

North Shore & Children Families

FREE!

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of Your Summer!**

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Independent School
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**September Ad
Deadline: Aug. 22**

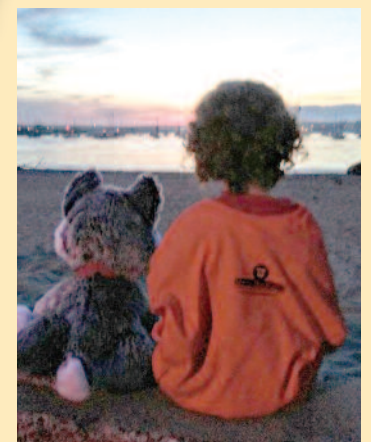


www.northshorefamilies.com

The LARGEST distribution local publication for parents on the North Shore – since 2007!



*Summer
on the
North Shore!*



Thank you to our readers for submitting these great shots!

August 2018

NORTH SHORE

SECONDARY SCHOOL FAIR

**TUESDAY
SEPTEMBER 25
6:00 to 8:30 p.m.**

Join us at GUS to meet
representatives and gather
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74 Hart Street Beverly Farms, MA 01915
gus.org/secondary-school-fair-registration
Contact jfinn@gus.org with any questions.



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Brewster Academy
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Canterbury Girls Secondary School
Cate School
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Miss Porter's School
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Northfield Mount Hermon School
Phillips Academy Andover
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Portsmouth Abbey School
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Tilton School
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SUMMER SHORE

www.ShoreSchool.org/summer

**FULL-DAY & HALF-DAY
JUNE 18–AUGUST 24
BEVERLY, MA**

AT SHORE COUNTRY DAY SCHOOL

Take a Deep Breath

Continued from page 3

Whether it's a vacation away or the more popular *staycation*, here are some tips to make the time off more relaxing and enjoyable.

1. **Put the phones away.** If you are off work and with your family and loved ones, why do you need your phone? In reality, you don't. Put it down and keep it out of site. If you're traveling and you need it, it will be there. But don't keep it handy; it will keep you stressed and on alert without even realizing it.
2. **Don't pack the schedule.** When you're off work, it's okay to do nothing or very little. When I travel for fun, it's not uncommon to relax in the room until 11:30 am. What's the rush? The vacation is not meant to be crammed full of activities. It's meant to relax and enjoy. Sometimes it's most enjoyable to experience leisure and no time pressure.
3. **Be flexible.** The rest of life, outside of vacations, is meant to have rigid schedules and time tables. If you plan something and it doesn't happen, as long as you enjoy your time, you didn't miss out.
4. **Get sleep.** Vacations are meant to catch up on sleep. People, on average, don't get enough sleep and aren't allowed to be lazy. Stay in bed and enjoy it, guilt free. You're on vacation!
5. **Be Active.** When you are finally out and about, do something active. People in general don't get enough activity. Walk more than usual or do something else active and fun.
6. **Be mindful.** Mindfulness is a state of active, open attention on the present. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience. Mindfulness is being committed to each moment and rather than seeing time as slipping away unconsciously, it's being intentionally present to experience everything life has to offer in every moment allowing you to focus solely on the present experience.
7. **Stay calm.** When people overreact, it sends their body into flight of fight mode unnecessarily. Too much of emotional reactivity causes stress for everyone. The kids may misbehave, and the flight may be delayed and a whole host of things may not work out as planned. How people react to stresses will determine the impact of the stress. It's August, and that means it's not time to get stressed yet!

We hope you enjoy the rest of your summer!

Dr. Kate Roberts is a licensed child and school psychologist and family therapist with offices in Salem and Wenham. She can be reached at kate@drkateroberts.com and www.drkateroberts.com.

