

North Shore **&** Children Families

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The online and print forum promoting the development of children, families and the parents who care for them.



Good Luck This Year!



www.northshorefamilies.com

SEPTEMBER 2013

Family & Friends

Welcome Back to School!

by **Suzanne Provencher, Publisher**

Hello, dear readers – Happy September! I hope you all had a wonderful summer – and I hope you are fully prepared for another school year.

As we return to our fall routines, schedules, activities and responsibilities – we send the very best wishes to all North Shore children, parents, teachers, administrators, bus drivers, crossing guards, cafeteria workers and school support staffs – and please remember to drive even more safely than usual as our streets return to school year status.

NEXT ISSUE HAS A BONUS DISTRIBUTION – NORTH OF BOSTON SCHOOL FAIR!

Our next issue (October 2013) will be available at the **North of Boston Secondary School Fair on October 2 at Austin Preparatory School in Reading!** See our back cover for a list of participating schools and more event information. Parents – this is your chance to explore the offerings of and meet with over 60 private secondary schools in one evening – and admission is free! Financial aid is available, and it doesn't cost a thing to explore your options for your children, whether they will be entering high school next year or in a few years. It's never too early to start planning for your child's secondary school education!

Advertisers and prospective advertisers: If you'd like to advertise in our October issue and reach even MORE engaged, interested North Shore parents who are actively seeking information, you won't want to miss our October issue deadline (Sept. 18 if you require our ad production assistance)! Our October issue will have a bonus printing and distribution at the North of Boston Secondary School Fair for our regular advertising rates – and this is your chance to be "AT" this event, whether you are already exhibiting (great way to reinforce your message and offerings in a trusted family publication!) or especially if you will *not* be there. Your ad in our October issue will go home with hundreds of information-seeking parents, so **please contact me by noon Wednesday, September 18, to participate in our October issue.**

You can see our advertising rates, sizes, available discounts and more online at www.northshorefamilies.com – or contact me at suzanne@northshorefamilies.com.

In closing, many of you will remember my article last Winter where I wrote about my dog, Madison, who passed last November. Well, on August 19 – I found my new little Buddy at the Northeast Animal Shelter in Salem. As I write this, he has only been here for less than 48 hours – yet it feels like he has been here all along. He is 5 years old and very smart and cute and has settled in very well. He is happy to lie at my feet as I type this column. He loves to play, take walks and meet the neighborhood dogs. I think he already knows I am his Mama...and he is my boy. My house is no longer too quiet and I love it! While I may have rescued him...truth be told, he rescued me, too. When I have more space in next month's issue, I can't wait to tell you more about him! If you are thinking about adding a pet to your family – please visit your local animal shelter. There are so many wonderful dogs and cats to consider – and there is nothing more gratifying than turning an "unwanted" pet into a treasured family member.

Until Next Month – Suzanne



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I Feel Good! I'm Relaxed and Without a Care in the World!

by **Michael F. Mascolo, PhD**

Several years ago, I had the opportunity to conduct research in India. My research compared the sense of self among American and Indian adolescents. I asked adolescents to describe how they experienced themselves in relationships with different people. I also asked them to describe how they experienced themselves when they were "just being me".

The results were illuminating. I had always been told that adolescents and adults in Asia thought of themselves in ways that were different from Americans. Americans tend to be much more individualistic than Asians (even today, during these times of great change). Americans tend to think of themselves in terms of their individual desires, needs and goals (e.g., I want to be happy; I want to get a good job; I want to be successful). Indians also tend to think of themselves this way, but they also are much more concerned with their relationships to other people. Indians are much more

aware of their role as mother, father, daughter, son, wife, husband and so forth.

The most interesting finding from this study, for me, was how Indian and American adolescents described "the real me" – who they were outside of any particular relationship with someone else. Take a look at the words used by Indians and Americans. What do you notice?

Indians	Americans
Friendly	Carefree
Loving	Relaxed
Sensitive	Feeling Good
Respectful	Happy
Obedient	Goal Directed

When describing the "real me", the Indian adolescents still tended to describe themselves in terms of *how they are connected to others*. In contrast, Americans tended to describe themselves in terms of their *inner feelings and personal goals*.

I was struck by the number of times that American adolescents used terms like

"carefree" and "relaxed". Somehow, the American adolescents placed a high importance on wanting to feel good and having fun. These terms rarely came up in the Indian interviews. For me, this suggested that Americans were not only more preoccupied with themselves than the Indian adolescents, but also that they wanted to define themselves as more-or-less *free from their obligations to others*. In contrast, the Indian adolescents tended to see themselves as *always open to the needs of others*.

What Makes a Life Good? Who Cares?

People can use the word "good" in many ways. Something can be said to be good if it brings pleasure. That is the non-moral use of the term. Something can be said to be good if it has value. This is a more moral use of the term. Which use of the term do we use in our everyday lives? For many of us – especially children and teens – something is good if it brings pleasure or amusement. From this view, to live a good

life is to live an entertaining life – one that is filled with pleasure or fun.

But the second meaning of "good" is more relevant to living a happy life. A good life, it turns out, is not simply one that is filled with pleasure. A good life is one that has *value*. If this is so, then it becomes very important to teach our children to think about what makes what they do good. Why are you doing what you are doing? Simply because it brings pleasure? Or because it is somehow *good*? How can we pursue that which is good rather than that which is merely pleasurable?

I can't help but think that there is a need for us to think more about what makes our lives good ones – not good in the sense of "filled with pleasure", but instead "good" in the sense of "having value". There is a time for fun, pleasure and good times. But being carefree should not be our goal in life. A good life is one that is organized around something that is important to us. It may seem paradoxical, but a carefree life is an empty life. A full and rich life is care-full, not care-free.

North Shore Children & Families



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2013 PUBLISHING SCHEDULE

Issue	Ad Space Deadline (Noon)	Ads Due (Noon)
October	Fri., Sept. 20	Tues., Sept. 24
November	Fri., Oct 18	Tues., Oct. 22
Winter (Dec./Jan.)	Fri., Nov. 15	Tues., Nov. 19

To explore your advertising options or to secure your space, please contact Suzanne at 781.584.4569 or suzanne@northshorefamilies.com.
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Back to School

Managing the Transition Back to School

by *Kate Roberts, PhD*

Regardless of your child’s age, the first day of school can be daunting for children and parents. It’s not just the transition from summer to school year that can be overwhelming. It can be especially difficult during a transition year when a child is entering a new environment such as kindergarten, first grade, middle school or high school.

