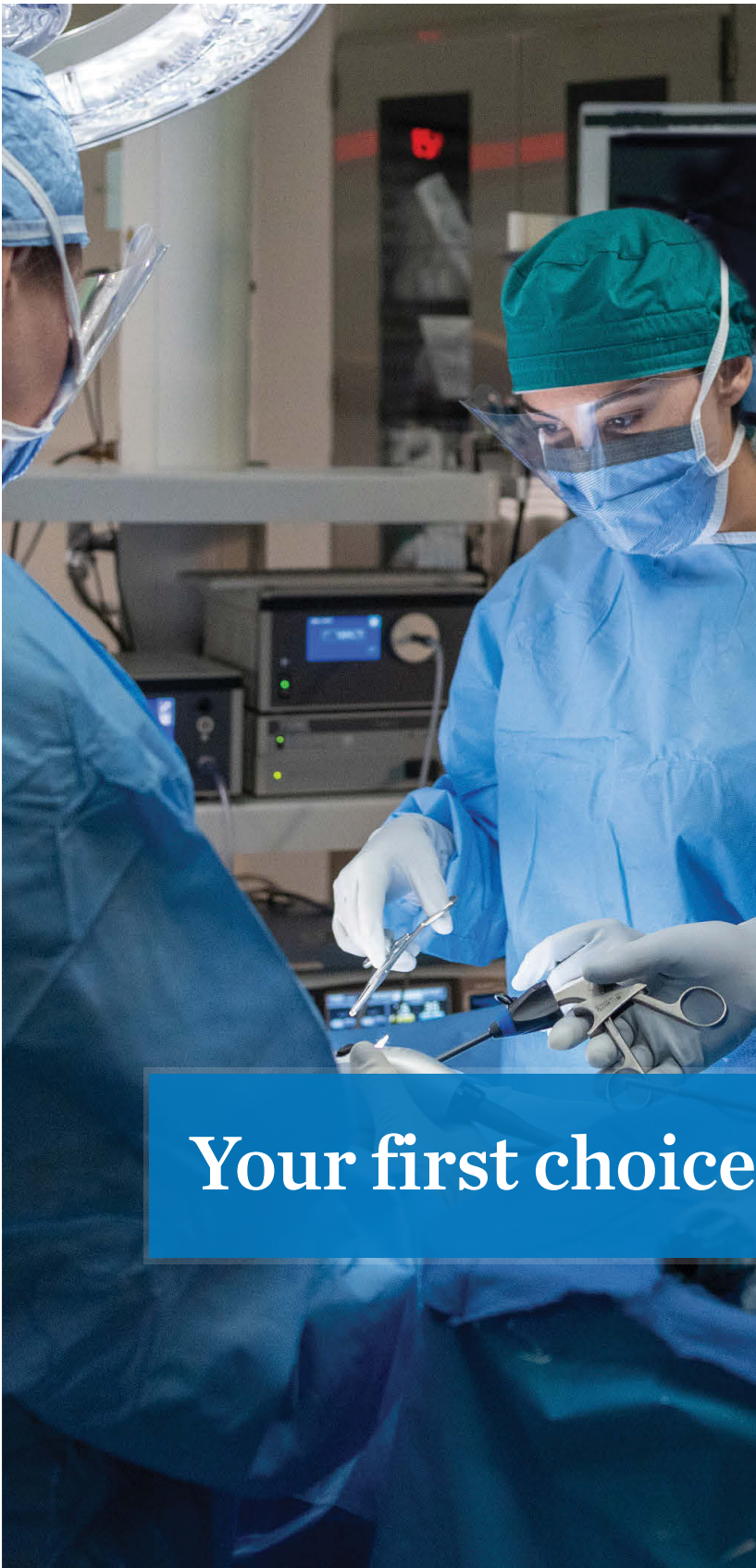


tulsakids

FOR ACTIVE PARENTS IN TULSA & SURROUNDING COMMUNITIES





Finding the best care for you starts with a conversation between you and an Ascension St. John doctor.

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I'm a teacher at Holland Hall and an alumna.

“What makes a Holland Hall teacher? Someone who is passionate, who is a master at their area of study and who cares deeply about forming relationships and learning about kids.”

— **Tyne Shillingford '03**
Upper School Fine Arts Department Chair

Holland Hall, Holland Hall, Tulsa's PreK-12th grade independent Episcopal school, offers a rigorous academic curriculum, but also more than 30 arts classes, state championship athletic teams and faculty members who have time to know your child. Ask about a private tour and tuition assistance.

Holland Hall

HEALTH ZONE MINI TRIATHLON 2023

When you sign up your little athlete for this fitness event, you also help other kids, as all proceeds benefit The Children's Hospital at Saint Francis. Registration fee includes a T-shirt and post-race celebration.

SATURDAY, AUGUST 5, 2023

YOUTH

Ages 10 - 13

Swim 100 yards (4 laps)
Bike 1 mile
Run 1/2 mile (6 laps)

8:30 a.m. Registration
9:00 a.m. Start Time

CHILD

Ages 6 - 9

Swim 50 yards (2 laps)
Bike 1/2 mile
Run 1/4 mile (3 laps)

10:30 a.m. Registration
11:00 a.m. Start Time
Must be 49" tall to participate

Registration is \$25 in advance; \$30 day of event.
Gold, silver and bronze prizes will be awarded for girls and boys in both age categories; all participants receive a medal.



SCAN TO SIGN UP!

For more information, contact Jennifer Daley at [918-494-8263](tel:918-494-8263), email jldaley@saintfrancis.com or visit saintfrancis.com/healthzone.

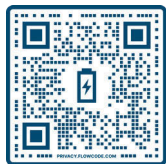


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AVERAGE DRIVING RANGE IS
245 MILES.



DRIVING FROM TULSA
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212 MILES.



Plus, there are more than 1,000 charging stations in Oklahoma – and counting. While there's a lot of hype around electric vehicles (EVs) right now, there are also a lot of questions — about their performance, reliability, charging capabilities and range. At PSO, we want to provide you with answers to your EV questions, so you can make informed decisions. Learn more and find a charging station at: [GetToKnowEV.com](https://www.gettoknowev.com).



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Editor's note 6

Whats Going OnLine? 7

Family Favorites 8

Family Fun & Travel..... 10

Museum	Hotel in Tulsa
Attraction	Weekend Getaway
Professional/ Semi-Professional	Place to Buy an RV
Sports Team	Place to Play Indoors
Park/Place to Get Outside	Family-Friendly Live Performance of 2022
State Park	Festival
Place to Camp	

Family Dining 12

Place to Grab a Burger	Delivery Service
Place to Get Pizza	Family Meal Deal
Place to Get Ice Cream	Coffee Shop
Ethnic Restaurant	Place to Get Breakfast
Kid's Meal	Place to Buy Donuts
Meal/Grocery	Food Truck

Birthday Parties 14

Kid's Party Entertainer	Party Treats
Birthday Party Vendor	Place to Buy Birthday Gifts
Birthday Party Venue	Lawn Décor
Place to Buy	

Shop Local 16

Place to Buy	Gift Shop
Children's Clothes	Florist
Mom's Boutique	Shopping Mall or District
Consignment Shop or Sale	
Bookstore	

All About Baby 18

Pre-natal/Post- partum Classes	Doula
Place to Have a Baby	Place to Buy Baby Gifts
Midwife	Newborn Photographer

Education 20

Childcare	School
Preschool	Private Middle School
Private Elementary	Private High School

Enrichment..... 22

Summer Day Camp	Soccer Club
Summer Overnight Camp	Music Program/ Lessons
Youth Theatre Program	Art Program/Lessons
Gymnastics/Cheer	Swim Lessons
Dance Studio	Tutoring
Martial Arts Studio	Place for Storytime
Place to Learn Soccer	

Family Life 24

Grocery Store	Place for a Girls' Night Out
Family-Friendly Gym	Brewery
Hair Salon	Bank/Credit Union
Car Dealership	Law Firm
Childcare Service	Dry Cleaning
Date Night Restaurant	

Pets 26

Veterinarian	Place to Buy Pet Supplies
Dog Grooming Business	Pet Rescue
Place to Board Your Pet	

Home Improvement 28

Appliance Store	Pest Control
Interior Designer	Lawn & Garden Care
Furniture Store	Plant Nursery
Home Renovator	Home Security
Home Cleaning Service	Electrical Service
Heating & Air Company	Plumbing Service

Health & Wellness..... 30

Pediatrician	ENT
Family Doctor	Place for Pediatric Therapy
OB/GYN	Chiropractor
Optometrist	Orthopedist
Kid-Friendly Dentist	Hospital
Orthodontist	
Allergist	

Stay Cool! Swimming Pools, Splash Pads and Water Playgrounds . . . 32

Gettin' Meta With It: Books About Books, Part 1 34

Education Section..... 39

How to Prep your Child for Kindergarten	Supporting Your Gifted Child
Preschool: Choosing a Place to Grow	Tips for Moving to Middle School
Choosing a Private School	

School Highlights 45

School Guide 47

Sponsored Content: Ask The Experts . . 56

Community Calendar..... 57



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CONGRATULATIONS TO FAMILY FAVORITES WINNERS AND FINALISTS

WE LOVE TULSA! As a trusted local resource, TulsaKids has been providing parents with useful local content and local advertising for approximately 30 years. Our annual Family Favorites awards is our opportunity to showcase what our readers love about Tulsa and the surrounding community. Every year we ask readers to nominate and then vote for their favorite activities, schools, businesses, restaurants and services in and around the metro area. This year, over 5,000 of you cast your ballots, and the results are in this issue. I'm sure you will find some familiar favorites as well as some new places to play, eat, explore, learn and even fix that leaky faucet. We're excited to present you with this year's results.

Also, many of you may be looking at schools, making that all-important final decision on the best education option for your child. The Tulsa area has lots of options, whether you need a preschool, elementary school, middle or high school for your child. With so many choices, it can be difficult to find the best fit for your child. We're here to help. In the School Guide section, you'll find some useful articles that will guide you in what to look for in a school, and what questions to ask as you move through the process.

And, as we drop deeper into summer, be sure to check out TulsaKids' Summer Family Fun Guide. This online publication, sponsored by Tulsa Trails West, will give you everything you need to have a terrific summer with your family. Splash pads and pools, free and low-cost movies, festivals and fun, summer camps and activities, museums and parks — it's all here. Tara Rittler, our web and social media editor, has compiled the best, most comprehensive, most FUN guide just for you! Go to tulsakids.com and click on Summer Family Fun Guide at the top of the homepage.

And while you're on our website, sign up the kids for the TulsaKids Birthday Club! Your children can get free stuff on their birthdays, and you can get some major money off on the best party places in town.

Have a great summer!



Betty Casey

ASSOCIATE PUBLISHER
AND EDITOR-IN-CHIEF

tulsakids

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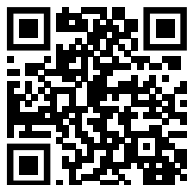
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CONTESTS & GIVEAWAYS

Find links to the following at tulsakids.com/contests.



COVER KID CONTEST, SPONSORED BY TULSA ER & HOSPITAL

It's that time of year — our Cover Kid Contest is here! Submit a photo of your child (ages 2–17) from July 1–15. Then, encourage friends and family to vote once daily, July 16–31! We will announce the three winners in our September issue.



DIVE INTO OUR SUMMER FAMILY FUN GUIDE

TulsaKids' Summer Family Fun Guide, sponsored by Tulsa Trails West, is a digital magazine chock-full of summer fun! Summer movies, outdoor concerts, places to splish and splash — you'll find all this and more! Read it now at tulsakids.com/summer.



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WHY I LOVE MY KID'S SCHOOL

We asked our Facebook followers and members of our TulsaParents Facebook group to share what they love about their child's school. Here's what they had to say!

"The principal at Wolf Creek Elementary in BA has created a culture of love and support for the students." — **LEAH B.**

"I love that the teachers and staff [at Catalayah Elementary] know how to have fun! It is common at our school to see teachers...even the principal...dancing down the hall. It is a great learning environment where you work hard and can play hard! Kids need both!" — **NICOLE G.**

"The Principal at Wolf Creek Elementary in BA has created a culture of love and support for the students." — **LEAH B.**

"Our daughter is loved, supported, cared for, and safe in a manner I feared would not be possible in a public-school setting. That fear could not have been more misplaced.

The warmth and genuine care everyone at Marshall T. Moore Elementary demonstrates for their students is incredible. We love our Moore teachers, staff, and PTA!" — **REBECCA P.**

WHAT'S GOING ONLINE?

"Children's House at Grissom is filled with love for all children." — **KAREY C.**

"Our Principal. She takes the time and learns EVERYONE'S names. Not just the students but their younger siblings as well as parents, grandparents, aunts, uncles, etc. She stands at the front of the school every morning and says hello to everyone by name.

Wolf Creek Elementary in Broken Arrow. Mrs Strow." — **VALERY W.**

"My daughter's school Jenks East Elementary goes above and beyond to accommodate her disability!" — **BETH O.**

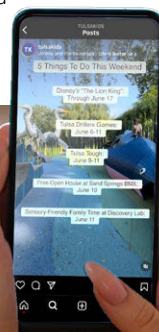
"I love that the University School is an active and welcoming community for both students and parents." — **NICOLE N.**

"I love that Zarrow International School has a teacher and a para teacher in every classroom. I love that they stretch kids' minds learning a second language and expose them to different Latin American and Spanish speaking cultures." — **CHRISTI T.**

"I love the sense of community at my children's school. When my girls walk down the hall, teachers, admins and even the kids know who they are, even if they're not in the same grade." — **ALICIA K.**

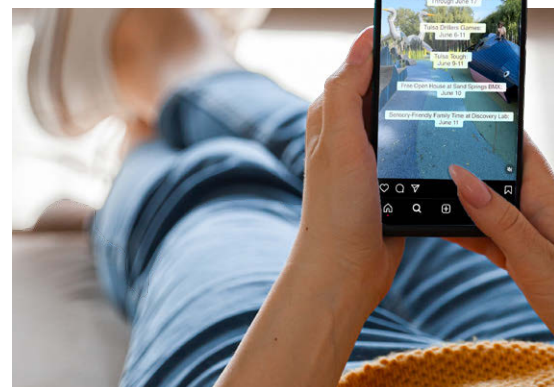
FOLLOW @TULSAKIDS ON INSTAGRAM

Our Instagram account is the place to be if you want weekend event inspiration! Every Thursday morning, we post a reel highlighting fun weekend activities for the whole family. And you can always read the complete list with all the details at tulsakids.com/weekend.



JOIN THE TULSAKIDS BIRTHDAY CLUB!

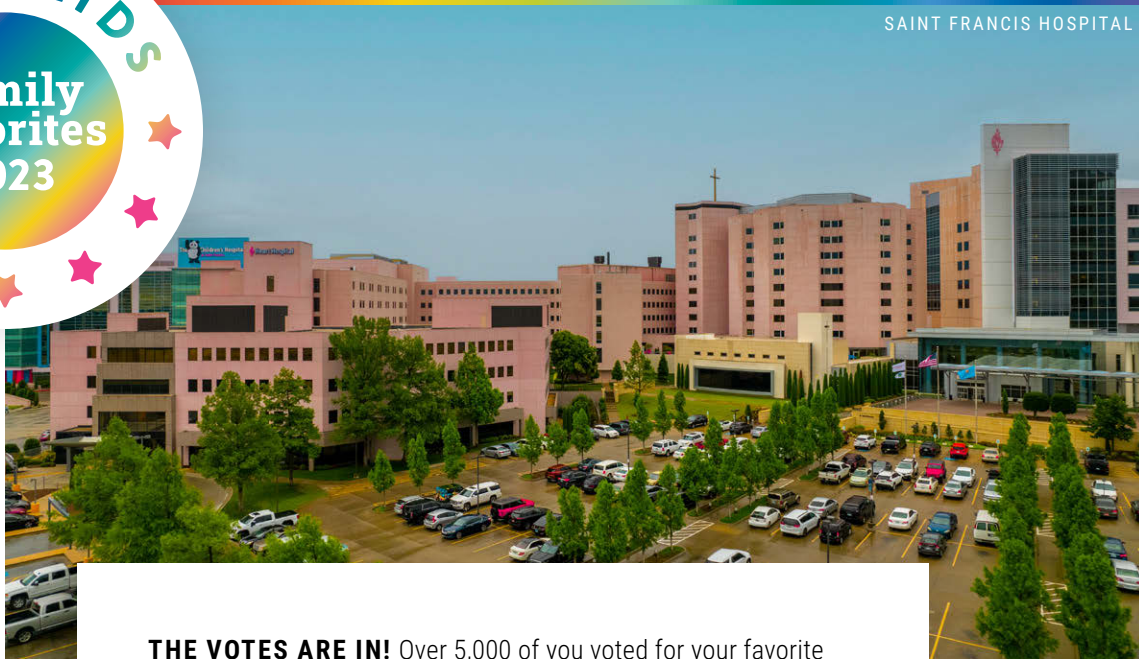
Did you hear? We started a Birthday Club! Sign up today to receive free offers, discounts and more to help celebrate your child's birthday. It's FREE! tulsakids.com/birthday-club



2023 FAMILY FAVORITES WINNERS + FINALISTS



SAINT FRANCIS HOSPITAL



THE VOTES ARE IN! Over 5,000 of you voted for your favorite places for fun, entertainment, health care, extracurriculars, shopping, dining, education, home improvement and more. Here they are – TulsaKids' 2023 Family Favorites winners and finalists. Thank you to all who voted, and congratulations to all of our winners.



