baby Time • 9:30am, 10:30am & 11:30am • Free • CyFair College Branch Northwest Branch Library • hcpl.net 281-890-2665 Library • hcpl.net • 281-290-3210

Baby Bookworms • 9:30am • Free • Tomball College & Community for stories, crafts, songs and activities hcpl.net • 281-890-2665 Library • hcpl.net • 832-559-4200

Read and Play • 10:30am • Free Tomball College & Community Library hcpl.net
832-559-4200

Toddlers Explore and Play • 1:00pm • Free • Northwest Branch Library • hcpl.net • 281-890-2665

Lapsit • 2:00pm • Free • Barbara Creek • hcpl.net • 281-550-0885 Bush @Cypress Creek Branch Library hcpl.net
281-376-4610

Katherine Tyra Branch Library @ Bear 281-376-4610 Creek • hcpl.net • 281-550-0885

Open Lab • 11:00am-6:00pm • Choose from up to 30 experiments and cfarestaurant.com/1960andcutten 6 different stations. Adult participation is required. Walk-in service. No Family Night • 5:30pm • Free • Stories, songs, and fingerplays. • Family-friendly story time with Lily, a reservation needed. • Little Beakers • Chick-fil-A 249 & Jones Rd. Science Lab for Kids • littlebeakers.com cfarestaurant.com/249atjonesroad • 281-401-9501

• 5:30pm

TUESDAY

Knitting, Thread: Common and Needlework Crocheting, Group • 9:00am • Free • Cy-Fair College Branch Library • hcpl.net • 281-290-3210

Toddler Time • 9:30am, 10:30am & 11:30am • Free • Cy-Fair College Branch Library • hcpl.net • 281-290-3210

Preschool Story Time • 10:30am • Free ticket is required. First come, first served. • 3-5 yrs • Free • Katherine Tyra Branch Library @ Bear Creek • hcpl.net • 281-550-0885

Tomball College & Community Library • 281-290-0077 • hcpl.net • 832-559-4200

• Free • Northwest Branch Library • hcpl.net • 281-890-2665

Preschool Story Time • 11:00am 281-890-2665 • 3-6 yrs • Free • Barbara Bush @ Baby Wiggles • 2:00pm • Tickets 281-376-4610 Cypress Creek Branch Library • hcpl.net will be distributed beginning 30 minutes • 281-376-4610

• 281-890-2665

Preschool Pals! • 2:00pm • Join us that reinforces early literacy skills for preschoolers such as letter recognition, $_{\rm Free}$ \bullet Katherine Tyra Branch Library @ letter sounds, vocabulary and much Bear Creek • hcpl.net • 281-550-0885 Crochet • 12:30pm • Free • Barbara more. • 3-6 yrs • Free • Barbara Bush @Cypress Creek Branch Library THURSDAY • hcpl.net • 281-376-4610

Tuesday Craft • 4:30pm • Free • Northwest Branch Library • hcpl.net Katherine Tyra Branch Library @ Bear

 Free
Barbara Bush @Cypress Teen Time • 4:00pm • Free • Creek Branch Library • hcpl.net •

> Chick-fil-A 1960 & Cutten ٠ 281-580-4303

281-374-6690

WEDNESDAY

10:30am or 11:30am • Free • Cy-Fair College Branch Library • hcpl.net • 281-290-3210

Toddler Time • 9:30am & 10:30am • Free • Tomball College & Community Library • hcpl.net • 832-559-4200

• A free ticket is required, available participation is required. Feel free to the morning of the program. • Free • bring a lunch or snack to enjoy in the Katherine Tyra Branch Library @ Bear lobby. • \$6 per child • K2 Academy Creek • hcpl.net • 281-550-0885

Preschool Story Time • 11:00am • 3-6 yrs • Free • Barbara Bush @ Cypress Creek Branch Library • hcpl.net • 281-376-4610

Mommy Matinee • 11:00am • Enjoy the latest romantic comedy or action adventure without having to hire a babysitter! Crying babies and rambunctious toddlers welcome. • Toddler Time • 10:30am • Free • Santikos Silverado IMAX • santikos.com

Baby Giggles • 1:00pm • Tickets Preschool Story Time • 10:30am will be distributed beginning 30 minutes Bear Creek • hcpl.net • 281-550-0885 before the program begins. • Free • Northwest Branch Library • hcpl.net •

before the program begins. • Free • Quilting Bee • 1:00pm • Free • Northwest Branch Library • hcpl.net •

> Teen Game Night • 4:00pm • Free • Northwest Branch Library •

> Middle School Spot • 5:00pm •

Sit & Stitch • 10:00am • Free • • 281-890-2665

Sit & Stitch • 10:00am • Free • Tremendous Tuesdays • 4:45pm Tomball College & Community Library is required. Walk-in service. No hcpl.net
832-559-4200

Infant Story Time • 10:15am • A free ticket is required, available the Family Night • 5:30pm • Free morning of the program. • Free ٠ • Katherine Tyra Branch Library @ Bear Free • Tomball College & Community Creek • hcpl.net • 281-550-0885

hcpl.net • 281-376-4610

Play and Learn with Me • 10:30am • Free • Northwest Branch Preschool Story Time • 9:30am, Library • hcpl.net • 281-890-2665