Here are some tips for a good start to a transitional school year:

- **Start early.** Shop for new supplies and clothes in advance. Get acclimated to new routines at least a week before school starts by practicing the new schedule, including bedtime and morning routines.
- **Stay positive and solution-focused.** Reassure your child that he or she is truly ready for the new school environment (that’s why they’ve been promoted!). Focus on the excitement of going back to school. Stay away from comments like “Now it’s the big time!” or “Things really count this year!”, because they may cause undue pressure.
- **Make sure you get the lay of the land.** If your child will be going to a new school, tour the building with him or her in advance. This will help ease the anxiety of both you and your child.
- **Prepare them for “what if”.** They might ask, “How am I going to get from one class to the other?” if they’re entering a big middle or high school building. Provide specific examples from your own experiences and those of others you know.
- **Calm your own fears.** Sometimes these transition years present bigger challenges for parents than they do for kids. Make sure that as a parent your own fears and anxiety aren’t overshadowing whatever experience your child might be going through. This is your child’s milestone. Take a backseat, but be supportive in helping your child have the best school year ever.





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Managing the Transition Back to School

Continued from page 4

Here are some specific tips and thoughts for each transition year:

Preschool to kindergarten:

- **Social-emotional development.** Despite today's emphasis on academics, many experts believe that social-emotional development is the essential developmental task of kindergarten-age kids. Important achievements include sharing; taking responsibility for cleaning up after themselves; learning to be members of a larger group; understanding and communicating their needs; and tolerating differences in others.
- **Academics.** Parents are often concerned about the academic challenges of kindergarten. The curriculum tends to focus on the fundamentals of reading and math. Kids learn the ABC's, how to write their names and how to count – all primary steps to higher learning. Instead of being worried about how fast your child is mastering the academic skills, encourage him to be curious and explore the learning process with him.

Kindergarten to first grade:

- **A more demanding curriculum and a longer day.** When your child's kindergarten is located in an elementary school, it's less of a physical leap to first grade, yet there are changes in academic expectations such as learning to read more independently. Another milestone for some students is the length of the school day – from half-day kindergarten to full-day first grade.

Elementary to middle school:

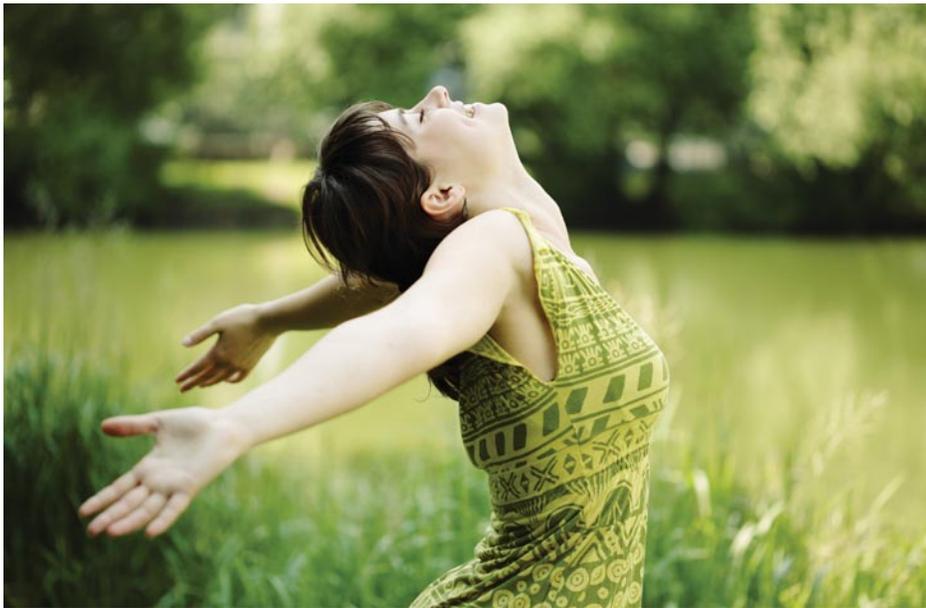
- **Focus on positives.** This period of growing up involves gaining more independence and freedom. Remind your child that teachers won't be hovering, following him or her around the school or making lunch room seating decisions.
- **Highlight the changes in responsibilities.** Be specific so he knows what to expect: managing lockers; organizing belongings independently; getting to classes in four to five minutes; having more homework; staying after school to ask for help when needed. Discuss strategies and rehearse scenarios to reduce anxiety.
- **Prepare to have a hands-on role.** When schools step back, parents need to move forward. Many experts – including myself – believe that the older a child gets, the more he or she needs. The school backs off on monitoring homework, but parents should not. Oversee your child's whole process without micromanaging. This may take skill, but practice makes perfect.

Middle school to high school:

- **Being the youngest kids in a bigger school.** Eighth graders were the older kids in middle school, but freshmen are back to being the youngest again in schools that are often bigger than middle schools.
- **High school as college prep time.** Students become very aware that in high school, performance finally counts: the MCAS actually means something in the tenth grade. Be supportive without adding unnecessary academic pressure.
- **Experimentation and choice.** High school is a time for students to experiment and develop a sense of who they are, but the decisions they make and the actions they take have consequences. Discuss things like cheating, lying and skipping school. When possible, support them by letting them know that you have faith in their decision-making abilities.

Reprinted with permission from the Salem News. Dr. Kate Roberts is a psychologist on the North Shore. www.drkateroberts.com.

What Makes For a Good and Happy Life?



If you ask people what they strive for in life, many people will say that they wish to be *happy*. Of course, this makes good sense. But what do we mean by happiness? And how can we attain it? The answers to these questions are not so clear.

So we want to be happy. How can we make this happen? One way to live a happy life is by continuously asking ourselves what I like to call “The Most Important Question”. What is that question?

“Is what I am doing good?”

This is an easy question to ask, but a difficult question to answer. Actually, it is not even a single question. That is because this question stimulates many additional questions that are important for us to address if we are to live happy lives. But this is the central question. Let’s explore how asking this question can help us to live good and happy lives. And, of course, if this question can help us live good and happy lives, it is necessary that we also teach our *children* to ask and answer this question.