Free Admission



Back To School
An EXPO for families

**Sat Aug 25th
10AM- 2PM**

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Wednesday, August 1 at 6 pm

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Family Law

Mommy-Daddy Only Vacation? Draft a Temporary Guardianship!



by Mark Tuttle, Esquire

There may come a time when you want to get away on vacation and leave the kids behind. Leaving your kids with a trusted friend or relative is common. If a trusted friend or relative is roughly the same age as you or if such a person has children the same age as yours, the temporary

transition can be easy for your children. But the act of simply leaving someone else in charge may not be good enough for a hospital should your child need care.

Typically, a medical institution would require the consent of a parent. A solution to this problem is to draft a temporary guardianship.

Massachusetts law allows the parents of a minor to appoint a temporary agent for a period not exceeding 60 days. Such a delegation must be in writing and signed by the parent(s) or guardian(s) and attested by at least 2 witnesses who are 18 years of age or

older. Other caveats exist, such as the guardian cannot consent to marriage or adoption of the minor. Such caveats can be vetted by looking at Massachusetts General Laws Annotated, Chapter 190B, section 5-103, *Delegation of Powers by Parent or Guardian*.

A temporary guardianship is a simple document that outlines the fact you have granted someone else authority to act in the best interests of your child. The main focus of the temporary guardianship is the powers you give the guardian. Typically, such powers concern the custody, care and, to a lesser extent, property of the minor child. Massachusetts law states, in part, that a guardian of a minor has the powers and responsibilities of a parent regarding the minor's support, care, education, health and welfare and shall act at all times in the minor's best interest and

exercise reasonable care, diligence and prudence. These powers and responsibilities should cover all of the reasons you selected the temporary guardian.

You can contact an attorney to draft a temporary guardianship, find a template document and tailor it to your needs, or you can read the very short section 5-103 noted prior and create your own document. Make sure you name all the appropriate parties and sign it with all the required formalities. When complete, provide an original document to the newly designated guardian and enjoy your vacation!

Mark Tuttle is a practicing attorney with offices in Salem, MA – Tuttle Trust & Fiduciary Services, LLC. He specializes in Estate and Business Planning; Wills and Trusts; and Divorce Mediation. Mark can be reached at mark@tuttlefs.com or 978.548.7662. www.tuttlefs.com

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Raising Compassionate Children



Teaching Kids to Give Brings Happiness, Healing and Purpose

by Leah Okimoto, Founder/Executive Director

Can you believe another summer is more than halfway over? It's hard for us to believe that just last month we were celebrating all of the kids who did things to help people and animals in their communities with Aaron's Presents this year. We would just like to take this opportunity to thank Phillips Academy for hosting, Mad Maggie's Ice Cream for providing the amazing ice cream for 200+ attendees, Joanna de Peña of Top Notch Scholars for speaking and inspiring us all, and our lead sponsors, Aura Properties, Melissa Marrama and Borislow Insurance for their continued leadership in supporting the community-building efforts of our youth. We would also like to thank our amazing Board, Advisory Staff, Staff, Volunteers and all of our older Alumni who came out to help, our Program Partners (schools and afterschool programs), Community Partners (organizations that host and/or receive the gifts planned by our kids), and our numerous Donors and Sponsors, without whom none of our work would be possible!

Our 288 participants for 2017-18 dreamed up and carried out 149 projects benefiting over 5,000 people and animals throughout the North Shore this year! 18 of them voluntarily and bravely spoke at our annual celebration and inspired us to think not only about how we can each make others' lives better in our own

Aaron's Presents

Continued from page 6



unique ways, but also about the strong desire and ability of young people to make a huge difference in the larger world as they are right now. We wanted to share a few of their words with you this month:

2nd graders, Keely and Caroline: *We always dreamed of helping people and taking care of them.*

3rd grader, Niki: *I did a project called Food That Counts. We collected food and gave it to the YWCA in Lawrence... [Aaron's Presents] gives you a chance to reach out and help the world, and I think there's hardly a better thing than the good you can do for the world.*

4th grader, Kara: *I think that Aaron's Presents has changed me as a person because it has showed me that the people I*

know are not the only people in the world. Some people are not as fortunate as us. I learned that we need to help the community, so that we can live in peace.