SUGAR LLAMAS



DISCOVERY LAB

PHOTOGRAPHY
BY IAN UPTON



Mission ImPopsicle

Stay **cool**
this summer!

*Buy an animal an
ice treat. **Only \$5***



Only two popsicle days left. Buy one today!



FAMILY FUN & TRAVEL



DISCOVERY LAB

FAVORITE MUSEUM

DISCOVERY LAB

Learning is fun at Discovery Lab. Kids and their parents love the hands-on play. Visitors can build, crawl, climb, explore and problem solve as they make their way through permanent and traveling exhibits. Discovery Lab members and Gizmo Guild members get perks like special museum entrance times. And, Mondays at 11 a.m., early learners and caregivers can experience special programs. It's no wonder readers voted Discovery Lab as their favorite museum.

FINALISTS

Philbrook Museum of Art

Woolaroc Museum & Wildlife Preserve

FAVORITE ATTRACTION

GATHERING PLACE

Just north of Discovery Lab, Gathering Place welcomes visitors of all ages to a 66.5-acre outdoor wonderland. Touted as A Park for All, Gathering Place certainly exceeds the term "park." Natural spaces, a castle to climb through, a zip line, a slide area, skate park, basketball courts, swings and a special area for the youngest visitors in addition to free,

high-quality programming, events and exhibits, Gathering Place is a one-of-a-kind experience. Grab some food and drink at The Patio, Redbud Café or Vista at the Boathouse.

FINALISTS

Tulsa Zoo

Philbrook Museum of Art

FAVORITE PROFESSIONAL/SEMI-PROFESSIONAL SPORTS TEAM

TULSA DRILLERS

Our readers love Drillers games. Taking the family to ONEOK Field means great baseball, Friday night fireworks, elevated ballpark food and lots of fun cheering on the home team with the help of Hornsby, the Drillers' mascot! Parents can watch the game while kids play on the playground or visit Hornsby's Hangout. Sunday afternoons kids can eat free, run the bases, play catch on the field – there's always a special promotion at the ballpark.

FINALISTS

OKC Thunder

Tulsa Oilers

FAVORITE PARK/PLACE TO GET OUTSIDE

GATHERING PLACE

Tulsa's Park for All wins in a second category this year, for the fourth year in a row. Readers voted Gathering Place as their favorite place to get outside because there's so much for every member of the family to enjoy, from concerts and performances on the QuikTrip Great Lawn to hands-on cultural experiences, storytimes at the Reading Tree and special holiday events.

FINALISTS

Tulsa Zoo

Turkey Mountain

FAVORITE STATE PARK

NATURAL FALLS STATE PARK

Located near the Arkansas/Oklahoma border in the Ozarks, this gorgeous 120-acre park features breath-taking scenery, including a 77-foot waterfall, as well as hiking and camping locations. It's also the location for the filming of the movie *Where the Red Fern Grows*.

FINALISTS

Robbers Cave State Park

Sequoyah State Park



FAVORITE PLACE TO CAMP **BROKEN BOW**

The area around Broken Bow is a popular camping destination for Tulsa-area families. Near Broken Bow Lake in the foothills of the Ouachita Mountains, visitors can find cabins or camping spots that offer the perfect homebase for activities like boating, paddle boarding, fishing (did you know you could trout fish in the Mountain Fork River?), hiking, visiting the petting zoo, riding go carts, swimming or just relaxing.

FINALISTS

Robbers Cave State Park
Keystone State Park

FAVORITE HOTEL IN TULSA **THE MAYO HOTEL**

Located in downtown Tulsa, this historic hotel originally opened in 1925. Fully renovated and modernized, The Mayo has luxurious rooms, a rooftop bar with stunning views and the bragging rights to being host to many celebrities, including Bob Hope, Babe Ruth, John F. Kennedy and more. If you watched the TV series *Tulsa King*, Sylvester Stallone's character resides in The Mayo.

FINALISTS

Hard Rock Hotel And Casino
River Spirit Casino Resort

FAVORITE WEEKEND GETAWAY **BRANSON, MO**

Branson is a recurring Family Favorite pick — and we know why. Families can drive over for a relaxing weekend in the Ozarks where parents and kids of all ages can find fun things to do. Besides numerous live performances, Branson is home to attractions like the Titanic Museum, Silver Dollar City, the Runaway Mountain Coaster, Marvel Cave, White Water and much more.

FINALISTS

Eureka Springs, AR
Broken Bow

FAVORITE PLACE TO BUY AN RV **WADE'S RV**

TulsaKids readers voted Wade's RV as their top pick to get outfitted with a "home on the road." What better way to take a vacation than in an RV outfitted with the perfect floorplan and amenities for your family. With the tagline, "Turning Miles into

Memories," Wade's RV can find the perfect new or preowned vehicle for your next adventure!

FINALISTS

Bob Hurley RV
Camping World

FAVORITE PLACE TO PLAY INDOORS **DISCOVERY LAB**

This incredible children's museum wins in yet another category. Located just south of Gathering Place, Discovery Lab provides endless indoor entertainment for children as they explore the exhibits that are designed to expand their minds, encouraging creativity and critical thinking as they play. Take a breather at the café after a trip through the tape tunnel.

FINALISTS

Main Event Tulsa
Adventure Avenue

FAVORITE FAMILY-FRIENDLY LIVE PERFORMANCE OF 2022 **DISNEY ON ICE**

For family entertainment, it's hard to beat Disney, and Disney on Ice takes the characters to a new level. TulsaKids' readers can see *Frozen & Encanto* this year at Expo Square Pavilion, Sept. 28–Oct. 1. Parents might want to spring for the preshow tickets for this one. Kids will get to interact with Elsa and Mirabel and enjoy games, crafts and storytelling.

FINALISTS

The Nutcracker — Tulsa Ballet
**Frozen the Musical —
Celebrity Attractions**

FAVORITE FESTIVAL **TULSA STATE FAIR**

TulsaKids readers agree with Tulsa State Fair's tagline, "11 Days of Awesome." Late September and early October typically provide perfect weather for rides, animals, displays, concerts and, of course, famous food-on-a-stick at the Tulsa State Fair.

FINALISTS

Oktoberfest
Rooster Days



FAMILY DINING



SUGAR LLAMAS

FAVORITE PLACE TO GRAB A BURGER

RON'S HAMBURGERS & CHILI

Once again, Ron's takes the top spot for best burger, according to Tulsa families. Get the onions fried into that patty or try a Frito pie just to mix it up. Ron's has been satisfying Tulsans' taste for all kinds of burgers and fries since 1975.

FINALISTS

Society Burger

Smitty's Garage Burgers and Beer

FAVORITE PLACE TO GET PIZZA

HIDEAWAY PIZZA

Many Tulsa parents fondly recall their Hideaway days at OSU, where the original Hideaway opened in 1957. While that tiny spot with its original collaged walls has expanded to its current large location, the Hideaway Pizza concept is strong and has spread to locations throughout Oklahoma and Arkansas. With unique specialty pizzas like Paradise Pie or old favorites like pepperoni, Hideaway is the perfect place for families to get their Friday night fix.

FINALISTS

Andolini's Pizzeria

Savastano's

FAVORITE PLACE TO GET ICE CREAM

BRAUM'S

Once again, Braum's nabs the top spot for ice cream. Fresh ingredients and creative ice cream treats make Braum's a favorite of Tulsa families. Whether you're craving a banana split or specialty sundae, Braum's can dish up what you want — and kids can choose their favorite flavor, or two, or three at one of its many locations.

FINALISTS

Andy's Frozen Custard

Rose Rock Microcreamery

FAVORITE ETHNIC RESTAURANT

UNCLE PACO'S MEXICAN GRILL

With locations in Tulsa/Bixby and Owasso, Uncle Paco's serves up sizzling Mexican food in this hotly (excuse the pun) contested category. Fajitas, enchiladas, burritos, nachos, quesadillas, seafood, chicken, steak and, of course, tacos, this restaurant delivers delicious food and drinks. Parents can sip a margarita, while the kids choose something from the Little Amigos menu.

FINALISTS

Lanna Thai Restaurant

Desi Wok

FAVORITE KID'S MEAL

CHICK-FIL-A

According to our voters, who has the best chicken nuggets? Kids ask their parents for Chick-fil-A. Or maybe it's a chicken sandwich or salad. Don't forget the waffle fries and a fruit cup.

FINALISTS

McDonald's

Braum's

FAVORITE MEAL/GROCERY DELIVERY SERVICE

DOORDASH

During the pandemic, delivery services were not only convenient, but critical for many people. When you have a little one at home, convenience is key. DoorDash can bring groceries, restaurant food, retail items — and even pet supplies — right to your door.

FINALISTS

Walmart Delivery

Reasor's

FAVORITE FAMILY MEAL DEAL

HIDEAWAY PIZZA

Hideaway is the No. 1 pick in a second category this year. Families chose the popular pizza restaurant as their favorite Meal Deal. Besides a large, reasonably priced pizza, families can get pasta, salads, sandwiches and a variety of starters, including fried mushrooms, chicken wings, meatballs, garlic bread and more. Who wouldn't want that for dinner?



FINALISTS

Mazzio's

Charleston's Restaurant

FAVORITE COFFEE SHOP

DUTCH BROS COFFEE

A relative newcomer on the Tulsa coffee scene, Dutch Bros' drive-thru drinks won over Tulsa families. Cold brews, vanilla mocha (make that with a drizzle of caramel), blended coffee drinks and so many more make Dutch Bros Coffee a Family Favorite for a quick pick-me-up.

FINALISTS

Laurannae Baking Co.

Coffee House on Cherry Street

FAVORITE PLACE TO GET BREAKFAST

NEIGHBORHOOD J.A.M.

For a second year, Neighborhood J.A.M. took the lead in the best breakfast category. A flight of fluffy pancakes, omelets stuffed with cheese or veggies or bacon or all of the above, giant biscuits, jam, of course, a breakfast burrito – those are just a few items on this extensive menu. Mom says to eat your breakfast – get it at Neighborhood J.A.M.

FINALISTS

Bramble Breakfast & Bar

Brookside By Day

FAVORITE PLACE TO BUY DONUTS

SUGAR LLAMAS

Kids love llamas, especially Sugar Llamas. What's extra sweet about this place? They serve MINI donuts. What kid wouldn't love that? Moms and dads can get coffee drinks (including a free hot mini donut with every drink), while the kids choose donut flavors like Bam Berry, Flintstone, Hazelnutty, Pancake, S'mores, Coco Nana and more!

FINALISTS

Llivi Lee's Daylight Donuts Super Shop

Hurts Donut Tulsa

FAVORITE FOOD TRUCK

GET TOASTED

Food trucks are everywhere these days, but our readers targeted Get Toasted as their favorite place to get food from a window – and a truck. Families love the buttery French toast, but just about anything can be better if it's toasted on a sandwich. Think amped up grilled cheese – like a veggie melt with Monterey jack or a cheese steak, or even homemade peanut butter, jelly and cojeta. Adult grilled cheese, but kids like it, too!

FINALISTS

Marshall Family Catering

Tacos El Trompo

Thank You, Tulsa!



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**\$99 BIRTHDAY PARTIES
ALL SUMMER LONG**

ONLY DURING WEEKDAY PUBLIC SKATES



BIRTHDAY PARTIES



KIDDLESTIX TOY STORE — PHOTO COURTESY KIDDLESTIX TOY STORE



FAVORITE KID'S PARTY ENTERTAINER

MY LITTLE DOLLHOUSE/ ONCE UPON A CROWN

Parents can give their children a fantasy world beyond their imaginations. Their favorite characters come to life! Imagine having Snow White at your birthday party? The characters your kids will encounter do more than just play dress up — they act like the princess or the pirate or the mermaid they are portraying to enchant and entertain children.

FINALISTS

Hot Toast Music Co.
Balloon Man Neil

FAVORITE BIRTHDAY PARTY VENDOR

MY LITTLE DOLLHOUSE/ ONCE UPON A CROWN

TulsaKids readers voted My Little Dollhouse/Once Upon a Crown as their top pick in a second category. A child's birthday is always a special event. This vendor amps it up for kids with a variety of play options from a bouncy castle to a tea room and plenty of dress-up opportunities for all.

FINALISTS

Balloon Therapy Tulsa
Sugar Llamas Tulsa Hills

FAVORITE BIRTHDAY PARTY VENUE

DISCOVERY LAB

Popping up in a third category this year, Discovery Lab has private party rooms, a party coordinator to assist you, clean up afterwards, invitations and a T-shirt for the birthday child — and the best part is that guests get to play at Discovery Lab!

FINALISTS

Adventure Avenue
Aim High Academy

FAVORITE PLACE TO BUY PARTY TREATS

MERRITT'S BAKERY

What's a birthday party without a cake? Family-owned Merritt's Bakery has been creating unique cakes, cupcakes and cookies for children's parties for generations. From mermaids to dinosaurs and everything in between, Merritt's will make sure that your child's special day will be celebrated with a special cake.

FINALISTS

Nothing Bundt Cakes
Not Your Grandma's Cupcakes

FAVORITE PLACE TO BUY BIRTHDAY GIFTS

KIDDLESTIX TOY STORE

TulsaKids readers once again voted Kiddlestix as their favorite place to buy birthday gifts. Whether it's for their own child or for a friend or relative, parents know that they'll find carefully curated toys and helpful advice at Kiddlestix. And the free gift-wrapping is a bonus!

FINALISTS

Tulsa Toy Depot
Learning Express Toys of Tulsa

FAVORITE LAWN DÉCOR SIGN GYPSIES

The yard sign craze exploded during the pandemic and shows no signs (excuse the pun) of slowing down. It's so exciting to surprise a child or loved one with a fun, colorfully decorated sign in the front yard. The Sign Gypsies will make your birthday child feel extra-special.

FINALISTS

Curb Confetti
Balloon Therapy

THANK *You!*



THANK YOU FOR VOTING PHOTO DOULA AS YOUR FAVORITE DOULA AND NEWBORN PHOTOGRAPHER!

photo  doula



LOOK OUT FOR THE 2023-2024 COLLEGE PLANNER

COMING IN SEPTEMBER

tulsakids.com/college

discovery LAB

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SUMMER CAMPS | STEAM OUTREACH | INDOOR EXHIBITS

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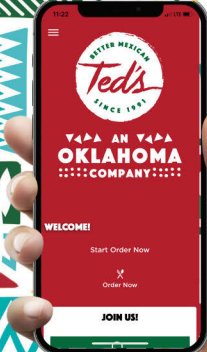
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ONCE UPON A CHILD

SHOP LOCAL

FAVORITE PLACE TO BUY CHILDREN'S CLOTHES

ONCE UPON A CHILD

When our readers want stylish, gently used clothing for their kids, they go to Once Upon a Child. This store can outfit newborns through teens with clothing, footwear, outerwear – everything you need at reasonable prices. They also have toys, books, movies and lots of baby gear. Once Upon A Child also stocks some new merchandise such as hair accessories, bow ties, sippy cups and pacifiers. There's no need to pay retail prices when you can save, shop local and buy clean, like-new clothing and merchandise at Once Upon A Child.