What Makes Us Happy?

Not what we might initially think!

When we first think about this question, we tend think, “Well, happiness is a *good* feeling. It is the feeling of *pleasure*! So, to be happy is to find ways to experience pleasure!”

It doesn’t take very long to see that this is a formula that will not work. Yes, we like pleasure! Pleasure is fun. What will we do if we engage in a single-minded pursuit of pleasure? We’ll eat, drink, sleep, have sex and engage in a suite of other activities that will lead us to become fat, drunk, slovenly and hollow. Clearly, if pleasure is a good, there can be too much of this good thing.

Something similar happens when we think of happiness as something that we can pursue. This idea, of course, comes from Jefferson’s famous idea that we have a right to “life, liberty and the pursuit of happiness”. Many people read this phrase to mean that personal happiness should be a goal of our lives – that we will become happy if we set goals for our lives and then achieve them. According to this line of thinking, we will become happy when we reach our goals – perhaps when we get a new car; land the good

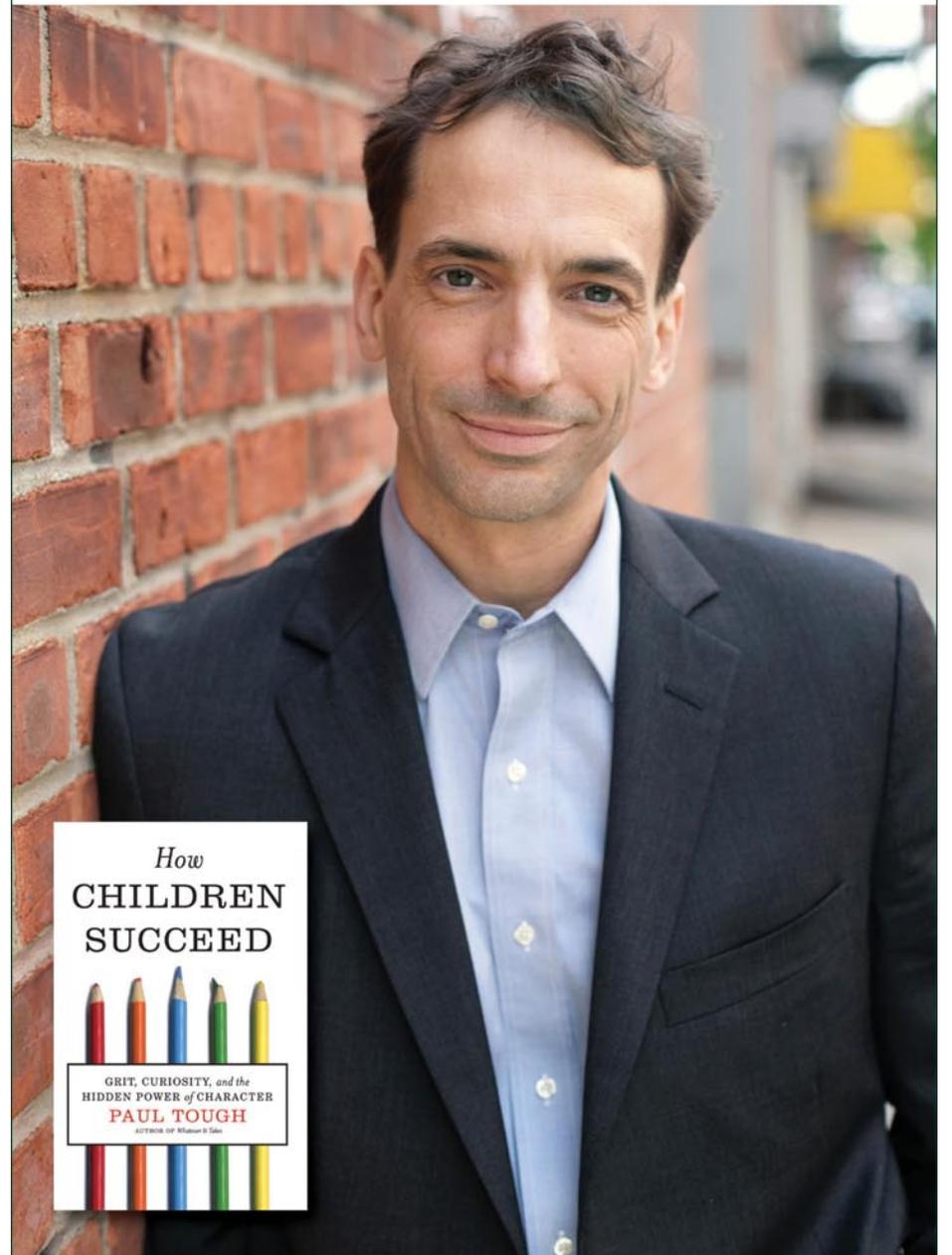
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What Makes For a Good and Happy Life

Continued from page 7

job; get married; get divorced; or retire. The problem with this way of thinking is that the joy that comes from achieving any given goal is short lived. As a result, true happiness always seems to elude us. It is always something that we are going to get in the future. Of course, this future state of happiness never arrives.

(It turns out, of course, that this is not really what Jefferson meant by the idea that we are endowed with the right to “life, liberty and the pursuit of happiness”. This phrase is simply meant to say that government is not something that should interfere with our pursuits; he didn’t mean to say that the pursuit of happiness would, well, make us happy. It won’t.)

Happiness is Finding the Good

So, we have to reject the idea that happiness is a form of pleasure, or that we can become happy by pursuing pleasure. The old aphorism that says, “If it feels good, do it” is

simply wrong. This is not to say that pleasure is a bad thing! It’s quite the contrary. However, simply because something feels good does not make it good.

The word “good” has different meanings. For example, we say that chocolate is good in the sense that it tastes good and brings pleasure. This is different, however, from saying that being *kind*, doing *my best*, *creating a better mousetrap* or being *thrifty* are good things. That chocolate tastes good is a matter of *pleasant sensations*; but that being compassionate is good is a matter of *moral judgment*.