8th grader, Aaliyah, who touched us all with her willingness to share her story and may have saved a life in the audience that day: *My name is Aaliyah, but I mostly go by Alex. I am a female to male transgender. I am sixteen years old and I am in ninth grade. My friend Kayla, who's sitting back there with turquoise hair – she's a little bit too shy to come up here – she and I did a project thanks to Aaron's Presents and I would like to say thank you to Aaron's Presents for Leah and Ms. Kim. The project we did was to design tee shirts for kids and teenagers who have tried to commit suicide, and we wrote shirts that I'm wearing right now. It says IT GETS BETTER and on the back it says WE ARE STRONG. And the reason that I think it was so important is because a lot of teenagers and kids this age think that sometimes suicide is the only option because of standards and social standards and not being able to fit in in home life and just multiple reasons, and it is a big problem today. And I was one of them. Two years ago, I tried to commit suicide at age fourteen because I felt like there was no other option and that was the only option I had. But I am living proof that it does get better, and there is hope. Thank you.*

These youth and so many others trying to discover their role in the world, the



unique gifts they have to give and their larger purpose through focusing outward, engaging in their communities and caring about others are indeed a source of hope. Thank you to all of the parents and families who gave us the honor and privilege of working with your children!

For those of you who would like more information about how a child you know might participate or if you would like to support our work as a Mentor, Volunteer or Sponsor, please visit www.aaronspresents.org or contact one of our staff members below.

Leah Okimoto is the Executive Director of Aaron's Presents, a 501(c)(3) nonprofit organization that she founded in 2014 in memory of her infant son, Aaron. Feel free to contact: Leah at lokimoto@aaronspresents.org or (978)809-5487; Kimberly LaBonte-Kay, North Shore Regional Director, at kimberly@aaronspresents.org or (978)886-6312; Ebony White, Lynn Project Mentor, at ebony@aaronspresents.org or (978)886-6257; or Kate Adams, Special Projects Manager, at kadams@aaronspresents.org or (978)886-6076.

Schools:

Join Us in The Fall 2018 Independent School Showcase Series!

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Summer Fun and Learning at Boston Children's Museum

Photo © Lex Piccione

WARNING:

The Museum could be too much fun for most people to handle this summer, but why not see for yourself how much fun and learning your family can take. So unplug and connect, and don't miss our Under the Tent activities every day where you can get wet, get messy, learn to fish, dance, drum, and much more.

FISHING 101: Every day on the boardwalk.

OUTDOORS WITH L.L. BEAN: Join L.L. Bean under the tent and participate in exciting outdoor activities! Programs include nerf archery, basic compass orienteering, tents & tales, birding & binoculars, and paracord bracelet making. Fridays, 1-3pm.

MUSIC AND MOVEMENT: This weekly music class is great for families with infants, toddlers, and preschoolers. All classes are led by trained music educators from Little Groove. Wednesdays and Sundays, 10:30am & 11:15am.

URBANITY DANCE: Join us outside for dance classes with teachers from Urbanity Dance, Boston's leading contemporary dance studio. Thursdays at 11am.

DRUM CIRCLE: Express yourself with different rhythms and percussive sounds in this bucket-drumming workshop. Tuesdays, 10:30am-12:30pm.

MESSY MONDAY: Celebrate creativity and innovation with an open invitation to all ages to make a mess!

WATER WEDNESDAYS: Participate in a variety of wet games, or splash on water drums! Warning—you will get wet! Activities vary weekly. Wednesdays, 2-3pm.

GAMES: Drop in every day for sidewalk chalk drawings, hula-hooping, jump-rope, obstacle courses, and other outdoor games.

STEAM (Science, Technology, Engineering, Art/Design and Math): Do you like to make things? Solve problems? Think creatively? Put all of these skills to use as you engage in STEAM activities under the tent. Thursdays, 11:30am-1:30pm.

KIDSJAM: Join us the last Friday of every month for a dance party including music with a live DJ, games, and dance classes led by instructors from Urbanity Dance.



www.BostonChildrensMuseum.org