FINALISTS

Rhea Lana's
Kathleen's Kids

FAVORITE MOM'S BOUTIQUE

AMBER MARIE & CO.

This Oklahoma-based boutique makes it easy to elevate your style, whether you're looking for unique home décor, gifts, holiday items, baby and bridal shower gifts, women's fashion and beauty items – TulsaKids readers know where to go to get the one-of-a-kind item.

FINALISTS

J. Spencer
YellowHouse Market & Boutique

FAVORITE CONSIGNMENT SHOP OR SALE

RHEA LANA'S

Rhea Lana's consignment sales are legendary. Parents shop these giant sales to stock up on everything from baby furniture to children's clothing, costumes and toys to maternity clothing. Fall or spring/summer, TulsaKids' readers pick Rhea Lana's to outfit their kids for the season.

FINALISTS

Once Upon A Child
Uptown Resale & Consignments
The Children's Closet

FAVORITE BOOKSTORE

MAGIC CITY BOOKS

Our readers are...well...readers. They voted Magic City as their favorite independent bookstore. Magic City stocks literary, popular fiction and children's books in addition to holding Booksmart events, hosting book clubs and being home to the Tulsa Literary Coalition, which fosters a love of reading and connects with the community in a variety of ways.

FINALISTS

Gardner's Used Books & Comics
Fulton Street Books & Coffee

FAVORITE GIFT SHOP

IDA RED GENERAL STORE

Since 2008, Ida Red has been providing patrons with the coolest of cool Tulsa merch with true Oklahoma pride and a touch of humor. Where else can you get a candle that "Smells Like Taylor Hanson" or an Oklahoma-

shaped casserole dish? Or maybe you need that OK(la) Mom T-shirt. With three locations, you don't have to go far to find great gifts for all ages.

FINALISTS

The Succulent Shop
Kiddlestix Toy Store

FAVORITE FLORIST

TONI'S FLOWERS & GIFTS

TulsaKids' readers trust Toni's to create the best bouquets for every occasion. Mother's Day, Father's Day, new baby, anniversaries, birthdays, graduation...nothing says "you're special" like flowers. And, you can get same-day delivery if you waited until the last minute!

FINALISTS

Gas Petal Flower Truck
The Flower Company of Broken Arrow

FAVORITE SHOPPING MALL OR DISTRICT

UTICA SQUARE

Since 1952, Utica Square has been serving families in a garden-like setting. Small, independently owned shops with curbside parking, fabulous restaurants and high-end shops like Anthropologie, Madewell and Coach beckon shoppers to spend a day relaxing at the Square. Events like the holiday Lights On, Art in the Square and the Summer's Fifth Night concert series delight families year after year.

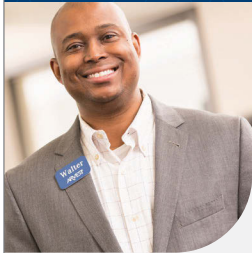
FINALISTS

Tulsa Hills Shopping Center
Rose District



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for your
vote**

2023 Family Favorite Bank/Credit Union



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Adults: \$7; Two Day Pass: \$10
Kids, 12 and under: FREE with paid adult
Scouts in uniform: FREE
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ALL ABOUT BABY



SAINT FRANCIS HOSPITAL

FAVORITE PRE-NATAL/ POST-PARTUM CLASSES

SAINT FRANCIS HOSPITAL

When it comes to all-important classes surrounding the birth of a baby, TulsaKids parents chose Saint Francis Hospital as their trusted resource. Saint Francis Hospital offers classes that prepare parents for childbirth, but also for caring for a newborn. Armed with knowledge, parents can feel confident in their new role.

FINALISTS

Breathe Birth and Wellness
Hillcrest Hospital

FAVORITE PLACE TO HAVE A BABY

SAINT FRANCIS HOSPITAL

Saint Francis Hospital is a top pick in yet another category. Parents rely on Saint Francis to provide exceptional medical expertise for every type of birth, even those that don't go as smoothly as expected. The Saint Francis staff and doctors are there to support families every step of the way.

FINALISTS

Ascension St. John
Medical Center
Breathe Birth and Wellness

FAVORITE MIDWIFE

KIM KMITA – BREATHE BIRTH AND WELLNESS

Midwives are important partners as parents welcome their infant into the world. TulsaKids' moms trust Kim Kmita to provide the specialized care, comfort and personal knowledge as she helps them navigate through pregnancy, childbirth and the early weeks of baby's life.

FINALISTS

Ashley Dougherty – Tulsa
Birth Center
Sarah Foster – Tulsa
Birth Center

FAVORITE DOULA

TARYN STARKEY – PHOTO DOULA

Taryn Starkey has the unique honor of being voted a Family Favorite as a doula and as a newborn photographer. As a doula, Taryn supports moms as they go through pregnancy, childbirth and post-birth. Taryn can inform moms and act as an advocate throughout the journey.

FINALISTS

Tulsa Family Doulas
Giselle Chebny – Breathe
Birth and Wellness

FAVORITE PLACE TO BUY BABY GIFTS

PEEK A BOO BABY

Peek A Boo Baby's mission is to listen to their customers and offer current, trendy products with a safety-first mindset. If you're headed to a baby shower, check out their selection of Jelly Cat stuffed animals, high-quality baby clothes, teething products and more.

FINALISTS

Lolly Garden
Kiddlestix Toy Store

FAVORITE NEWBORN PHOTOGRAPHER

TARYN STARKEY – PHOTO DOULA

It makes sense that a doula can also take beautiful photos to memorialize the unique and special event of childbirth for mothers and their partners. Taryn Starkey can document and illustrate the story of a child's life every step of the way before, during and after birth.

FINALISTS

Makenzie Howard Photography
Shelly Sims Photography

Thank You

for trusting us with
your healthcare!



Thank you to the readers of *Tulsa Kids* for recognizing Saint Francis Health System's service and commitment to the communities we serve. We extend our deepest gratitude to all Saint Francis employees for their dedication to serving our patients and our mission.

*We are proud to be
among the Tulsa Kids
2023 Family Favorites in
the following categories:*

HOSPITAL:
Saint Francis Hospital

PLACE TO HAVE A BABY:
Saint Francis Hospital

ORTHOPEDIC SPECIALIST:
Dr. Mark Schwartz
Warren Clinic Pediatric
Orthopedic Surgery

PRENATAL/POSTPARTUM CLASSES:
Saint Francis Hospital

FAMILY-FUN GYM:
Health Zone at Saint Francis

SWIM LESSONS:
Health Zone at Saint Francis



saintfrancis.com



EDUCATION



FAVORITE CHILDCARE

KIRK OF THE HILLS PRESCHOOL

For the third year in a row, Preschool at The Kirk has been chosen as a Family Favorite by TulsaKids' readers. The Kirk's program offers a nurturing, Christian environment for children ages 6 months to 5 years old to learn and play.

FINALISTS

Primrose School of South Tulsa

Primrose School of Broken Arrow

FAVORITE PRESCHOOL

KIRK OF THE HILLS PRESCHOOL

Preschool at the Kirk wins in a second category this year as our readers' favorite preschool. For over 60 years, the preschool has given young children developmentally appropriate opportunities to develop their cognitive, social, creative, physical and emotional needs, focusing on the whole child in a warm, loving environment.

FINALISTS

University School

Early Learning Program at South Tulsa Baptist Church

FAVORITE PRIVATE ELEMENTARY SCHOOL

TOWN & COUNTRY SCHOOL

For students with learning differences, Town & Country School provides a unique, supportive environment for each child. Their individualized education gives every child an opportunity to reach their highest academic, creative and social potential.

FINALISTS

University School

Miss Helen's Private School

FAVORITE PRIVATE MIDDLE SCHOOL

METRO CHRISTIAN ACADEMY

Parents voted Metro as their favorite middle school, a place where 6th, 7th and 8th graders can grow not only academically, but spiritually.

Metro Christian Academy is a Christ-centered, non-denominational school that supports students as they discover their God-given talents. Robust extracurriculars, rigorous academics and opportunities to build character and compassion all come together at Metro.

FINALISTS

Town & Country School

Monte Cassino

FAVORITE PRIVATE HIGH SCHOOL

TOWN & COUNTRY SCHOOL

Town & Country is voted favorite high school and elementary school this year. The small class sizes, individualized curriculum and nurturing environment are mainstays throughout every grade. Students with learning differences can discover their strengths and build upon them, giving them confidence in their unique abilities.

FINALISTS

Metro Christian Academy

Bishop Kelley High School



THANK YOU FOR VOTING FOR US

Family Favorite Elementary School,
Middle School and High School

Town & Country
SCHOOL

WHERE DIFFERENCES ARE OUR STRENGTH



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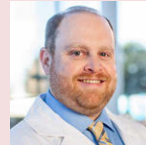
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PJ'S CORNER

Treating Children's Fractures



Q & A WITH

Dr. Mark Schwartz

PEDIATRIC ORTHOPEDIC SURGEON



Q: Summer activities can mean more injuries, possibly broken bones. Is a broken bone the same thing as a fracture?

A: A fracture is the medical terminology for a broken bone, so a break and a fracture are the same thing.

Q: What are the most common fractures in children?

A: The most common fractures we see in children are wrist and elbow fractures. When kids fall, they tend to reach out with the arms. Wrist fractures are the No. 1 thing I see in my office.

Q: Do children's bones heal faster than adults?

A: Kids definitely will heal faster than adults. There's a layer of tissue surrounding the bones that is a lot thicker in children, creating better blood flow to the bones, so their fractures tend to heal faster than adults'.

Q: How are children's fractures different from adults' fractures?

A: A lot of pediatric fractures involve the growth plate, which requires different care

than that of an adult. It's really important that those fractures are taken care of quickly and appropriately so the kids can continue to grow normally. Pediatric orthopedic surgeons have extra training specifically for treating growth-plate fractures.

Q: How does a parent know when an injury is serious enough to seek care?

A: If kids fall and have an obvious deformity of their arm or leg, they need to be seen immediately because they likely need to be reset in the emergency department or in the operating room, if necessary. Non-displaced fractures are more difficult to discern. If kids start to have swelling or bruising, are not bearing weight on a leg, or if they're crying for more than 20-30 minutes after an injury, they should be seen by a doctor. If a kid is quickly consolable and isn't hurting within an hour or two, then it's probably OK. But if parents have any concern, getting them in and getting an X-ray is always a good option to avoid delaying care for an injury that may need care sooner rather than later.

For the complete interview, visit TulsaKids.com

If you have a question for one of the Saint Francis pediatricians to answer, please email editor@tulsakids.com



6161 South Yale Avenue, Tulsa, OK
918-502-6000 | saintfrancis.com



ENRICHMENT



CLARK YOUTH THEATER – STAGE PHOTOS
COURTESY CLARK YOUTH THEATER



FAVORITE SUMMER DAY CAMP TULSA ZOO

The Tulsa Zoo provides young people an opportunity to explore and learn about wildlife and nature in an environment where they can see animals up close. Whether it's for a day or a week, children in grades kindergarten through 12 can learn about animals and their environments as well as zoo careers and how conservationists work to protect the planet.

FINALISTS

- Camp Loughridge
- Camp Get Centered – The Center for Individuals with Physical Challenges

FAVORITE SUMMER OVERNIGHT CAMP NEW LIFE RANCH

Voted No. 1 overnight camp, New Life Ranch offers exciting activities like water sports, canoeing, zip-lining, horseback riding and more, all in a beautiful natural setting. A Christian camp, New Life offers opportunities for children to grow in their faith and build lasting relationships with peers and counselors.

FINALISTS

- Camp Tallchief
- Shepherd's Fold Ranch – Christian Summer Camp

FAVORITE YOUTH THEATRE PROGRAM CLARK YOUTH THEATRE

Since 1978, this popular program has been exposing young people to all aspects of theatre, from set design, to writing to production and acting. Summer camps, classes, produc-

tions during the school year and more, Clark is a much-beloved creative resource for Tulsa families.

FINALISTS

- Theatre Arts
- Spotlight Children's Theatre

FAVORITE GYMNASTICS/CHEER AIM HIGH ACADEMY

A top parents' pick, Aim High combines fitness and faith at two campuses to give kids a boost to a bright future. Gymnastics, gymnastics teams, cheer, dance, camps, classes for children with special needs and more all make Aim High No. 1.

FINALISTS

- Above & Beyond Gymnastics Center
- The Little Gym of SE Tulsa

FAVORITE DANCE STUDIO MISS SHELLY'S SCHOOL OF DANCE

Since 1982, Miss Shelly's has been training Tulsa-area dancers, preschool through adults. Ballet, hip hop, jazz, tap and special summer classes and camps make dancing fun for all ages.

FINALISTS

- Tippi Toes Tulsa
- Destiny Dance

FAVORITE MARTIAL ARTS STUDIO JENKS MARTIAL ARTS ACADEMY

Families voted Jenks Martial Arts as their top pick because this place does it all. Children, teens, adults, families, camps, birthday parties – it's all available, and everyone is welcome. Their character development program

focusing on the life skills of confidence, respect, focus, self-control and self-discipline paired with a positive learning environment and anti-bullying education makes them a unique studio.

FINALISTS

- Christian Karate Academy
- Midtown Martial Arts

FAVORITE PLACE TO LEARN SOCCER SOCCERCITY

From Lil' Kickers for the youngest players to adult and youth leagues, SoccerCity can accommodate and develop every level of player. The popular Lil' Kickers program gives children as young as 18 months a fun, developmentally appropriate, non-competitive experience that parents love for their children.

FINALISTS

- YMCA of Greater Tulsa
- Tulsa Parks and Recreation

FAVORITE SOCCER CLUB METRO TULSA SOCCER CLUB UNITED

Soccer clubs give serious players an opportunity to hone soccer skills and play at a competitive level in games and tournaments. A Family Favorites winner for five years, Metro Tulsa Soccer is welcoming to all ages and skill levels. They have something for even the youngest player. Children as young as 2 can have fun in Mommy or Daddy & Me sessions.

FINALISTS

- Broken Arrow Soccer Club
- Tulsa Soccer Club



FAVORITE MUSIC PROGRAM/LESSONS

TULSA YOUTH SYMPHONY

Founded in 1963, Tulsa Youth Symphony allows young people to audition, learn and play in an orchestra with other talented peers. Parents love the performance opportunities that the Youth Symphony provides for their children and the advanced training they get in the symphony.

FINALISTS

Saied Music Co.

Anthem Road Academy

FAVORITE ART PROGRAM/LESSONS

PHILBROOK MUSEUM OF ART

Philbrook's summer camps quickly sell out because parents jump at the chance to have their children in classes with teaching artists. Families also love Philbrook's on-going programs throughout the year – and the fact that children 17 and younger don't have to pay admission. The gorgeous grounds and incredible art in the museum provide the perfect backdrop for creative discovery and exploration for all ages.

FINALISTS

Purple Glaze Studio

Bluebird Art Studios

FAVORITE SWIM LESSONS

MILLER SWIM SCHOOL

With locations in Jenks, Owasso, Tulsa and South Tulsa, families have more to love about Miller Swim School. From water basics for infants and toddlers to swim teams for those age 6 and older,

Miller is laser-focused on water safety. Year-round classes are the best way to keep children healthy, happy – and safe – in the water.

FINALISTS

YMCA of Greater Tulsa

Health Zone at Saint Francis

FAVORITE TUTORING

LAVENDER'S BLEU READING TUTORING CENTER

As a Family Favorites winner in 2021 and 2022, this is another win for Lavender's Bleu. When kids struggle with reading, it can destroy their confidence and success in school. The tutors at Lavender's Bleu are experienced reading professionals who know how to work with each child's unique needs. Free assessments and a warm environment make this center a three-time winner.

FINALISTS

Brain Balance Center of Tulsa

Building All Children

FAVORITE PLACE FOR STORYTIME

TULSA CITY-COUNTY LIBRARY

Who doesn't love a good story? Families can find a storytime at branch libraries as well as special programming at Hardesty's Connor's Cove, Spanish storytimes, performances, songs and events that reflect the diverse Tulsa County community. The Summer Reading Program ramps up the free literary entertainment for all ages.