Plato said, “The chief purpose of education is to teach young people to *find pleasure in the right things*.” We want our children to experience pleasure, but not all pleasures are equal! We don’t want our children to feel pleasure in hurting others. This simple observation is enough to show that just because it feels good doesn’t



mean that it is good.

When we say that something is good, we are saying that it has *value* to us. As a result, the question, “Is this good?” is really the same as asking, “Does this have value?”. The moment we ask that question, other questions immediately follow. *Why* does this have value? *What standards, beliefs or morals* do I hold that determine whether something has value? Are these standards and values good? Should I consider changing them?

A happy life is not one that is the result of having pleasant sensations (although it may contain much pleasure). It is not the result of feeling happy all the time (although people who feel happy all the time may in fact lead good lives). A happy life is one that one can look at and say, “I am leading a life that is good in the sense that it has value. I am happy in the sense that I am aware that I am leading a life that is filled with goodness.”

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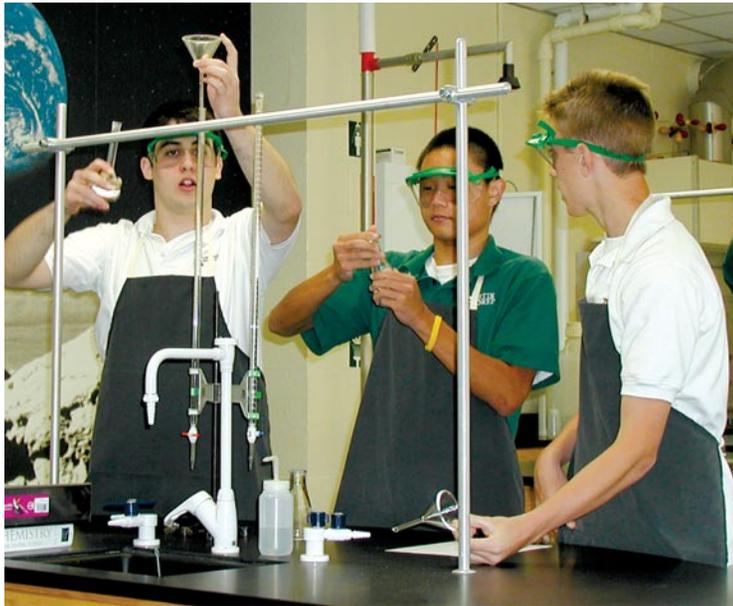
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Austin Preparatory School



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Our educational programs are geared toward bringing about the best in college bound young men and young women starting in grade 6 and moving all the way through senior year and graduation day. We accomplish the task of nurturing our students through generous academic offerings made available in small classes, the average size class being 16 students. A student teacher ratio of 10:1 is unequalled by its Catholic school peers, and places Austin Prep solidly in the highly competitive pack of this region's well known

private schools. The Austin Prep experience cultivates all facets of a student's burgeoning self – moral, spiritual, social, physical and intellectual.

Who We Are:

Austin is a Catholic independent school in the Augustinian tradition. Our families have found that in partnering with Austin that the same values taught at home are reinforced and enhanced in our classes, daily activities, on the playing fields, in Chapel time and in our science labs. Austin reinforces the belief that it is not only a good thing to be smart, but it's cool to be smart in school, to be a good kid, to try new things and to explore opportunities as they present themselves. Our 6th through 12th grade continuum allows us to stay connected to our

students throughout the entirety of their adolescent development. Whether students enter Austin in the Middle School or join us in their High School years, Austin friendships are life lasting ones.

Understanding Ourselves and the Great Commandment:

Headmaster Paul J. Moran summed it up best at a recent Open House Program: "We try to help all of our students understand and appreciate their gifts and those of their classmates and teachers. Using the academic and extra-curricular programs, we try to inculcate self-confidence, respect, inter-dependence and a sense of moral purpose. Our ultimate goal is to help young people learn how to carry themselves as talented, purposeful, morally grounded people in a complex world. Really, it's all about the relations among God, self and neighbor."

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**Join Us at the North of Boston
Secondary School Fair –
Oct. 2 – See Back Cover!**

For More Information:

To learn more about this amazing experience and to become a part of our vibrant and growing community of learners, contact the Admission Office, 781-944-4900, ext. 834, or email Katie LeBlanc, assistant director of admission, kleblanc@austinprepschool.org. Austin invites candidates for Middle School and High School to contact us now through the early summer as we operate on a rolling admission basis. If you are intending to apply during the traditional admission season in the Fall of 2013, look for Austin Prep representatives at various School Fairs in the region in September and October, and plan to visit our Open House in October.

The information contained in this education feature was submitted by Austin Preparatory School, and published in partnership with North Shore Children & Families; www.northshorefamilies.com.

Happiness & Values

How to Find the Good in Life

So, if happiness means finding that which is good in life, how can this be done? What if things aren't so good right now? Does that mean I must resign myself to unhappiness? How do I know what is good? Does this mean that I always have to be trying to "do good"? Does it mean that I can't seek pleasure, and that I have to sacrifice myself for others?

Not in the least.

Here are three basic ways to cultivate that which is good in life:

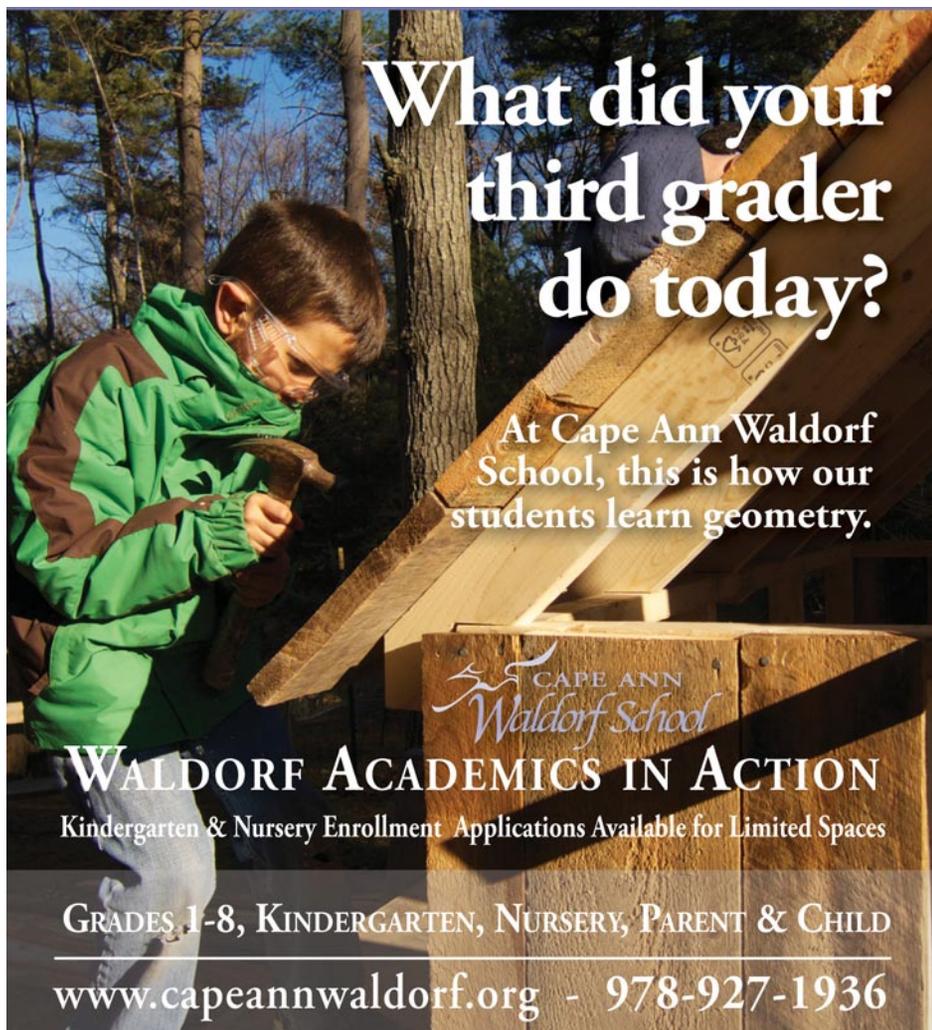
1. Find what is good in the present moment. Happy people know that happiness is not necessarily an easy thing to cultivate. It is difficult to be happy when we are starving, in great pain, without a job or are suffering the effects of events beyond our control. However, happy people know that happiness is *not* something that simply comes to you. Happiness is not simply a matter of life circumstances. Instead, it is something that must be cultivated.

Every situation involves both good and bad. I may eat the chocolate ice cream, but I may gain weight. Or, conversely, I may forgo the 300 calories, but then, I don't get to experience the rich flavors of Ben and Jerry's. If I get married, I gain love; however, I may lose my freedom. If I get my dream job, I lose the opportunity to pursue another avocation.

The trick to happiness is to look for the good in every moment – every moment – right now. And now. And now. This is not to say that we should "live for the moment". Living *for* the moment is rash and imprudent. If I spend all my money on this moment, I'll have none for the next one. Instead, it means that we should *live* the moment. Living the moment means extracting every bit of goodness that we can out of the moment – regardless of what it is.

This is not to deny pain and suffering. There will be pain, suffering and misfortune. But there can also be goodness, perhaps even through the pain. The idea of experiencing goodness even in the throes of pain (and even death) is something that is explored in many popular movies. For example, in *The World According to Garp*, the Robin Williams character is able to experience the joy of flying in a helicopter as he is carried off to a hospital after suffering a soon-to-be fatal gunshot wound. Similar themes are explored in movies like *American Beauty* and *Wild*.

2. Ask yourself, what makes something good? Then pursue the good in life. This is, perhaps, the most important step. You do not need a course in ethics to address this question. You don't need to be a moral philosopher. You don't even have to check with Emily Post. It is important simply to *ask the question*. You don't have to worry about getting the answer precisely right. Simply addressing the question will move you in a positive direction.



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third grader
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By asking the question, you cannot help but to think about why you do the things you do; to articulate your values; to confront conflicts in your life; to make your life better.

Here are some good things, and some reasons why they are good:

Breathing is good. It is the most basic mode of life. I always have my breathing to return to when things are bad. Breathing feels good and makes me feel alive.

Aged cheese is good. Yes, it is true that cheese often has some rather malodorous qualities. But once we get through those odd flavors, we are able to experience the richness of flavor that cheese affords.

Mozart is good. But so are Clapton, Coltrane and George M. Cohan. No explanation is needed.

Hard work and perseverance are good. They are the primary vehicles for producing good outcomes.

Gardening is good. Gardening allows me to create something where here once was nothing. It gives me a sense of being able to create and control my world. It produces both bounty and beauty.

Fixing cars for a living is good. When I fix your car, I give you something that



makes your life better.

Being the best auto mechanic I can be is good. When I give you my best work, I show you what type of person I am. I both cultivate and show my integrity.

Intimacy is good. When we are intimate with others, we can share our vulnerabilities and strengths. We connect to someone and become part of something larger than ourselves.

Compassion is good. When we care for others, we feel most alive. We know we have made a difference in the emotional lives of others.

3. Cultivate the Good, But Appreciate the Moment. This step comes from putting together the first two. To cultivate the good, we must reflect and identify what is of value in our lives. We then must put forth effort over time in order to cultivate the good in our lives. When we do so, of course, we are working to build a *future* that is good. But we cannot live for the future any more than we can live for the moment. Therefore, to experience happiness, we must continue to work towards the good (in the future) while simultaneously appreciating the good of the present moment. One without the other will not ensure a happy life.

Are you working toward your degree? Do you think you will feel happy once you graduate? Perhaps. But that feeling will not last. And so, if you delay your happiness until the future, it will never come. Work for the degree. Anticipate the pride and joy that will come from attaining your degree. But live each present moment en route to that degree (and beyond). What is good in this moment – in the act of progressing toward (or even away) from my degree, my goals?

There is good in this moment. Can you find it?

Open School
**TUESDAY
OCTOBER 29**

Warings School
Coeducational Day School | Grades 6-12

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Stop by any time between 9:00 and 2:00

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Thur. 11/14 • 9:00 am - 11:00 am

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Ask Dr. Mike

Your Free, Family-Friendly Resource

Ask Dr. Mike – at www.northshorefamilies.com!