February 2017

Spanish Story Time • 11:00am • Free • Cy-Fair College Branch Library • hcpl.net • 281-290-3210

K2 Play • 11:00am • Trampolines, bars, balance beams, pit, parachutes, bounce mountain, tumble tracks and Toddler Time • 10:15am & 11:00am much more! Limit to 60 kids. Parent of Kids Sports • k2academy.com • 281-655-7272

> **Open Lab** • 11:00am-6:00pm • Choose from up to 30 experiments and 6 different stations. Adult participation is required. Walk-in service. No reservation needed. • Little Beakers Science Lab for Kids • littlebeakers.com • 281-401-9501

Choo Choo Club • 1:30pm • Free Tomball College & Community Library • hcpl.net • 832-559-4200

Savvy Stitchers • 4:00pm • Free • Katherine Tyra Branch Library @

School Age Story Time • 4:30pm Free
Barbara Bush @Cypress Creek Branch Library • hcpl.net •

FRIDAY

Open Lab • 11:00am-6:00pm • Choose from up to 30 experiments and 6 different stations. Adult participation is required. Walk-in service. No reservation needed. • Little Beakers Science Lab for Kids • littlebeakers.com • 281-401-9501

Knowledge Exchange: Knit & Bush @Cypress Creek Branch Library hcpl.net
281-376-4610

SATURDAY

Open Lab • 11:00am-6:00pm • Choose from up to 30 experiments and 6 different stations. Adult participation reservation needed. • Little Beakers Science Lab for Kids • littlebeakers.com • 281-401-9501

Pokemon League • 1:30pm • Library • hcpl.net • 832-559-4200

Toddler Time • 10:15am, 11:00am Lily's Library Tales • 2:00pm • • 15-36 months • Free • Barbara Bush certified therapy dog. • Free • Katherine @Cypress Creek Branch Library
Tyra Branch Library
Bear Creek hcpl.net • 281-550-0885

Submit your club/event information to us by the 10th of the month before the event. Email calendar@katyparent.com or fax to 281-480-3677. шу онно www.opringcypressfarem.com to soonin your event or clob information. Thin beachine Tom or mornin prior.





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By Sarah Lyons

When you become a parent, it seems like life can become very busy, very quickly. Lack of sleep, work, school, activities, managing the household, and taking care of little ones often takes center stage in the home. Parents must become more intentional about spending quality time with each other. Show your spouse how much you love and appreciate them with a little extra pampering this Valentine's Day. Here are some ideas that are meaningful, but aren't impossible for a busy couple.

GO TO THE SPA

What could make your spouse feel more pampered than a day at the spa? Offer to take care of the kids and send your partner off to the salon for a day of relaxing or get a babysitter and go as a couple. If a spa isn't your partner's thing, offer to take the kids while he or she spends the day doing a favorite pastime. Your spouse is sure to come home rejuvenated.

LEAVE A NOTE

If you want to make your spouse feel special, leave them love notes. Simple and sweet notes like "Thinking of you", "I love you", or "Have a great day" will let them know you care. Have fun with it and try leaving notes in a coat pocket, in their coffee mug, in their car, or anywhere else you know it will surprise them.

DINNER IN

When our children were young, a babysitter was not in the budget. My husband and I would put the kids to bed early once a week and either get take out or cook a special meal at home. No television, phones, or electronics; just conversation and quality time together. For busy parents, a quiet night in is a perfect way to unwind.

SURPRISE

Let your spouse know you are thinking about them by sending a surprise to their workplace. Flowers are nice but also try cookies, balloons, a homemade treat, or even mail a card with a special note to their workplace. You could also take them to lunch if their schedule allows.

DATE NIGHT

A date night is always a great way to connect with your spouse. Plan a night on the town doing things that you and your spouse enjoyed before you became parents. If hiring a babysitter isn't an option and family is unable to help, try swapping with another couple. Watch their children for them while they enjoy a date night one weekend and they can watch your children the next weekend while you and your spouse go out on the town.

YOU PICK

If your marriage is anything like mine, we come to a compromise on what we would like for dinner, what movie to watch, or what activity we will do. Give your spouse the chance to pick what you will do the whole day. There can be no complaining about their choices, just focus on doing the activities your partner enjoys doing with you.

DO THEIR "JOB"

In most relationships, responsibilities are divided up between the two people, whether intentional or not. As a way to pamper your significant other, do one of their "jobs" without them asking. For example, if your spouse always mows the lawn, do it for them. If your spouse usually does all the grocery shopping, offer to do it one evening. Another idea is to let them have the "day off" and do all of their normal responsibilities that day.

PICK UP A FAVE

One of my favorite ways to let my husband know I am thinking about him is to just pick up a favorite of his while I am out. If I am at the gas station, I grab his favorite drink, gum, or candy. At the grocery store, I pick up his favorite ice cream or snack. I rent a movie he likes, cook his favorite meal, or buy him a shirt with his favorite sports team logo. It doesn't have to be an expensive gift, just something to let him know I was thinking of him while I was out.

The demands of parenting can leave little time for romantic dates with your spouse.

This doesn't mean that working on your marriage and making your spouse feel loved and appreciated isn't high priority. During the busy years of parenting, try these tips to show your spouse you care and keep your marriage going strong.

14 / Spring Cypress Parent



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