FINALISTS

Philbrook Museum of Art

Tulsa Zoo



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Thank you for Voting Us a Family Favorites Winner!



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FAMILY LIFE



ARVEST BANK

FAVORITE GROCERY STORE

TRADER JOE'S

Long before Trader Joe's opened in Tulsa, fans had been clamoring for a store. Now it's a Family Favorite because parents can find everything they need — and some surprises. From pre-chopped kale to frozen chocolate croissants to great-looking kitchen towels to an inexpensive bottle of wine to pair with a Trader Joe's cheese, this store has it all. And, it's a fun place to shop!

FINALISTS

Reasor's

ALDI

FAVORITE FAMILY-FRIENDLY GYM

YMCA OF GREATER TULSA

TulsaKids readers picked the YMCA as their favorite family gym because it offers so many options for every member of the family. Group classes, youth sports, swim lessons, summer camp — even childcare while Mom or Dad works out — are all available at the YMCA.

FINALISTS

Health Zone at Saint Francis

YWCA Tulsa

FAVORITE HAIR SALON

BERKSHIRE SALON & DAY SPA

When they need some "me time," moms relax at Berkshire Salon. Go in for a haircut, style, color, massage, nails, make-up, lashes or a 3-hour retreat — get a customized, impeccable experience at Berkshire.

FINALISTS

Chloe's Salon for Children

iidentity Salon

FAVORITE CAR DEALERSHIP

JIM NORTON TOYOTA

Parents want safe, reliable new or used vehicles, and they know they can find that at Jim Norton Toyota. Add award-winning customer service, pre-approved financing and hassle-free purchasing, and it's easy to see why Jim Norton is a Family Favorite for the second year in a row.

FINALISTS

Nelson Mazda Tulsa

Ferguson Subaru

FAVORITE CHILDCARE SERVICE

THE HANGOUT – TULSA'S PREMIER CHILDCARE CENTER

In this all-important category, parents chose The Hangout as their top pick. Offering the flexibility of part-time, full-time or drop-in childcare, The Hangout has it covered. No school? No problem. The Hangout offers childcare when parents need it, even in the evening or on weekends.

FINALISTS

SeekingSitters

E-Nanny

FAVORITE DATE NIGHT RESTAURANT

NOLA'S CREOLE & COCKTAILS

When parents have that rare night out, they choose Nola's Creole & Cocktails. Nola's brings a little bit of New Orleans' Creole cuisine to Tulsa, and it has developed a loyal following. Beautifully prepared food, craft cocktails and excellent service make this a perfect date-night choice.

FINALISTS

Mahogany Prime Steakhouse

In the Raw



FAVORITE PLACE FOR A GIRLS' NIGHT OUT

PINOT'S PALETTE

What could be more fun than a girls' night of art, wine and laughter. Moms can let their creativity flow with their friends at Pinot's Palette. They provide everything to paint your masterpiece, including instruction.

FINALISTS

The Succulent Shop

Redrock Canyon Grill – Tulsa

FAVORITE BREWERY

WELLTOWN BREWING

With Tulsa's burgeoning brew pub industry, this category gets more crowded every year. Parents like the spacious, fun environment of Welltown, including the rooftop area with wonderful views of downtown. And the beer is tasty, too.

FINALISTS

Marshall Brewing Company

Broken Arrow Brewing Company

FAVORITE BANK/CREDIT UNION

ARVEST BANK

With features like free online banking, overdraft protection and bill pay, Arvest Bank is a favorite of Tulsa-area families.

Arvest serves communities in Arkansas, Kansas, Missouri and Oklahoma, and is engaged in giving to schools and events in those communities.

FINALISTS

Bank of Oklahoma

WeStreet Credit Union

FAVORITE LAW FIRM

TALLGRASS ESTATE PLANNING, LLC

TulsaKids' parents know that planning for the future care of their kids is important, but estate planning can be confusing. Tallgrass specializes in estate planning and elder law, so families trust their experience and knowledge.

FINALISTS

Barber & Bartz

Riddell Law

FAVORITE DRY CLEANING

YALE CLEANERS

Busy families appreciate the same-day cleaning, drive-thru service and expert dry-cleaning care at Yale Cleaners. They even have an app to make dry cleaning even more convenient.

FINALISTS

Fox Cleaners

Brookside Cleaners



ANTHONY'S BREAKTHROUGH:
He enjoyed the family vacation.



Making breakthroughs possible.®

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Thank you for voting for us, Tulsa!



MUDDY PAWS — PHOTOS BY TARA RITTLER

PETS

FAVORITE VETERINARIAN

CATOOSA SMALL ANIMAL HOSPITAL

Pets are family members, too, and TulsaKids readers trust their furry kids to Catoosa Small Animal Hospital. Whether they need well care, medication, surgery or boarding, this clinic does it all. A veterinarian is on-call weekends and holidays as well.

FINALISTS

Good Shepherd Veterinary Hospital — Dr. Don Schmidt
Care Animal Hospital

FAVORITE DOG GROOMING BUSINESS

MUDDY PAWS

To keep pets looking their best, TulsaKids parents choose Muddy Paws, a special grooming business that supports Pets Helping People, a nonprofit that trains women with criminal backgrounds for careers in the pet industry.

FINALISTS

U Dirty Dawg
Dogtopia of South Tulsa

FAVORITE PLACE TO BOARD YOUR PET

WOODLAND WEST PET RESORT

When pets can't go with us, we want to know that they're safe and cared for — and maybe having a little fun, too! Family Favorite Woodland West pampers family pets with special bedding, playtime and more. It's not boarding. It's a resort.

FINALISTS

Noah's Bed & Biscuit
Dogtopia of South Tulsa

FAVORITE PLACE TO BUY PET SUPPLIES

SOUTHERN AGRICULTURE

Knowledgeable staff, supplies for everything from backyard chickens to veterinary services, Southern Ag has everything families need, including high-quality food and treats, animal-related toys, games, gifts and dog and cat accessories.

FINALISTS

PetSmart
Dog Dish

FAVORITE PET RESCUE

SKIATOOK PAWS AND CLAWS ANIMAL RESCUE, INC.

TulsaKids readers recognize Skiatook Paws and Claws for their caring approach to helping dogs and cats find their fur-ever homes through adoption events in Tulsa and surrounding communities. Dogs and cats are given vaccinations, spayed/neutered, microchipped and are ready to be matched with a family.

FINALISTS

Tulsa SPCA
Humane Society of Tulsa

Thank you for choosing me as your Family Favorite!



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&
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to Tulsa
families!

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HOME IMPROVEMENT



BIRDY DESIGN STUDIO

FAVORITE APPLIANCE STORE

LOWE'S HOME IMPROVEMENT

TulsaKids' readers know they can find everything they need for home improvement from supplies for painting a room for a new baby to sprucing up the backyard with grass seed and shrubs.

FINALISTS

Hahn Appliance Warehouse
Metro Appliances & More

FAVORITE INTERIOR DESIGNER

BIRDY DESIGN

Birdy Design Studio is a top pick because they create practical and beautiful spaces that families love. With connections to over 100 manufacturers, Birdy designers can find exactly what you need to transform your home.

FINALISTS

Emily Davis Interiors
Brit Interior Design Co

FAVORITE FURNITURE STORE

MATHIS BROTHERS

Families find a large selection of furniture at reasonable prices at Mathis

Brothers. With a variety of styles to choose from for kids' and baby rooms to family living areas, Mathis Home can help.

FINALISTS

West Elm
Ashley

FAVORITE HOME RENOVATOR

TULSA RENEW

When you don't want to move, but the family home needs a refresh, Tulsa Renew siding company beautifies the exterior with low maintenance, gorgeous siding that will enhance the value of any home.

FINALISTS

ReHome Remodeling & Construction
Rockin B Remodeling

FAVORITE HOME CLEANING SERVICE

CLEAN FREAKS

Moms and dads don't freak when they need a clean house – they call Clean Freaks. A Family Favorite, Clean Freaks can have homes company-ready every day.

FINALISTS

Merry Maids of Tulsa
A1 Steam Carpet Cleaning – Broken Arrow

FAVORITE HEATING & AIR COMPANY

AIR ASSURANCE

Parents know that if they have a problem with air conditioning, heating or plumbing, having a reliable professional is critical. For repairs, installations and service, families pick Air Assurance.

FINALISTS

Air Comfort Solutions
Air Solutions Heating, Cooling, Plumbing & Electrical

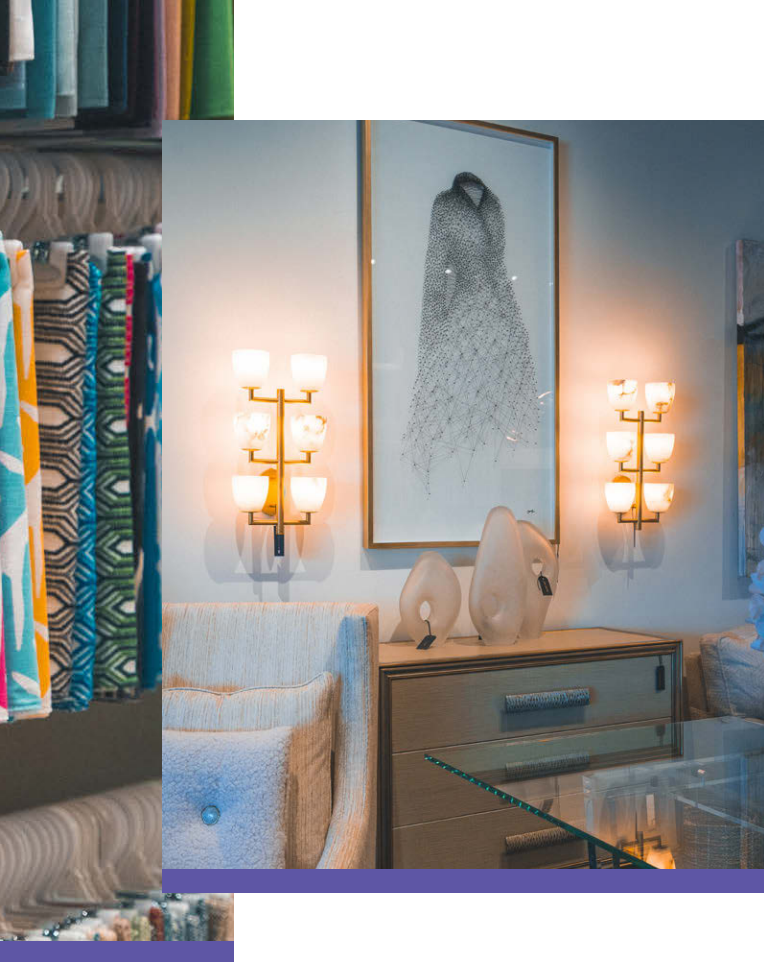
FAVORITE PEST CONTROL

MOTHER NATURE'S PEST CONTROL

Yikes! Who do you call when you see that nest of spiders in your attic? Or have brown spots all over the lawn? TulsaKids readers vote for Mother Nature's Pest Control.

FINALISTS

Nature Guard Pest & Lawn
Guardian Angel Exterminating, Inc.



FAVORITE LAWN & GARDEN CARE

SOUTHWOOD LANDSCAPE AND GARDEN CENTER

Beautiful lawns and landscaping make hanging out with the family in the backyard more fun. Southwood has been helping families create the outdoor look they desire for over 40 years.

FINALISTS

Pinkston's Turf Services

Nature Guard Pest & Lawn

FAVORITE PLANT NURSERY

SOUTHWOOD LANDSCAPE AND GARDEN CENTER

Southwood wins the top spot in another category. A huge selection of shrubs, annuals, trees and perennials that are suited to the Tulsa area keep families coming back year after year.

FINALISTS

A New Leaf

Sanders Nursery & Distribution

FAVORITE HOME SECURITY

ADT SECURITY SERVICES

Porch pirates, be gone! TulsaKids readers voted ADT Security as the top

pick for home alarm systems that will keep their families safe.

FINALISTS

**Alert 360 Home Security
Business Security Systems
& Commercial Security**

Advance Alarms, Inc.

FAVORITE ELECTRICAL SERVICE

AIRCO SERVICE

Family owned and operated, Airco is the No. 1 pick for TulsaKids families when it comes to their electric needs.

FINALISTS

Mister Sparky Electrician Tulsa

**Freedom Electrical
Services, Inc.**

FAVORITE PLUMBING SERVICE

MULLIN PLUMBING, INC.

From snaking out a drain to repairing more serious problems, families trust Mullin Plumbing – and no waiting for office hours. They're available 24/7.

FINALISTS

**Williams Plumbing
& Drain Service**

Half Moon Plumbing



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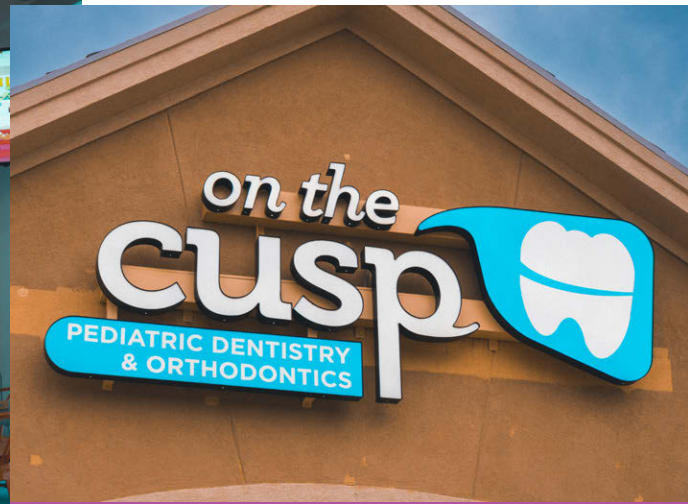
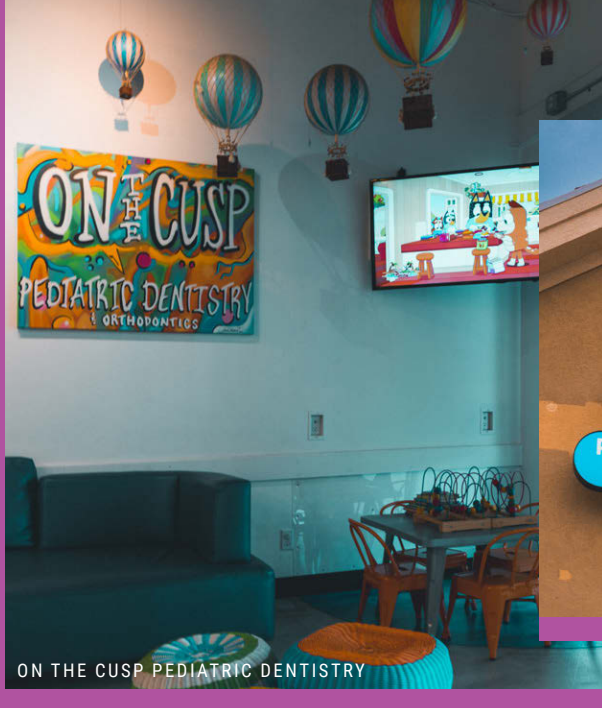
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HEALTH & WELLNESS



ON THE CUSP PEDIATRIC DENTISTRY

FAVORITE PEDIATRICIAN

DR. UMANG SOOD — BIRTH & BEYOND PEDIATRICS

Dr. Sood is board certified with the American Academy of Pediatrics. Parents voted her their No. 1 pick of pediatricians for her caring, whole-child approach in partnering with them in their child's health care from birth through teen years.

FINALISTS

Dr. Sarah Hayden — Utica Pediatrics

Dr. Elizabeth Dunlap — Just Kids Pediatrics/Florence Park

FAVORITE FAMILY DOCTOR

DR. JAMES ROSS — ROSS MEDICAL CARE

Dr. Ross has been helping every member of the family stay healthy. Families like the time that he takes with them to listen and provide professional, caring expertise. It's no wonder Dr. Ross was chosen as a Family Favorite for a fourth year.