Ask Dr. Mike is an interactive feature where you can ask our Editor, Michael F. Mascolo, Ph.D., a parenting, education, family or development question you may have. Do you need to know why your child behaves as he/she does? Do you need a way to bring your family unit back together in more meaningful ways? Are you struggling as a parent with your own development questions? Well, Ask Dr. Mike! It's free and family friendly – and designed for you. Email your questions to Dr.Mike@northshorefamilies.com.

The Challenge: My 13-Year Old Won't Tell Me Anything!

Dear Dr. Mike:

When he was little, my son used to tell me everything. Now he's 13 and is becoming a stereotypical teenager. He doesn't tell me anything! I'd just like to have a conversation with him once in a while. If I ask him how school was,



all I get is a one-word response. How can I get my child to talk to me (even a little)?

Concerned

Dear Concerned:

Sometimes, when our children enter the teen years, we don't recognize them anymore! They have become someone different. Where did my child go? And who is this little new creature in front of me?

What you are experiencing, of course, is quite typical. Not all children become mute (at least to their parents) as they enter their teens, but many do. How can we get our children to open up? Perhaps the worst way to get a conversation moving is the way that we

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Behavior Problems?

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Free Parent Coaching



If you have a difficult-to-manage child, you may be eligible for free parent coaching. Michael F. Mascolo, Ph.D, Editor and Senior Contributor to *North Shore Children & Families*, is offering free parent coaching to two eligible families in the greater Salem Massachusetts area. Parents will receive at least three months of free and intensive parent coaching. Parents and children will be videotaped at various points over the coaching period to monitor progress. Parent-child interactions will be used as the basis of a book that is currently under preparation by Dr. Mascolo. Eligible to families with children between 5 and 10 years of age.

For more information, contact

Michael F. Mascolo, Ph.D.

978.979.8745

michael@northshorefamilies.com

all use most frequently. Indeed: "How was school today?" is a non-starter. If I'm a teen, I'm thinking, "Telling you about my school day is boring. And besides, it's *my* school day and *you* are my parent. I'm embarrassed to let you into my school day. And all you want to hear about is science, and you never want to hear about video games or what really interests me. Telling you about my day is pretty uncool!"

So, what's a parent to do? First, instead of asking about your child's day, or even trying to initiate conversation in a formal and direct way, consider looking for other opportunities. Listen carefully for what your child does say (rather than what he/she doesn't say). Identify what is of interest to your child at any given moment, and express interest by making an affirming comment. If your child is playing a video game, you might say, "that looks like fun" or "what are those weird green things?". Your video game loving kid will not be able to resist telling you what those weird green things are. If you hear your child talk about kickball during recess, simply restate something she said: "So you were the pitcher today in kickball, huh?" That simple statement might be enough to open the floodgates. If your child sighs deeply when doing her homework, you might say, "Homework can be such a pain!" You might hear your child say, "Yeah, and Mr. Stone gives us so much homework! It's so unfair. Like today, he..."

If you are successful in getting your child to talk, avoid the temptation to preach and lecture when you hear something you don't like. For most kids, that is a surefire way to end the conversation.

Another way to initiate conversation is to develop a family routine or tradition. I know a family in which the parents ask their children three questions every day: "What went well today?" "What didn't go especially well today?" "What did you learn today?" By making this set of questions routine, showing deep interest in what children say, and by showing that you believe that the asking and answering of such questions to be a good thing, you may find your child opening up. This is especially true if you participate yourself in the answering of these questions. Kids, like adults, like to complain about the bad stuff that went on during the day. And they really enjoy learning the bad stuff that happens to you during your day.

So, don't try too hard! Instead, invite conversation indirectly by focusing on your child's interests, or institute a family tradition in which you all participate together in some story telling. When we do it together, it's not something you just want *me* to do; it's something that *we all do*.



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We invite you & your family to engage with us more online and in print each month!

Share your suggestions, submit a story or calendar listing, Ask Dr. Mike a question, search our archives for a topic you need help with, enter our contests for a chance to win great prizes & more!

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Maya is doing more than learning to write her name. She is also practicing letter formation, developing creative writing skills and building fine motor skills.



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Community Calendar

To Submit to our Community Calendar:

Please visit us at www.northshorefamilies.com and submit your listings directly through our website. From our **Home Page** – click on **Calendar** – then click on **Submit** and our form will open for you to complete and submit your listings.

While we will make every attempt to post all appropriate listings in our **Community Calendar**, space is limited – and priority will be given to those events that are free and family-friendly – and those submitted by our advertising partners & sponsors.

Calendar listings are generally due by the 15th of each month prior and must be submitted through our website. If you need to guarantee that your listing will be posted – please contact Suzanne to advertise. **See our current Calendar for our upcoming issue deadlines.**

To advertise, please contact Suzanne at suzanne@northshorefamilies.com or 781.584.4569.

For complete listing accuracy, we recommend that you call ahead or check the websites listed. Featured listings do not constitute an endorsement from this Publisher and we encourage our readers to always do their own research.

SEPTEMBER IS THE MONTH FOR: Classical Music, Hispanic Heritage, Fall Hats, Courtesy, Pianos, Baby Safety, Little Leagues, Honey, Self-Improvement, Better Breakfasts

NOW ENROLLING:

Contact our independent schools in this issue to arrange a tour! It's never too early to start planning for your child's education or get on waiting lists! **Check out the ads in this issue for fall Open Houses!**

Baby Lounge, at Cohen Hillel Academy, Marblehead: Oct. 3, 10, 17, 24, 31 & Nov. 7 – Thursdays, 10-11:30am. RSVP by 9/25 to Barbara Tanger at 781.639.2880 or

btanger@cohenhillel.org. Free program open to all; see ad on page 2. For babies up to 6 mos. w/mom or caregiver; meet new friends, gentle movement w/yoga instructor, helpful hints for making Jewish ritual part of your baby's life.

Behavior Problems? You may be eligible for Free Parent Coaching – see page 12!

Ask Next Generation Children's Centers about their Fall Special! See ad on page 13!

GET TICKETS NOW:

Bill Hanney presents North Shore Music Theatre, Beverly; tickets & subscriptions on sale now for: La Cage Aux Folles (Sept. 24-Oct. 6); Miss Saigon (Nov. 5-17). New in 2013 – Family Fridays: kids save 50% on the 1st Friday evening of all musicals. www.nsmat.org

Concerts, Comedy & Dance at North Shore Music Theatre: *Barbra & Frank, The Concert that Never Was*, Oct. 12; *Harvey Robbins' Doo-Wopp Hall of Fame of America*, Oct. 20. www.nsmat.org

A Christmas Story, The Musical – at Citi Performing Arts Center, Boston; Nov. 20-Dec. 8. Celebrate the holidays – fun for the whole family! \$125-\$45/ticket at www.citicenter.org.