FINALISTS

Dr. Chelsey Griffin — OSU Medicine

Dr. Jill Wenger — Ascension St. John

FAVORITE OB/GYN

DR. TRISHA PARKS — ELITE OBSTETRICS & GYNECOLOGY

Women voted Dr. Parks as their top resource for their obstetrics and gynecological needs. Guiding

patients through preventative care such as mammograms to keeping moms healthy and informed during pregnancy and childbirth, Dr. Parks gets the most votes.

FINALISTS

Dr. Cole Nilson — Tulsa Women's Health Care

Dr. Nathan Rapp — Tulsa Women's Health Care

FAVORITE OPTOMETRIST

DR. STEPHEN GROVES — HIS VISION EYE CARE & EYE WEAR

Stephen Groves, MD, is a top pick for eye care for kids and their parents. Families can also visit the optical shop to find the perfect, high-quality frames and lenses.

FINALISTS

Dr. Jeff Long — Dr. Jeff Long's Children & Family Eye Care

Dr. Monte Harrel — Harrel Eyecare

FAVORITE KID-FRIENDLY DENTIST

ON THE CUSP PEDIATRIC DENTISTRY

Pediatric dentists have special training in keeping kids' mouths and teeth healthy, including orthodontics. The fun atmosphere and friendly staff may have kids actually wanting to go to the dentist. Parents voted On the Cusp as their Family Favorite for the third year in a row.

FINALISTS

Morrow, Lai & Kitterman Fox and Broerman

FAVORITE ORTHODONTIST

DR. CLINT EMERSON — EMERSON ORTHODONTICS

Dr. Emerson is a No. 1 pick for family orthodontic needs by parents in and around Tulsa. Expert treatment for kids and teens — and adults — will ensure that everyone can have a beautiful smile.

FINALISTS

On the Cusp Pediatric Dentistry & Orthodontics

Cooper & Misner Orthodontics

FAVORITE ALLERGIST

EASTERN OKLAHOMA ENT

Eastern Oklahoma ENT has been helping allergy sufferers for over 40 years. The entire family, from children through adults, can find compassionate care to help relieve their allergies.

FINALISTS

Dr. James Love — Allergy Clinic of Tulsa

Dr. Lodie G. Naimeh — Allergy Clinic of Tulsa

FAVORITE ENT

DR. ATUL VAIDYA — EASTERN OKLAHOMA ENT

Since 2003 Dr. Vaidya has been serving Green Country families. Parents with children who have ear, nose and throat problems or those who need surgery voted Dr. Vaidya as their trusted physician.



FINALISTS

Dr. William Hawkins — Ear, Nose and Throat Specialists of Tulsa

Dr. Evan Moore — Eastern Oklahoma ENT

FAVORITE PLACE FOR PEDIATRIC THERAPY

ELITE PEDIATRIC THERAPY

Parents voted Elite Pediatric as their top pick for physical, speech or occupational therapy for their children. Therapists partner with families to help their children develop and grow to meet their therapy goals.

FINALISTS

TherapyWorks

Sprouts Child Development

FAVORITE CHIROPRACTOR

DR. CASSIDY MEREDITH — THRIVE CHIROPRACTIC CLINIC

A second-generation chiropractor following in her father's footsteps, Dr. Cassidy Meredith has created a soothing, welcoming environment for the whole family at Thrive Chiropractic Clinic. Although they specialize in "bellies and babies" — pregnant women and infants — Thrive offers services for everyone and can address a variety of needs.

FINALISTS

Free Spirit Chiropractic

Dr. Jacob Duvall — Inside Out Chiropractic

FAVORITE ORTHOPEDIST

DR. MARK SCHWARTZ — WARREN CLINIC PEDIATRIC ORTHOPEDIC SURGERY

No parent wants their child to undergo orthopedic surgery, but if they do, readers chose Dr. Schwartz at Warren Clinic as their top choice for handling the problem with compassion and expertise.

FINALISTS

Dr. Brian Chalkin — The Orthopaedic Center

Dr. Tony Jabbour — Tulsa Bone & Joint

FAVORITE HOSPITAL

SAINT FRANCIS HOSPITAL

From birth through the end of life, Saint Francis Hospital's health professionals are there for every member of the family. TulsaKids readers trust Saint Francis Hospital for everything from urgent care needs to pediatric and infant care to helping them through difficult diagnoses like cancer. Saint Francis Hospital is always a Family Favorite.

FINALISTS

Ascension St. John

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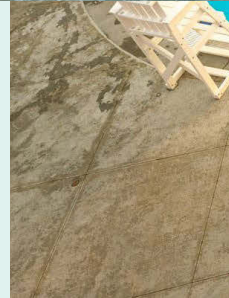
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Swimming Pools, Splash Pads and Water Playgrounds

Cool off this summer at the local community pools, splash pads and water playgrounds! Find updates at tulsakids.com/tulsa-area-splash-pads-pools-and-water-playgrounds/



CITY OF TULSA PARKS AND RECREATION

The City of Tulsa's Parks department operates five community pools and multiple splash pads and water playgrounds. Pools open June 3, and splash pads/water playgrounds are open Memorial Day weekend through Labor Day weekend, 9 a.m.–8 p.m.

Follow [@tulsaparks](https://www.facebook.com/tulsaparks) on Facebook to stay in-the-know about scheduling, closures, etc. cityoftulsa.org/government/departments/park-and-recreation/aquatics/

Pools

- Berry Park Pool: 5002 N. Wheeling St., Free Admission. Open 10 a.m.–4 p.m., closed Sundays
- Lacy Park Pool: 2142 N. Madison Pl., \$1 per person. Open 10 a.m.–4 p.m., closed Sundays
- McClure Park Pool: 7440 E. 7th St., \$3 per person. Open 12–6 p.m., closed Mondays
- Reed Park Pool: 4233 S. Yukon Ave., \$2 per person. Open 12–6 p.m., closed Tuesdays
- Whiteside Park Pool: 4013 S. Pittsburg Ave., Free Admission. Open 12–6 p.m., closed Tuesdays

Splash Pads

- Archer Park: 2831 E. Archer St.
- Benedict Park: 1630 E. 12th St.
- Braden Park: 5036 E. 7th St.
- Carbondale Park: 2802 W. 48th St.
- Crutchfield Park: 1345 E Independence Ave.
- Dawson Park: 2035 N. Kingston Pl.
- Florence Park: 1936 S. Gary Ave.
- Highland Park: 4909 E. 36th St.
- Johnson Park: 6002 S. Riverside Dr.
- Maple Park: 404 E. 15th St.
- Penney Park: 531 S. 49th West Ave.
- Starks Park: 1622 N. Main St.
- Tracy Park: 1134 S. Peoria Ave.
- Veterans Park: 1875 S. Boulder Ave.
- Wheeling Park: 2209 W. Wheeling Ave.
- Zink Park: 3216 S. Trenton Ave.

Water Playgrounds

- Chamberlain Park: 4949 N. Frankfort Ave.
- Helmerich Park: 7301 S. Riverside Dr.
- Hunter Park: 5804 E. 91st St.
- Kendall Whittier Park: 2645 E. 5th St.
- Lacy Park: 2134 N. Madison Pl.
- Manion Park: 3003 E. 56th St.
- Maxwell Park: 5251 E. Newton St.
- Mohawk Park: 5701 E. 36th St. North
- Owen Park: 560 N. Maybelle St.
- Reed Park: 4233 S. Yukon Ave. — UNDER CONSTRUCTION
- Schlegel Park: 3825 W. 53rd Pl.
- Springdale Park: 2223 E. Pine St.
- Vining Park: 6502 N. Cincinnati Ave.
- Whiteside Park: 4009 S. Pittsburg Ave.
- Zeigler Park: 3903 W. 4th St.

TULSA COUNTY PARKS

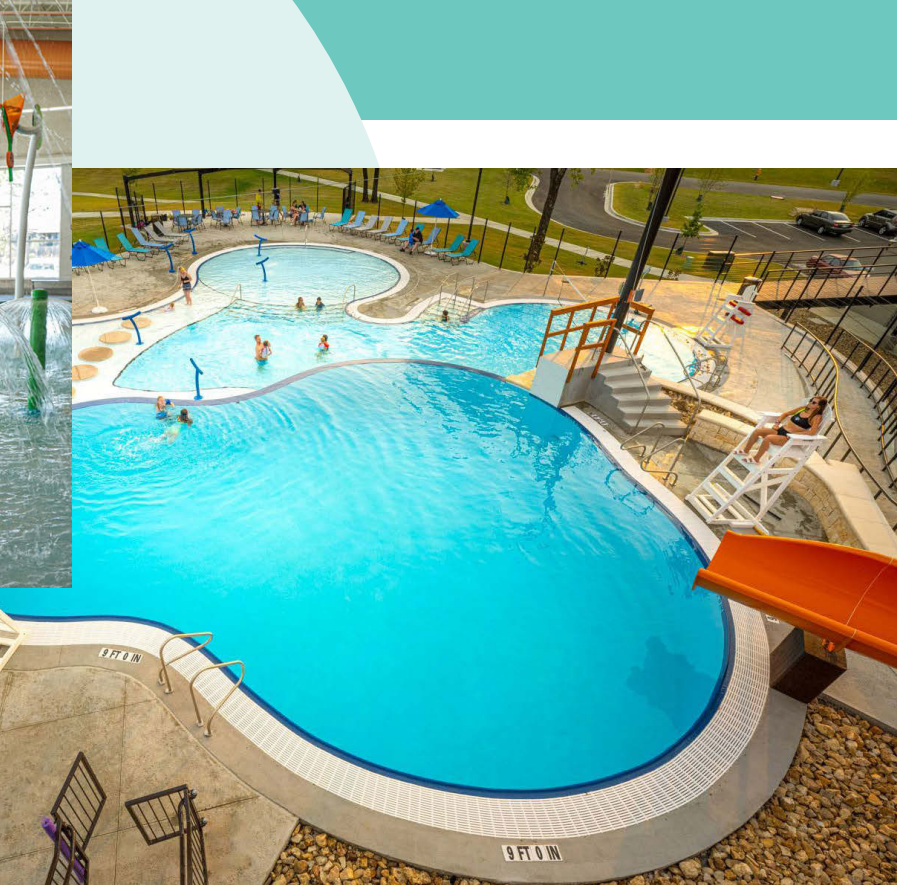
Tulsa County Parks facilitates the South County Pool at 13800 S. Peoria Ave., Bixby. 2023 season dates are June 3–August 10. Admission is \$5 per person, ages 3+. Hours are 11 a.m.–5 p.m., Tuesday–Sunday, with private rentals available 6–8 p.m.

The impressive splash park at Chandler Park is also a part of Tulsa County Parks department. It opens for the season on May 27 and is open Tuesday through Sunday, 9 a.m.–4:30 p.m. on a first-come, first-served basis.

Splash sessions are available for \$1 per person on the following schedule:

- 9–10:30 a.m.
- 11 a.m.–12:30 p.m.
- 1–2:30 p.m.
- 3–4:30 p.m.

Learn more at www2.tulsacounty.org/parks



YMCA OF GREATER TULSA

YMCA of Greater Tulsa operates four indoor pools and five outdoor pools in the Tulsa area, in addition to two splash pads at their Tandy Family and Herman & Kate Kaiser locations. Non-members must purchase a day pass, which are \$10 for adults and \$5 for children. Day passes at the Herman and Kate Kaiser YMCA are \$15 for adults and \$10 for children. ymcatulsa.org/pools

Indoor Pools

- Daily Family YMCA: 7910 E. 134th St. South, Bixby
- Hutcherson Family YMCA: 1120 E. Pine St.
- Owasso Family YMCA:
8300 N. Owasso Expy., Owasso
- Tandy Family YMCA: 5005 S. Darlington Ave.

Outdoor Pools

- R.C. Dickenson Family YMCA:
8501 S. Garnett Rd., Broken Arrow
- Herman & Kate Kaiser YMCA: 5400 S. Olympia Ave.
- Okmulgee Family YMCA: 106 W. 13th St., Okmulgee
- Skiatook Pool: 900 S. Osage St., Skiatook

OTHER TULSA SPLASH PADS

- Guthrie Green: 111 E. Reconciliation Way, guthriegreen.com
- Gathering Place, Water Mountain and Mist Mountain: 2650 S. John Williams Way — Water Mountain is open 10 a.m.–7 p.m.; Mist Mountain and the splash pad are open 9 a.m.–8 p.m., gatheringplace.org
- 41st and Riverside — 9 a.m.–9 p.m., May through September, riverparks.org

BROKEN ARROW PARKS AND RECREATION

Broken Arrow operates three public pools, one of which — Country Aire Pool — is only open for swim programs and pool rentals — as well as 6 splash pads. brokenarrowok.gov

Pools

- Family Aquatic Center: 1400 S. Main St., \$5 per person, ages 3+. Open Monday, Wednesday–Saturday, 12–8 p.m.; Tuesday, 1:30–6 p.m.; Sunday, 12–5 p.m.
- Nienhuis Aquatic Facility: 3201 N. 9th St., \$5 per person, ages 3+. Open Monday, 12–8 p.m.; Tuesday–Wednesday, 1:30–8 p.m.; Thursday, 12–6 p.m.; Friday–Saturday, 12–8 p.m.; Sunday, 12–5 p.m.

Splash Pads

Splash pads open Memorial Day weekend and are open from 8 a.m.–8 p.m. daily.

- Camino Villa Park: 2812 E. Madison Pl., Broken Arrow
- Haskell Park: 601 E. Dallas St., Broken Arrow
- Jackson Park: 4800 West Washington St. S., Broken Arrow

- Leisure Park: 801 W. Charleston St., Broken Arrow
- Preserve Park: 3000 N. 37th St., Broken Arrow
- Rockwood West Park: 1308 N. Narcissus Ave., Broken Arrow
- Sieling Park: 801–899 N. Elm Ave., Broken Arrow

BIXBY PARKS AND RECREATION

Splash pads are open 9 a.m.–9 p.m., Memorial Day weekend through Labor Day weekend. bixbyok.gov

- Bentley Park: 8505 E. 148th St. S., Bixby
- Charley Young Event Park: 50 W. Dawes Ave., Bixby

JENKS PARKS AND RECREATION

Splash pads are open 7 a.m.–11 p.m., Memorial Day through Labor Day. jenks.com

- Central Park (A St. and Elm St., Jenks)
- Veterans Park (316 S. Birch St., Jenks)

OWASSO PARKS AND RECREATION

Splash pads are open 9 a.m.–9 p.m., mid-March through October. cityofowasso.com

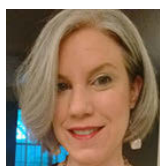
- Rayola Park: 8300 Owasso Expressway, Owasso
- Funtastic Island: 10320 E. 116th St. N., Owasso

SAND SPRINGS PARKS AND RECREATION

Splash pads are open 10 a.m.–9 p.m. sandspringsok.org

- Case Community Park: 2500 S. River City Park Rd., Sand Springs
- Pratt Civitan Center: 306 W. 43rd St., Sand Springs

Gettin' Meta With It: Books About Books, Part 1



By **Laura Raphael, MA, MLIS**
CHILDREN'S SERVICES COORDINATOR
TULSA CITY-COUNTY LIBRARY

ONCE UPON A TIME, I did not like books that referenced writing or books or authors in any way. “Writers who write about writing are lazy,” I sniffed. “Meta for meta’s sake!”

When I moved into children’s librarianship over a decade ago, a ton of fantastic children’s books about books (and, it has to be said, A.S. Byatt’s classic novel, *Possession*) quickly changed my mind.

And, I quickly learned, early literacy theory solidified why these “meta” books are great for children developing both print motivation and print knowledge. Books that make books look fun and cool — and books that teach kids how to read books — are always a good thing.

Because there are SO MANY great children’s books about books and reading, I’ve had to cut my recommendations in two — expect “Books About Books, Part 2” in August!

Warning: Do Not Open This Book! written by Adam Lehrhaupt and illustrated by Matthew Forsythe

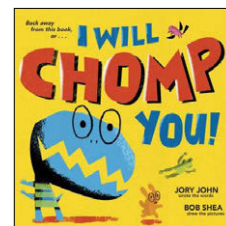
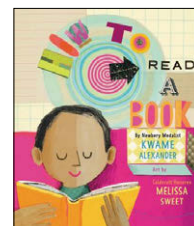
I start with this one because it opened my eyes to the “this book is magical and dangerous and you don’t want to read it!” sub-genre of picture books about books. Opening the book and turning the pages releases monkeys, toucans and a very dangerous alligator — but readers discover that this chaos is actually wonderful, and books make it possible!