Potted Potter: The Unauthorized Harry Experience – A Parody by Dan & Jeff, at The Mainstage at The Paramount Center, Boston. For kids, teens & adults; \$99.99-\$39.99/ticket at www.paramountboston.org.

The Salem Theatre Company presents: Sept. 22, *Light up the Stage/fundraiser brunch*; Sept. 26-Oct. 19, Arthur Miller's *The Crucible*, Oct. 24-31, *Dracula's Guest*. For tickets & more info.: www.salemtheatre.com.

Lynn Auditorium presents Celtic Woman, Home for Christmas/The Symphony Tour – Dec. 9. Tickets \$89-\$49 at www.lynnauditorium.com.

At Blue Ocean Music Hall, Salisbury: 9/20, Robert Randolph & The Family Band; 9/27, An Eve. w/Pauline Wells; 10/10, Ed Roland & the Sweet Tea Project; 10/12, Badfinger; 10/18, John Cafferty & the Beaver Brown Band; 10/19, 10,000

Maniacs; 10/24, The Waterboys. www.blueoceanhall.com

Rockport Music: Nov. 9: Arlo Guthrie; Nov. 16: Jonathan Edwards. www.rockportmusic.org

PEABODY ESSEX MUSEUM (SALEM):

Sept. 7, 1-3pm, *Studio Discovery: Paper Pulp Sculptures*; **Sept. 8**, 2-3pm, *Story Trails: Moose on the Loose* (ages 5-8 w/adult); **Sept. 13**, 7:45-9pm, Pres.: *Hummingbirds, Magic in the Air*; **Sept. 21**, 1-2pm, Pres.: *Samuel McIntire & the Art of Furniture Carving in Salem* (reserv. by 9/18); **Sept. 26**, 6:30-9:30pm, *PEM/PM Party – 80 Days: A Steampunk Celebration*; **Sept. 27**, 8pm, *Concert: Boston Artists Ensemble*; **Sept. 28**, 10am-4pm, *Workshop: Intro. to Simple Jewelry Making Techniques* (reserv. by 9/20). For tix & more info.: www.pem.org.

WENHAM MUSEUM:

Through Sept. 22: *Wheels: Getting from Here to There*; **through Sept. 29:** *Castles in the Clouds*. www.wenhammuseum.org

SEPTEMBER 2:

Labor Day

SEPTEMBER 3:

Welcome Back to School! Drive safely! Good luck this year!

SEPTEMBER 3 + 4:

Boston Ballet School Fall Open Houses, 5-6:30pm. Newton: 9/3; North Shore (Marblehead): 9/3; Boston: 9/4. Tour our state-of-the-art studios, meet BBS faculty, register for classes, take sample classes, enter to win a Ballerina Birthday Party & more! Special class card offer for adults – only available at the Open House: buy a 10-class card and get your 11th class free! Students ages 9 and up can receive a placement for the 2013-2014 school year at our Newton and North Shore studios! For more info.: 617.456.6333 or school@bostonballet.org. www.bostonballet.org/school

SEPTEMBER 4-6:

Rosh Hashanah – Happy New Year!

SEPTEMBER 6:

Read a Book Day

Wish you could give the person who has everything something they don't have?

Personalized Poems & Prose by Suzanne



The perfect gift to enhance any special occasion.

Clever verses for your invitations and thank you notes.

Speeches, toasts and roasts.

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Samples available.

SEPTEMBER 7:

Sustainable Lawn Care Basics & Compost Tea Workshop, 10-11:30am, at Long Hill, Beverly; pre-register at www.thetrustees.org. \$10/Trustees of Reservations members; \$15/non-members; space is limited.

SEPTEMBER 7 (through Nov. 2):

Corn Maze (& much more!) at Connors Farm, Danvers, 9am-6pm, fun for all ages! Visit www.connorsfarm.com/corn-maze for tickets & more info. for this fall family favorite!

SEPTEMBER 8:

Grandparents' Day; International Literacy Day

Celebrate Grandparents' Day at The Community House of Hamilton & Wenham, 2-4:30pm. \$12/person, please register by 9/5. Features magician, popcorn, activity, make your own ice cream sundae. Pre-register: 978.468.4818. www.communityhouse.org

SEPTEMBER 10:

The 2013 Salem, MA School Committee Candidate Forum, pres. by the Salem Education Foundation; 7pm at Boys & Girls Club of Salem. Free & open to the public; Spanish translation available upon request. www.salemeducationfoundation.org

SEPTEMBER 13-14:

Yom Kippur

SEPTEMBER 14:

Happy Birthday, Aunt Jean! xo

Double the Stuff Sale, 9:30am-12noon, \$1/person; at 467 Main St., Wakefield. Great deals on gently used children's toys, clothing and equipment; 29 sellers. www.facebook.com/doublethestuffsale

Celebrate Paddy the White-Cheeked Gibbon's Birthday at Stone Zoo, Stoneham! 10am-3pm; \$14/adults, \$10/ages 2-12, \$12/seniors, free/under age 2.

SEPTEMBER 15:

National Women's Friendship Day

17th Annual Boston Arthritis Walk, 9am-2pm, at DRC's Artesani

Park, Soldiers' Field Rd., Brighton. Collect pledges, walk 1 mile or 3 miles then celebrate with food, entertainment & fun for the whole family. To walk or volunteer: www.bostonarthritiswalk.org.

Have Fun Down on the Farm at Franklin Park Zoo, Boston! 10:30am-3pm; \$17/adults, \$11/ages 2-12, \$14/seniors, free/under age 2.

SEPTEMBER 16:

Step Family Day; Working Parents' Day

SEPTEMBER 17:

Citizenship Day; Constitution Day

SEPTEMBER 18:

AD DEADLINE: If you need to advertise in our **OCTOBER** issue, and if you need our ad production assistance, please confirm your ad size and submit your ad materials by **NOON TODAY!** You can see our display ad rates, sizes, available discounts & more at www.northshorefamilies.com or contact suzanne@northshorefamilies.com.

SEPTEMBER 18-25:

Sukkot

SEPTEMBER 20:

AD DEADLINE: FINAL Advertising Space Reservation DEADLINE at NOON for ALL COMPLETED ADS (that do NOT require ad production assistance) in our OCTOBER issue! To advertise, contact suzanne@northshorefamilies.com! **If you need our ad production assistance, please confirm your ad size and submit your ad materials by noon, Wed., September 18!** You can see our regular display ad rates, sizes, available discounts & more at www.northshorefamilies.com.

DEADLINE to Enter for a Chance to Win a pass (good for 2 tickets) to any remaining 2013 North Shore Music Theatre musical! See page 3!

SEPTEMBER 21:

International Peace Day; World Gratitude Day

Fall Sale of Gently Used Children's Items, 9:30am,

\$1/person; free ages under 14. At Winchester High School (cafeteria), 80 Skillings Rd. Sale items include clothing (boys, girls, maternity), baby equipment, sporting goods, books, bedding & more. www.mmota-founding.org

SEPTEMBER 22:

Autumn Begins; Business Women's Day

Celebrate Beau the Giraffe's Birthday at Franklin Park Zoo, Boston! 11am-3pm; \$17/adults, \$11/ages 2-12, \$14/seniors, free/under age 2.

SEPTEMBER 24 (NOON):

Community Calendar listings' DEADLINE at NOON for our **OCTOBER** issue! **Please submit your listings for OCTOBER events directly through our website (see beg. of this Calendar for details).**

SEPTEMBER 25:

Open School at Harborlight-Stoneridge Montessori School, 243 Essex St., Beverly; 9-10:30am. See ad on page 8! www.h-sms.org

SEPTEMBER 27:

Happy Birthday, Dad! xo

Native American Day

SEPTEMBER 28:

National Good Neighbor Day

Newburyport's Oktoberfest, 12 noon-6pm; all ages. At Cashman Park, Newburyport. www.newburyportchamber.org/events

OCTOBER 1:

Open School at Harborlight-Stoneridge Montessori School, 243 Essex St., Beverly; 9-10:30am. See ad on page 8! www.h-sms.org

OCTOBER 2:

North of Boston Secondary School Fair, 6:30-8pm, at Austin Preparatory School, Reading. Meet over 60 private secondary schools (see ad on back cover); for parents w/students in 6th-8th grades. www.austinprepschool.org

STARTS OCTOBER 3 (RSVP BY 9/25):

Baby Lounge, at Cohen Hillel Academy, Marblehead: Oct. 3, 10, 17, 24, 31 & Nov. 7 – Thursdays, 10-11:30am. RSVP by 9/25 to Barbara Tanger at 781.639.2880 or btanger@cohenhillel.org. Free program open to all; see ad on page 2! For babies up to 6 mos. w/mom or caregiver; meet new friends, gentle movement w/yoga instructor; helpful hints for making Jewish ritual part of your baby's life.

OCTOBER 8:

Brookwood School 4 to 14 Speaker Series Event: New York Times bestselling author Paul Tough, 7pm, How Children Succeed: Grit, Curiosity and the Hidden Power of Character. \$10/adult; limited seating. For tickets & more info., visit www.brookwood.edu. See ad on page 7!

OCTOBER 19:

Open House at Tower School, 75 West Shore Drive, Marblehead; 9:30-11:30am. See ad on page 11! www.towerschool.org

OCTOBER 20:

'GBH Kids Word Girl, 1-3pm, at Cohen Hillel Academy, 6 Community Rd., Marblehead. For ages 3-7 w/caregiver. Meet 'GBH Kids Word Girl, watch a brand new episode & more! www.cohenhillel.org

OCTOBER 29:

Open School at Waring School, 35 Standley St., Beverly. Stop by anytime between 9am-2pm; no appt. necessary. www.waringschool.org

NOVEMBER 2:

Sustainability Fair at Brookwood School, Manchester – Gardens: Habitats Around Us, 10am-2pm; free, all are welcome. This educational marketplace features local farms, small-batch food purveyors, sustainable crafts, science, technology innovations, student displays & our Sustainable Cafe. See ad on page 4! www.brookwood.edu



North of Boston Secondary School Fair

Hosted by
Austin Preparatory School, Reading, MA

Wednesday, October 2, 2013 • 6:30-8pm

Over 60 Private Secondary Schools Will Be Represented!

If your child is currently a 6th, 7th or 8th grader and is considering applying to private school, this is a great opportunity to check out over 60 regional and local private, Catholic, Christian and Episcopal schools!

SCHOOLS ATTENDING:

Academy of Notre Dame	Deerfield Academy	Noble & Greenough School
Arlington Catholic High School	The Derryfield School	Phillips Academy
Austin Preparatory School	The George School	Phillips Exeter Academy
Belmont Hill School	Governor's Academy	Pingree School
Bishop Fenwick High School	Groton School	Pomfret School
Boston College High School	Hebron Academy	Pope John XXIII High School
Boston University Academy	High Mowing School	Portsmouth Abbey School
Bradford Christian Academy	The Hyde School	Presentation of Mary Academy
Brewster Academy	International School of Boston	St. Clement Parish Schools
Brooks School	Kents Hill School	St. John's Preparatory School
Buckingham, Brown & Nichols School	Landmark School	St. Joseph Preparatory School
Canterbury School	Lawrence Academy	St. Mary's High School
Catholic Memorial High School	Lexington Christian Academy	St. Paul's School
Central Catholic High School	Lowell Catholic High School	Sparhawk School
Chapel Hill - Chauncy Hall School	Malden Catholic High School	Tilton School
Cheshire Academy	Marianapolis School	Waldorf High School
Clark School	Matignon High School	White Mountain School
Coastal Studies School for Girls	Middlesex School	Wilbraham and Monson School
Commonwealth School	Milton Academy	The Winchendon School
Covenant Christian Academy	Nazareth Academy	Worcester Academy
Cushing Academy	New Hampton School	
Dana Hall School	Newman School	

Austin Preparatory School, 101 Willow Street, Reading, MA
For more info.: 781.944.4900 ext. 834 or www.austinprepschool.org.