How To Read a Book written by Kwame Alexander and illustrated by Melissa Sweet

Comparing reading books to eating delectable fruits and other delicious treats, this special book by award winners Alexander and Sweet is also beautiful to look at, with collages made of watercolor, found objects and colorful paint.

I Will Chomp You! written by Jory John and illustrated by Bob Shea

Get ready to laugh! This book is protected by a monster who WILL chomp you if you get too close to his yummy cakes! A particularly fun one-on-one read with your child, but it does not



disappoint with larger groups because it is just so silly.

A Unicorn, A Dinosaur, and a Shark Walk Into a Book written and illustrated by Jonathan Fenske

Reminiscent of the Italian play *Six Characters In Search of an Author* — but a whole lot funnier and, if possible, even more surreal — this book tells you exactly what it’s about. The best part is that the aforementioned unicorn, dinosaur and shark don’t really listen to their creator. Hilarity ensues, as well as an understanding of how books are made!

Books By Horseback: A Librarian’s Brave Journey to Deliver Books to Children written by Emma Carlson Berne and illustrated by Ilaria Urbinati

Using realistic yet sweepingly beautiful illustrations, this picture book introduces children to early library history (which warms *this* librarian’s heart!), in which brave men and women traveled by horse over treacherous terrain to get books into the

hands of kids. Watch out — your kid may just want to become a librarian after reading this.

While the above are all picture books, I would be remiss if I didn’t include at least two of my favorite chapter books for older children that also feature books and reading.

The Parker Inheritance by Varian Johnson

The perfect summer mystery book that manages to be funny, insightful, and full of adventure — and lots of references to classic children’s books like *The Westing Game*.

Escape from Mr. Lemoncello’s Library by Chris Grabenstein

The first in a series of chapter books about the mysterious Mr. Lemoncello, a game-maker who gathers (or traps?) children in his library, forcing them to solve puzzles to get out. Excellent references to many books — you will want to write them down and check out the library’s catalog. **TK**



Don’t forget: the **2023 Summer Reading Program** lasts until the end of July! Sign up and participate at any Tulsa City-County Library location or bookmobile, and read for the fun of it, but also for prizes and coupons for free food and entertainment!

Learn more at **TulsaLibrary.org/Summer** or at any of our 24 library locations and bookmobile!



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MEMORIES**

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Shadra Strickland signing books at Books To Treasure in 2018.



Since 2003, Books To Treasure has helped Tulsa County celebrate the beauty and power of children's literature annually in November. We're celebrating its 20th anniversary with memories shared by YOU!

Through Books To Treasure, Tulsa County second graders make positive, lasting memories related to reading through a free copy of a treasured illustrator's book, and the chance to meet that illustrator and receive a special library card with their artwork.

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Thank you, Tulsa Library Trust and the Anne and Henry Zarrow Foundation, for supporting Books To Treasure!

Thank You, Tulsa!

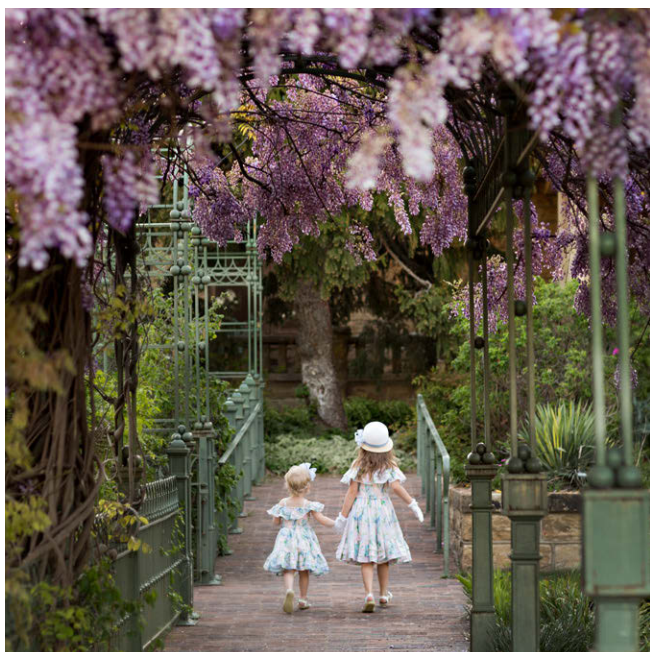


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REGISTER!

Register for the **LITTLES** program (birth to pre-K) and **CHILDREN'S** program (kindergarten to fifth grade) in person at any of TCCL's 24 branch libraries or online at www.tulsalibrary.org/summer.

All Together Now

READ!

Read 8 books or have 8 books read to you by July 31 to complete the program.

PRIZES!

Complete the program by July 31 and get a **commemorative medal** and **coupons for free entertainment and food**, including:

- Admission to a FC Tulsa game
- Admission to Oilers Ice Center and skate rental
- Admission to Tulsa Botanic Garden
- Admission to a Tulsa Drillers Game
- Admission to the Tulsa State Fair
- Admission to the Tulsa Zoo
- Cinnamon sticks from Mazzio's
- Decorated cookie from Merritt's Bakery
- Justaburger Kid's Meal from Whataburger
- One ride on any Tulsa Transit route



Read 12 more books (for a total of 20 books) and earn a **Build A Reader Wooden Puzzle** (bonus for **LITTLES**) or a **Deluxe Rainbow Wiggle Toy** (bonus for **CHILDREN**).

Medal winners will be entered into a drawing to win **exciting prizes!** Visit www.tulsalibrary.org/summer for more details.

Sixth through 12th graders can enter the **TEEN & TWEEN Summer Reading Program** and ages 16 and up can enter the **ADULT Summer Reading Program** and earn great prizes and coupons for food and local recreation too!





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How to Prep your Child for Kindergarten

BY CHRISTA MELNYK HINES



"Focus on giving your child the **tools, morals** and **lessons** she will need when not in your presence, which will now be more and more often."

SIARHEI SHUNTSIKAU/GETTY

For many parents, kindergarten signals an important transition from the all-consuming baby and toddler years. Suddenly, your "baby" is expected to make more choices on her own, stay focused over a longer period of time, learn new skills and navigate a social circle with less oversight from you. Taking time now to plan ahead can pave the road to a happier kindergarten transition for all.

11 Tips for Getting Your Child Ready for Kindergarten

1 | Visit the school.

Before school begins, attend school orientations and meet the teacher to help your child grow familiar with the new learning environment.

2 | Calm kindergarten jitters.

Build excitement and optimism for school. Shop together for a new backpack or lunchbox, school supplies and new clothes.

3 | Recognize friendly faces.

Before school starts, arrange play dates with future classmates, if you can. A few familiar faces on the first day may help calm any nervous butterflies.

4 | Read together.

Reading to your child teaches valuable listening skills and creates an opportunity to help your child prepare for the kindergarten experience. Check out books like *The Night Before Kindergarten* by Natasha Wing and *Kindergarten Rocks* by Katie Davis.

5 | Tackle a few skills.

While knowing colors, the ABCs and how to count to 10 will give children a head start, work on

other skills such as teaching them to tie shoes, know their name and their birthday.

6 | Plan transportation.

Avoid transportation snafus by sticking to a plan and keeping your child (and the teacher) informed. If your child will ride the bus and is nervous, listen and be reassuring. Drive the route ahead of time. Also, seek out a "bus buddy" for your child, whether a responsible older neighbor child or another bus-riding classmate. On the first day of school, arrive early at the bus stop. Introduce yourself and your child to the driver. Assure your child that you (or whomever you've designated) will be waiting when the bus returns after school.

7 | Get good eats and sweet dreams.

Make sure your new kindergartener gets plenty of rest (10–12 hours of sleep) and eats healthy meals. Wake up a little earlier to avoid a rushed first day.

8 | Team up with the teacher.

Share insights about your child's strengths with the teacher.

"Parents should approach school with the idea that the teacher has their child's best interest at heart," says Dr. Holly Schiffrin, an associate professor of psychology at the University of Mary Washington, who specializes in child development and parenting practices. "The parent should convey that they are on the same team as the teacher (even if they have different ideas about how to assist their child)."

9 | Reflect on the day.

Having a hard time getting your child to discuss his day? "Keeping a daily journal of their day (with mom's help) is a fun way to get your kids to talk about school," says kindergarten teacher Wendy Hughes. "Ask your child to tell you some funny or interesting things that may have happened that day."

10 | Manage adversity.

Every child is bound to have a rough day. Encourage them to resolve their own problems and take responsibility for their actions.

"Ask your child for her input and perspective, genuinely listen, acknowledge and empathize,

and then shift the focus toward reaching solutions as a family and in unison with your teachers and school," says parent coach Tom Limbert, author of *Dad's Playbook: Wisdom for Fathers from the Greatest Coaches of All Time*. "Focus on giving your child the tools, morals and lessons she will need when not in your presence, which will now be more and more often."

11 | Mark the occasion.

Celebrate your child's first day of school with a special outing after school like getting a frozen yogurt, dinner out or a playdate at a favorite park. Who knows? You may find that initial celebration turns into an annual first-day-of-school tradition for your family.

Freelance journalist Christa Melnyk Hines and her husband are the parents of two children. Christa is the author of *Happy, Healthy & Hyperconnected: Raise a Thoughtful Communicator in a Digital World*.

This article originally appeared in TulsaKids' July 2016 issue. It has been updated and edited.



ANTONIO DIAZ/GETTY

Preschool: Choosing a Place to Grow

BY DANIELLE HILL

What do children gain from early learning, and how do parents know that their child's school is developmentally appropriate for young children? Armed with knowledge, parents can make confident choices and be important partners in their children's early education.

According to Dr. Anita Ede, professor of Early Childhood Education at Northeastern State University Broken Arrow, locating a good preschool is essential for ensuring that children are provided with a solid educational introduction that will positively impact their future experience in school.

"Attending preschool is important now more than ever because by the time they get to kindergarten, the expectations are so great — things have really sped up," Ede said.

Ede is an advocate of play-based learning and does not support the ever-increasing academic demands being placed on an age group that is still learning self-help skills, how to share and how to be empathetic toward others. She believes that high quality, developmentally appropriate pre-K programs are important because they encourage a love of learning in children that continues well beyond kindergarten.

Some of the knowledge that children acquire through preschool and pre-K programs include

writing their first name, recognizing and writing letters, knowing letter sounds, and recognizing, writing and counting numerals 1-10.

Ideally, Ede said, "It's going to be a gentle learning that they will receive through playing, listening to good literature and playing in centers."

In addition to academics, developmentally appropriate preschool and pre-K programs guide children to interact and socialize with their peers and teachers, and to regulate their emotions. Preschoolers develop the ability to share, show empathy and cooperate with others. They also are exposed to the idea that other people may see the world differently than they do.

Choosing a Preschool

When deciding on a preschool, Ede recommends that parents visit potential preschools while they are in session, plan to meet with the director and teacher, and observe a classroom. This approach enables parents to ask questions and form opinions of the facility and the faculty while determining if the program will provide a developmentally appropriate and engaging curriculum.

1 | Teacher Certification

"The number one thing that you're going to look for is teacher certification," Dr. Ede said. "When you have teachers that have no early childhood education at all,

they will not know how to spot developmental problems, and this is important because teachers are often the first to notice these."

Receiving necessary support as early as possible is crucial for ensuring children are able to thrive in school and in life.

Ede also notes that certified teachers are more knowledgeable about proper discipline for 3- and 4-year-olds, as well as what expectations and activities are developmentally appropriate.

Because children who are between the ages of 3 and 4 are adjusting to the school environment and are still learning many of the social and emotional skills that elementary children already possess, they must be guided to learn acceptable behaviors.

Due to the impact that proper teacher education and certification has within preschool classrooms, Ede urges parents to always ask the principal or director if teachers are certified in early childhood education (ECE).

2 | Curriculum and Academics

Next, Ede recommends inquiring about the curriculum and teaching methods. Parents should ask what kind of curriculum the school uses, as some schools use a purchased curriculum as opposed to the preferable teacher-created curriculum.

"When preschools use a purchased curriculum, they are

making the assumption that all children in the classroom will be interested in the exact same material being taught in the exact same way all of the time. This does not take into account the diverse nature of classrooms," she said. "In contrast, when preschools hire highly qualified teachers who take all of these things into consideration when planning curriculum, children are more likely to have a positive learning experience."

Ede also suggests asking both the director and the teacher how they address academics.

"I would want to find out if the children are required to sit for an hour and do worksheets," she said. "This is not developmentally appropriate. You really want them to say that the curriculum is play-based because children learn best when they play."

It's also important for parents to find out if teachers use lesson plans to guide their teaching to ensure that children are engaged in meaningful activities that are aligned to standards. Ede says that parents should ask to receive examples of lesson plans, as these should be posted and available for them to view. In the case that teachers do not use lesson plans, or they are not available for viewing, Ede advises parents to take their preschool search elsewhere.



LORDN/GETTY

A quality preschool program features the following elements:

- The use of thematic units that are based on the students' interests.
- Classroom centers that are changed on a weekly basis (This not only challenges children but prevents boredom).
- Valuable experiences such as being able to have meaningful interactions with special visitors.
- The possibility for field trips.

Look for a classroom environment in which students play a role in their own learning process rather than passively taking in new information.

3 | Student-Teacher Interaction

Request a classroom visit. During the classroom visit, parents will be able to assess their own feelings about the classroom environment, including the relationship between the students and the teachers, and whether the children seem to be content and engaged. Ede says that parents will easily pick up on the overall tone of the room as well as the level of responsiveness shown by the teacher.

"You're looking for a teacher that's warm and caring and isn't dismissive," Ede said.

4 | Physical Environment and Educational Materials

While state-of-the-art equipment and toys certainly can make a preschool seem impressive,

Ede says they aren't necessities. In addition to visible cleanliness, Ede advises parents to look for the following features:

- Child-sized furniture
- Equipment for centers, including a dramatic play area such as a kitchen or housekeeping center
- Well-maintained playground that includes:
 - A full fence
 - Safe, appropriately sized equipment (no access to equipment for older elementary children)
 - Opportunities for shade

Look for toys and materials that foster the expression of creativity and the development of problem-solving skills.

Diversity is another important element in the classroom. For example, the housekeeping center should have dolls with a variety of physical features and skin colors. The same should be true of the classroom's book collection, with diverse cultures, races, ages and other differences represented in age-appropriate books.

Ede notes that the presence of books is an essential component of any quality preschool classroom to promote literacy skills and a love for reading.

This article originally appeared in May 2020. It has been edited for length. Read the entire article at www.tulsaakids.com

Choosing a Private School: PreK–12th Grade

When it comes to the finding the best educational fit for your child, there is no one-size-fits-all. Some children thrive in a very structured, small environment; others love lots of group work and hands-on learning; still others need to feed their creative side. As you begin to assess the best school environment, start with your child. Visit with other parents about their experiences. Go to the National Association of Private Schools for information on evaluating schools (napsschools.org).

Here are some things to consider when choosing a private school:

1. Consider your child's temperament, academic ability and interests. If your child loves art, but the school you're considering doesn't have art class, you may want to choose another school or figure out how to add art to your child's day.
2. Structure and environment. How does your child work best? Your neighbor's child may love the open classroom concept and fluid movement at their school, but an open environment may make your child anxious.
3. Discipline. Does the school's approach to dealing with discipline problems align with your family's values?
4. Religious or secular. What is the school philosophy? If it's a religious school, does it align with your family's religious values? What is the expectation for student involvement in religion at the school? What is the school's philosophy, and what is their mission?
5. How does the school communicate with parents?
6. Beyond tuition, what other financial obligations will parents have?
7. What is the school's safety plan, and what security measures does the school have?
8. How does the school handle bullying? Is there a written policy?
9. Is the school accredited? If so, by what organization?
10. What is the training of the staff, administration and teachers? Are background checks done on all employees?
11. What kind of counseling and support is available for students, both academic and personal?
12. Is the school aligned with state standards? How does the school evaluate students?
13. Are there opportunities for students to be involved in sports, drama and other activities?
14. What is the make-up of the student body? Is it diverse?
15. Does the school have accommodations for students with special needs or learning differences?



GPOINTSTUDIO/GETTY

Supporting Your Gifted Child

BY MARY BETH RITCHIE, LCSW

Many people don't realize that parenting an intellectually gifted child is truly parenting a child with special needs. These needs are founded in strengths, but they do require special attention and extra resources. Parenting a child with special needs, of any variety, requires extra time, money and energy.

You may be wondering whether your child is gifted. Generally, a child who has an I.Q. of 130 or more is considered intellectually gifted. The National Association for Gifted Children (NAGC) defines giftedness as children who have ability significantly above the norm for their age in one or more domains, including: intellectual, creative, artistic, leadership, or in a specific academic field such as language arts, mathematics or science. Giftedness exists

in all demographic groups and personality types.

According to the National Association for Gifted Children (nagc.org), in 2014-2015, Oklahoma had identified 97,186 gifted students out of a total population of 688,300. The state mandates identification and services for gifted and talented students (sde.ok.gov/gifted-and-talented-education). The website for the Oklahoma Association for the Gifted, Creative & Talented is oagct.org.

There are many formal assessments to determine whether a child is gifted, and it's helpful to identify children early. However, testing is usually not recommended before age 5. Here are some common traits of gifted children, but remember that each child is unique and may not display all of these traits.



FIZKES/GETTY

Traits of Gifted Children

1 | Gifted children often command a large vocabulary. They will frequently prefer adult conversation to those with their peers. It is important to encourage your gifted child to engage with same-age peers. Not doing so can lead to a sense of isolation.

2 | Intellectually gifted children often display strong feelings and can be very opinionated. Because they are also often very self-aware, they may recognize that they are different. This may lead them to feel left out. Many become introverted. It may be helpful to consider a school for gifted children where the student will be surrounded by others who are similar.

Tulsa is fortunate to have The University of Tulsa University School. Both of my sons attended. One didn't "fit in" socially when attending public school. He truly blossomed when placed with others more like him. I witnessed a substantial jump in his self-confidence.

3 | Young gifted children may become bored easily. They learn by being exposed to new stimuli. At home, you may find that the gifted child loses interest in new toys quickly. Be prepared to expand your toy budget.

4 | Gifted children frequently focus intensely on one specific interest. One of my sons wanted to learn everything about dinosaurs. At age 6 or 7, he undoubtedly knew more about dinosaurs than the average adult. I've also taught some gifted children. One of these children was fanatical about trains. Everything he drew or wrote about dealt with trains. This was one of the signs I recognized in him when I requested that he be tested.

5 | Gifted children are able to teach themselves and can remember things easily. Some may be reading and writing before they ever attend school. They may be able to solve a new type of math problem by using logic and reasoning.

6 | These children may have an original way of expressing themselves. You may find that they are able to write extremely well. Their stories may be very complex and well developed.

7 | Gifted children often exhibit an advanced sense of humor. They may understand humor that their peers do not. Gifted children may also be highly sensitive with intense feelings.

8 | Gifted students frequently prefer to work alone, rather than in groups. This may be due to their unique methods of approaching their work or a feeling of social awkwardness.

9 | All children seem to ask a lot of questions. However, the gifted child will ask even more! The questions may be very deep and detailed as these children try to satisfy their thirst for knowledge and understanding. At times, this can be challenging for parents and teachers. It's important to be patient with these children, as we don't want to squelch their curiosity.

10 | A parent or teacher may notice that a gifted child learns more quickly. It is estimated that most children need eight to 15 repetitions in order to learn something new. Gifted children frequently need only one or two.

If you suspect that you may be parenting a gifted child, you may have your child tested by a psychologist. However, many schools offer the same tests at no charge to families.

If you learn that your child is gifted, it is important to realize that you are parenting a child with special needs. It does require more from you. You will want to encourage your child's curiosity. You will need to provide a plethora of stimuli for your gifted child. You will also want to consider the educational possibilities. You may decide that your child can best be served at a school for gifted children. If this is not an option, you will need to check what services are provided for gifted children at your child's school. If it's not enough, you may wish to consider hiring a private tutor or providing enrichment activities after school. Visit with your child's teacher. Inquire as to how your child's special needs will be met in the classroom. There is such a focus on the students falling behind that some teachers are less aware that gifted children need special attention, too.

Areas of Giftedness in Oklahoma's State Definition

- Intellectually Gifted
- Specific academic areas
- Leadership
- Performing/Visual Arts
- Creatively Gifted

Why should I have my child tested?

According to the National Association for Gifted Children (NAGC), public school districts often use "subject-specific, standardized achievement or group ability tests to identify students that qualify for gifted programming." You may decide to have your child independently tested as well.

Ask yourself the following questions before deciding to have your child tested:

- Are there indicators—such as academic performance, social-emotional characteristics, or certain behaviors—that makes me suspect my child is gifted?
- Is my child not thriving or unhappy in his current learning environment?
- Is my child applying to a gifted and talented enrichment program, camp, online course or independent gifted school where test results are required for admission?
- Does my child demonstrate giftedness, but it's not recognized because I suspect other factors (such as a learning disability, ADHD or anxiety, for example) may be getting in the way?

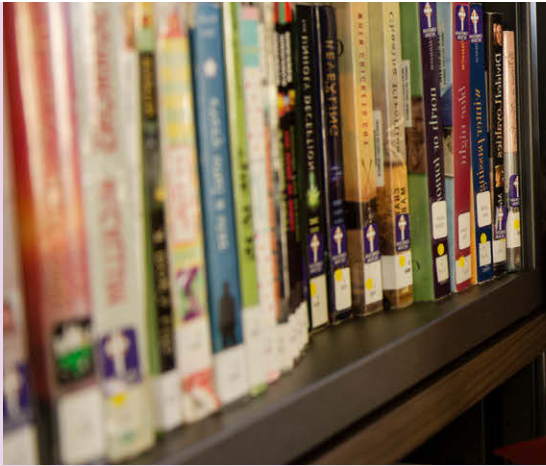
If the answer is "yes," to any of the above questions, you might want to pursue having your child tested privately.

Source: nagc.org

Mary Beth Ritchie is a former elementary school teacher. This article originally appeared in TulsaKids' July 2019 issue.

Tips for Moving to Middle School

BY JULIE WENGER WATSON



HERO IMAGES/GETTY

Parenting is a tricky thing. Just when you think you've got things figured out, everything's upended. If beginning kindergarten can seem like an adjustment, transitioning to middle school can seem like a seismic shift. For parents and kids alike, change can be stressful. Fortunately, there are some things you can do to make this often-tumultuous time more bearable for everyone.

Accept that middle school is an adjustment

In general, middle schools are larger, both as a facility and in the number of students, than elementary schools.

Day-to-day school life is different. Now there may be multiple teachers, increased travel between classes, more academic responsibility and even an "impersonal" feel. On the positive side, middle school is like a launching pad — kids begin to have more agency and learn how to make decisions for themselves, and also see the consequences of those decisions.

Anxiety and social fears

Students headed to middle school often have concerns — everything from finding the classroom to finding a friend at lunch. It's a time when kids start to pull away from their

parents and start to rely more on their peers. Being a part of the group, fitting in, becomes much more important than it was when they were younger. Add an increased academic load, and anxiety can skyrocket.

There are some things you can do to help alleviate your child's stress. Help your child with time management and organizational skills. Although they're expected to shoulder more of the responsibility for their own work now, they may still need your help figuring out how to balance it all. Teach your child to be his or her own advocate, encouraging them to discuss problems with their teachers on their own, but be ready to step in, if necessary. Don't overreact to grades. Instead, help your child get a handle on the demands of the new school.

To help ease the social transition, encourage your child to join a sports team or a club. Talk with your child about traits that make a good friend and talk about social skills — how your words and actions can affect others. If weekends are lonely at first, encourage your child to schedule weekend activities with friends from the neighborhood or grade school.

Keep the lines of communication open. This is a time when young people become more socially

aggressive as they jostle for a place among the social hierarchy. Even if your child isn't on the giving or receiving end, bullying, teasing and exclusion become more prevalent at this age, whether in real life, or in the digital world. Encourage your children to talk to you about what they might be experiencing or what they are witnessing.

Middle school: an adjustment for parents, too

Just as a child may be overwhelmed going from an intimate grade-school setting to what can seem like the Wild West of middle school, parents, too, can be caught off guard by the changes. Multiple teachers can mean that no one teacher knows your child as well as his or her grade-school teacher did. Middle-school teachers may seem less responsive and harder to reach because they're responsible for many more students. Remember, this doesn't mean the teachers are unapproachable, it just means they have more obligations on their time.

Parents may feel their own peer pressure to parent "like everyone else." However, the popular thing may not be the right decision for your family. Trust your gut and don't be afraid to think independently for your child and your values. Create your own

"village" of parents for support and camaraderie.

Understand that it's normal for your child to change, and that some of these changes may be challenging. Middle school is a time to grow more independent, and this can mean complaints, arguments, delays and disobedience. Testing limits is often a daily activity. Try to respond calmly to your child's challenges. While middle school kids still need their parents to protect and guide them, they also need opportunities to make their own decision and handle their own conflicts as they grow in independence.

As your child begins to pull away from you and turn to friends for support and advice, it's tempting to take a more hands-off approach to your parenting. While your relationship is definitely evolving, you are still a necessary presence and voice in your child's life. They continue to need your mentoring, your guidance and, most of all, your love, to smooth the path.

Julie Wenger Watson is a freelance writer who's worked in all aspects of music promotion. She's also Co-Director of "Live From Cain's," a public radio show pilot.

This article originally appeared in TulsaKids in 2019.

SCHOOL HIGHLIGHTS



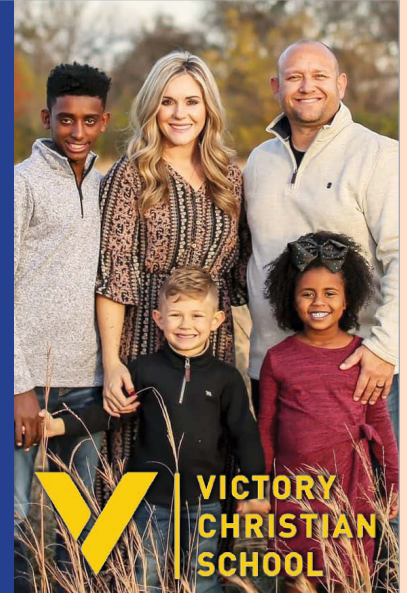
"Having completed our first school year at Marquette, we are enormously grateful this is where our children will grow up. Not only were the academics and staff fantastic, we were blown away by the caliber and kindness of the other students, which was our biggest concern as parents — especially with a neurodiverse child. Our kids could not be happier or more loved anywhere else." — John & Jill Simons



marquetteschool.org

In 2016 and 2018, God grew our family through the gift of international adoption. As a multicultural family, we realized the importance and need to surround our children with diversity, both in race and culture. God opened our eyes to VCS and the moment we toured the school and walked through the hallways, we knew this was the place for our family. The culture of the school mirrors the culture of our own home. Knowing that our children are being taught a solid education all while being encouraged to develop the gifts and anointing God has uniquely placed inside of them is priceless. We are proud to be Conquerors!

—Rocky & Samantha Ausbrooks



VICTORY CHRISTIAN SCHOOL
7700 S. Lewis Ave. | Tulsa, OK 74136
918.491.7720
www.vcstulsa.org | @vcstulsa
Contact: Jan Thomas,
Admission Specialist
jthomas@victory.com | 918.491.7763



"All three of our children attend University School. We have been super impressed with the **challenging curriculum** offered within an intimate classroom setting. Each student receives a great deal of **personal attention**, especially in the preschool and kindergarten programs. The school is for gifted students; however, we feel the teachers are just as gifted. They do an incredible job at **engaging students** and keeping things fun while learning the **advanced curriculum**. The school also emphasizes the importance of responsibility and respect towards each other."

— Janna and John Edwards



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We're so grateful for Miss Helen's! My daughter always felt like it was "home". The class sizes were small, and she learned everything from computers to music to Spanish/French and even cheerleading from 3 years old all the way through 5th grade. It's a very well-rounded education! When she graduated

from 5th grade, she was completely prepared for middle school at Holland Hall. The teachers really paid attention to all the little details of learning with my daughter. At her 5th grade graduation, my daughter said this, "A school is built with brick and mortar, but Miss Helen's is built with love and care."



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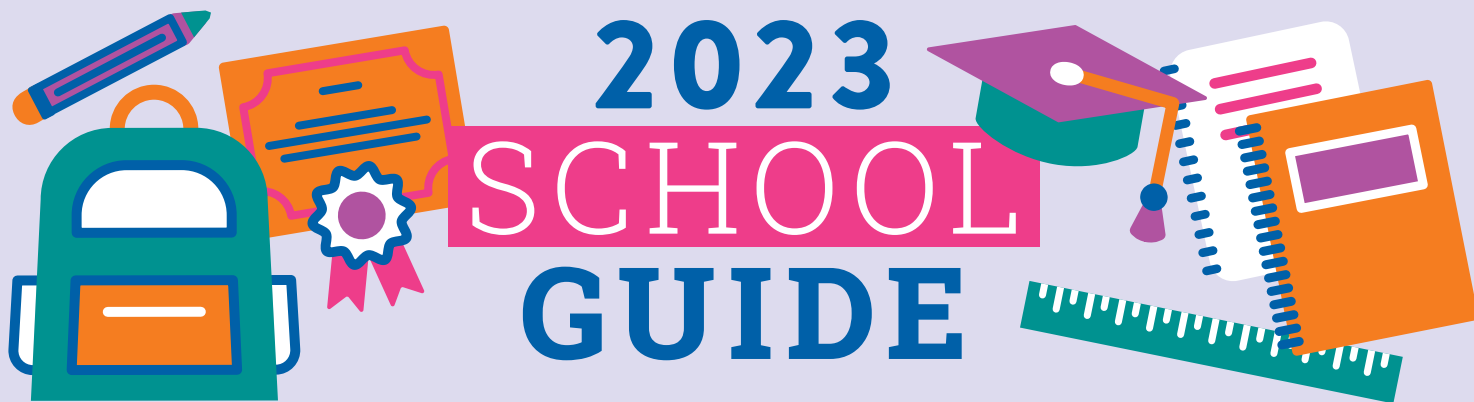
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METRO CHRISTIAN ACADEMY

Contact: Julie Frohrip, Admissions Specialist
6363 S. Trenton Ave., Tulsa
918.745.9868
acarlisle@metroca.com
metroca.com

Located on a 60-acre campus in the heart of Tulsa at 63rd and Trenton, Metro Christian Academy is an interdenominational Christian school serving students age three through 12th grade. All grades are under one roof but with distinct areas for preschool, elementary, middle and high school.

Metro's elementary school offers two tracks for students. One features traditional curriculum that students may join at any time. The other is a Spanish Immersion section that students may enter in pre-K or kindergarten and continue through 5th grade. Spanish Immersion students become bilingual by learning core subject content in Spanish including history, language arts, science, and math.

Metro's secondary school offers a range of academic programs including Advanced Placement classes and courses for concurrent college credit. Metro offers many activities including varsity sports, leadership and missions classes as well as fine arts including studio art, drama and band.

At the heart of Metro is a sense of community. Students, parents, faculty and staff work together to educate and nurture students to reach their full potential. "We work to develop this culture in which everyone knows who you are," says Adam Taylor, Athletic Director. "You are somebody here. You are someone important."

MONTE CASSINO SCHOOL

Contact: Brooke Jones, Director of Admissions
2206 S. Lewis Ave., Tulsa
918.742.3364
bjones@montecassino.org
montecassino.org

Come see why our parents are so happy to be Saints!

"We chose Monte Cassino because no other school in the Tulsa metro delivers a more individualized education in such a magical and happy environment. Each child is met exactly where they are and showered with love, kindness, grace and the exact amount of support they need to be successful not only in the classroom but in life as well." — The Stanton family.

Since 1926, Monte Cassino's focus has been on outstanding instruction of reading, writing, math and the sciences. Our innovative, Catholic school program serves students aged preschool through eighth grade and encourages social and moral development within our strong community.

In addition to exemplary academics, a myriad of opportunities exist for accelerated math and foreign language instruction from high school-certified instructors, fine arts, innovative and applied sciences, theater arts, athletics and individualized approaches for many kinds of learners. Students further develop through service projects and mentoring programs.

MISS HELEN'S PRIVATE SCHOOL

Contact: Jayme Wingo-Baker
4849 S. Mingo, Tulsa
918.622.2327
director@misshelens.com
misshelens.com

Miss Helen's Private School is a family-owned, family-focused business celebrating over 65 years. Teachers are college-degreed, caring and dedicated. All pre-K-Kindergarten classes offer music, Spanish, art, stories and science, pre-reading skills, math and dance through small group and independent activities. Small class sizes in grades K-5 enable students to have more individualized instruction and work beyond traditional grade levels.

In addition to basic academics, we offer Spanish, fine arts, and community service and charitable projects as well as health, nutrition and fitness. After-school activities include computer classes, swimming, cheerleading, Amazing Athletes and more. Serving ages 3 years through 5th grade.

We thank the TulsaKids readers for voting us the 2020 Family Favorite for Best Preschool. Come for a tour and see why!

PRIMROSE SCHOOL OF BROKEN ARROW

Contact: Gia Patel
1701 W. Albany St., Broken Arrow
918.355.6827
GPatel@PrimroseBA.com
facebook.com/primroseschoolbrokenarrow
primroseba.com

Primrose School of Broken Arrow is the nation's leader in premier early education and care, serving infants through pre-K. Our new state-of-the-art campus is 14,091 square feet on 2.2 acres and features a reinforced storm shelter, 12 classrooms and four secure, age-appropriate turf playgrounds, including a sports basketball court and garden patch.

At Primrose Schools, we believe that who children become is as important as what they know. We are passionately committed to the children, families and communities we serve and are motivated daily by our Mission: To forge a path that leads to a brighter future for all children. It's why Primrose Schools developed the Balanced Learning approach, and approximately 9 out of 10 Primrose pre-kindergarten students demonstrated readiness for kindergarten across six learning domains.

Our Balanced Learning is our exclusive, Cognia-accredited, time-tested approach created from the best early education wisdom, balancing purposeful play with nurturing guidance from teachers. Our research-informed, proprietary curriculum integrates sign language, Spanish, language and literacy; STEAM classes; social studies; music; gardening; social-emotional intelligence; and cognitive, physical and character development. We teach children values such as respect and the joy of giving without expectation through Primrose Promise giving events.

Call today to enroll, schedule a tour and learn how Primrose School can make a life-long impact on your family!

2023 SCHOOL GUIDE

RIVERFIELD COUNTRY DAY SCHOOL

Contact: Kacey Davenport

2433 W. 61st St., Tulsa

918.446.3553

admissions@riverfield.org

riverfield.org

At Riverfield Country Day School, we ignite adventure, inspire inquiry and build excellence to empower students to change their world. We are committed to school as a place of research, valuing each individual within a safe, respectful, learner-focused community that bravely grows and evolves together as one Riverfield.

The '23-24 student body will expand their learning and expression in the new state-of-the-art Center for Creativity. The Center for Creativity features a black box theater, recording and film studios, visual arts studios and maker's spaces. The Center will also house the largest Rock Band program in the nation, Riverfield Rocks.

Calla Andrews, a Riverfield lifer, started in 2006 and graduated this spring. Calla took advantage of all Riverfield has to offer, as a member of multiple extra-curricular activities including Riverfield Rocks, NHS and the Diversity Alliance. She has signed a letter of intent to play soccer at Washington and Lee University. Calla was one of 800 students nationally recognized as a Presidential Scholars program semi-finalist. Calla is a great example of Riverfield's student-centered, innovative education program that values individuality and honors the whole student.

Schedule your tour today, contact Riverfield's Admission Director, Kacey Davenport at 918.446.3553.

UNIVERSITY SCHOOL

Contact: Debra Price, Director

326 S. College Ave., Tulsa

918.631.5060

uschool.utulsa.edu

Established in 1982, University School challenges gifted students from age 3 – 8th grade with a dynamic curriculum in a nurturing academic environment. All students are housed in one building, creating a strong sense of community. Our program includes art, music, physical education, foreign language and computer skills for all ages. Faculty and staff are adept at working with gifted students, providing a strong foundation of academic excellence.

With a student teacher ratio of 4:1 in the preschool and kindergarten programs, each student receives a great deal of personal attention, fostering confidence and emotional security. Because all USchool students are gifted, we provide a unique environment for high academic standards while allowing students to excel alongside peers of the same age.

Another essential component of the curriculum involves making use of the school's relationship with the University of Tulsa. The relationship with the university provides USchool with tremendous unique resources that few schools can match.

VICTORY CHRISTIAN SCHOOL

Superintendent – Jennifer Miller

7700 S. Lewis Ave., Tulsa

918.491.7720

jthomas@victory.com

vcstulsa.org

Victory Christian School is a fully accredited K3-12th grade school dedicated to instruction from a Biblical worldview. VCS serves families from all of Tulsa and its surrounding communities on its campus at 7700 S. Lewis Ave.

VCS continues its record growth, enrolling over 700 NEW students over the last two years. As a result, we have chosen to expand by creating a dedicated Kindergarten Wing, constructing our state-of-the-art STEM lab, and last year, we added four new classrooms to serve as the VCS History Department.

We would love for you to stop by and see why VCS is thriving.

With athletic training beginning at the elementary level, our student-athletes develop Christian character, leadership traits and a championship mindset leading to district, regional and state titles at all levels. Our volleyball team has won 4A & 5A STATE CHAMPIONSHIPS in five of the last six years! In the 2022-2023 school year, baseball qualified for the state tournament, football advanced to the semifinals and our girl's track team won the State Championship!

Our VCS Studio Arts have received numerous local, state, and national awards. In spring of 2023 we raised over \$100,000 at "Conquer the Night: A Night For the Arts," our annual gala hosted at Southern Hills Country Club!

Where your child goes to school matters. Come see why hundreds of families have chosen Victory! Text "vcsinfo" to 28950 for more information or visit vcstulsa.org/experience-vcs today!

Contact Jan Thomas in Admissions at jthomas@victory.com or call 918.491.7763.

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HIGH SCHOOL BOUND!



CONGRATS CLASS OF '23
We miss you already!

MONTE CASSINO



PreK - 8th Grade

"We chose Monte Cassino because its faith-based environment, loving staff and strong community support us in preparing our children to be academically successful, self-motivated and caring citizens of the world."
- Elizabeth and Campbell Black, '29, '31, '33

Middle School Open Houses

September 21 & 28
October 5 & 26

Middle School Screening Dates

October 18 & 20
Call to reserve spot.

Come see how a Monte Cassino education can help your family.

Call 918-746-4218 to schedule tours and shadow days.



montecassinoschool



@MonteCassinoSchool

www.montecassino.org



2206 South Lewis, Tulsa



SCHEDULE A TOUR!

marquetteschool.org

- | Diocesan Catholic school
- | PreK - Grade 8
- | Whole-child educational approach

Loving. Learning.

Tulsa's first and only accredited Montessori Program.

- Age 3-8th grade
- Non-religious
- 23 students and 2 teachers per class
- Unique classrooms focused on the individual child



SCHEDULE A TOUR!
undercroft.org | 918-622-2890

Undercroft
Montessori School • est. 1964

2023 SCHOOL GUIDE

HAPPY CAMPERS ACADEMY

happycampersacademy.com

Three Locations:

Happy Campers

1819 E. 15th St., Tulsa

918.584.2779

hcatulsa@gmail.com

7:30 a.m. – 5:30 p.m.

Happy Campers at Temple Israel

2004 E. 22nd Pl., Tulsa

918.747.3122

happycamperstempleisrael@gmail.com

7:00 a.m. – 6:00 p.m.

Happy Campers at John Knox

2929 E. 31st St., Tulsa

918.742.7656

happycampersjohnknox@gmail.com

Ages 5–12 years old for after school care

Happy Campers Academy offers Tulsa and surrounding communities quality child-care. We accept children ages 6 weeks to pre-kindergarten. At all three of our midtown Tulsa locations, Happy Campers utilizes a child-centered philosophy and partners with our families to provide a quality educational experience in a nurturing environment.

Our highly trained staff works to get to know each individual child and his/her cognitive and developmental needs, while seeking input from families to make the home and school transition smooth and communication open for the success of the child. Through a balance of developmental play and planned educational activities, our students learn best through doing—all while having fun and expressing themselves creatively.

Our teachers conduct conferences twice a year in order to build a strong home and school team. We want to keep parents informed about what their child(ren) is learning, developmental milestones that are being achieved, and suggest skills that can be practiced at home. We believe that our child-centered philosophy will foster a love for learning in these ever-important early childhood years.

Holland Hall

J.P. Culley, Head of School

5666 E. 81st St., Tulsa

918.481.1111

hollandhall.org

Holland Hall is Tulsa's pre-K through Grade 12 Independent Episcopal School. We offer a student/teacher ratio of 10:1, a rich academic curriculum with 100 percent of students attending college. Find more than 60 art classes, as well as dozens of individual and team sports—including many that have won state championships. We encourage your child to choose boldly from all we offer—with more than 30 clubs, honor societies and countless leadership opportunities—in a supporting, inclusive community. We honor the individual dignity of each child and provide the bedrock education every student needs to succeed in college, work and the world beyond.

HUNTINGTON LEARNING CENTER

Contact: Christopher Appel

947 N. Elm Pl., Broken Arrow

918.893.5500 | brokenarrowwok@hlcmail.com

huntingtonhelps.com/center/broken-arrow

Welcome to Huntington Learning Center! We are the premier Tutoring and Exam Prep business in the Tulsa Metro Area. If you are looking for tutoring for your student, please give us a call. Our students average a 2+ grade level increase. If you are looking for Exam Prep, such as ACT or SAT, our students average +5.4 points on the ACT and +229 points on the SAT.

Huntington Learning Center provides in-center and online Tutoring and Test Prep. We are accredited by the Western Association of Colleges and Schools. Our staff includes seasoned tutors, many of which are current or former teachers in the classroom.

We look forward to talking with you. Call us today!

INSIGHT SCHOOL OF OKLAHOMA (ISOK)

Contact: Jennifer Wilkinson, ISOK Head of School

jwilkinson@insightok.org

insightok.k12.com

Insight School of Oklahoma (ISOK)—Oklahoma's only alternative education virtual school—is a tuition-free public online charter school serving Oklahoma students in grades 6–12. The school's mission is to help students who have struggled in traditional academic settings.

ISOK caters to students with substance abuse issues, who have been expelled from other schools, are teen parents and/or have special needs. Flexible schedules are available, and classes can be taken any time between 8 a.m. and 8 p.m. All students receive a free laptop and hot spot, as well as food boxes with nonprofit donations as needed.

Each ISOK student is given an individualized learning plan. The school also offers a credit recovery program, allowing students to earn or make up credit on incomplete or failed courses; and concurrent enrollment so students can earn college or CareerTech credit while in high school.

ISOK has programs in place to help children with non-academic issues to ensure success. The school is trauma-informed and fully equipped to support students who have had adverse childhood experiences. Additionally, there is a Student Support team available, including a licensed social worker and other family support personnel to help students stay on track.

LAKE HILLS MONTESSORI

Contact: Jodie Whitman

5130 East 101st St., Tulsa

918.296.9936

jodie@lakehillsmontessori.com

lakehillsmontessori.com

Lake Hills Montessori is committed to providing quality education for children ages 2–6 years in a safe, loving and stimulating environment. Each child's day is organized to ensure successful experiences that will foster self-esteem and a love of learning.

LHM offers a traditional Montessori curriculum that allows children to learn through exploration and play. In addition to providing an atmosphere of discovery, LHM offers Spanish, soccer, music, yoga and art.

School time is 8:30 a.m.–4 p.m., with before/after care 7:30 a.m.–5:30 p.m. Follow us on Instagram or Facebook!

2023 SCHOOL GUIDE

MARQUETTE CATHOLIC SCHOOL

1519 S. Quincy, Tulsa

918.584.4631

marquetteschool.org

At Marquette Catholic School, we have been educating the next generation for more than 100 years. Offering pre-K3–eighth grade, Marquette is a place and community that first and foremost belongs to Jesus Christ. We form students with care, intentionality and excellence, and then send them out into the world to transform it.

In our Early Childhood Development Center, three- and four-year-olds are immersed in a rich curriculum that prioritizes their physical and emotional needs in classrooms custom-made for their needs. In kindergarten through eighth grade, our teachers focus on developing well-rounded, happy and faith-filled students through our whole-child approach.

Our rigorous academic curriculum upholds the Catholic tradition as our faith animates every aspect of our school. The Sacraments, prayer and liturgy are not afterthoughts, but the source and summit of our existence. With an enrollment of approximately 500 (pre-K–8), our students possess great character and virtue, and are academically prepared for high school.

The best way to experience our community is to see it for yourself. Schedule a private tour today!

MS. ANNA'S CHRISTIAN CHILD DEVELOPMENT CENTER AND HOMESCHOOL

Off of 129th and US 64 in Bixby, OK.

918.893.2544

ms.annaschristiancdcandhmschool@gmail.com

msannaschristiancdc.com

Ms. Anna's Christian Child Development Center and Homeschool trains the leaders of tomorrow with a biblical worldview. We provide services in Bixby, Oklahoma, and the surrounding areas. Our classrooms are conducive to study and play. Our classroom sizes are small to ensure our staff gives each child the attention, love and care he or she needs. Our curriculum is stimulating, engaging and Bible-based. We offer many programs for children and families, such as fitness, reading and date night. We serve well-balanced meals that are healthy and nutritious. With over 13 years of childcare experience, we are committed to providing the kind of care every child deserves.

OKLAHOMA VIRTUAL CHARTER ACADEMY (OVCA)

Contact: Raedean Rafferty, OVCA Enrollment Specialist

r Rafferty@okvirtual.org

ovca.k12.com

Oklahoma Virtual Charter Academy (OVCA) is a tuition-free K–12 public charter school. OVCA provides wraparound support for children and families to ensure academic, social and emotional success. OVCA is well-suited for military families and achieved the Purple Star military designation.

OVCA students are taught by Oklahoma Certified Teachers who live in-state. Elementary students are taught by homeroom teachers, and content-specific certified teachers instruct 6–12 students. OVCA is focused on strong academics to help students excel at future endeavors.

Additionally, OVCA's unique Community Family Advisors (CFAs) model helps students thrive. CFAs assess family needs weekly to understand students' obstacles. They work in partnership with teachers to promote academic growth.

Plus, there are many opportunities for students to interact with peers. Prom for juniors and seniors is hosted every spring, and a dance for middle schoolers is held each April. OVCA has student-led clubs for interests like esports, drama, reading, football and more.

OVCA also offers the Oklahoma Learning Coach Academy to help parents support their students through online schooling. Learning Coaches can access their child's curriculum + video training sessions, an app to connect with other Learning Coaches and a Family Education Series with videos and email newsletters.

TOWN & COUNTRY SCHOOL

Contact: Denise Jurbala, Director of Admissions

8906 E. 34th St., Tulsa

918.296.3113, ext. 111

djurbala@tandcschool.org

tandcschool.org

Founded in 1961, Town & Country School is Northeast Oklahoma's only accredited, non-public, full-day program specifically designed to meet the needs of students who have been diagnosed with learning disabilities, ADHD and Autism Spectrum Disorders.

Serving students in grades 2–12, Town & Country improves each student's life by advancing critical academic, social and personal skills through individualized attention, family support and flexible curriculum enhancements. Children with learning disabilities, ADHD and Autism Spectrum Disorders are bright — they just learn differently.

We look beyond their difficulties to find our students' strengths. This builds self-esteem and inspires our students to learn. We believe that by providing the right tools and developing the right skills, our students can be successful in their life goals.

UNDERCROFT MONTESSORI

Contact: Nancy Davis

3745 S. Hudson Ave., Tulsa

918.622.2890

lesley.wilkin@undercroft.org

undercroft.org

Founded in 1964, Undercroft Montessori is Tulsa's first and only accredited Montessori program. The school is a private, non-religious school located in midtown Tulsa and serves children three years old through 8th grade. The focus is on the individual child, providing an environment that truly inspires a life-long love of learning.

The Montessori method of education, developed by Dr. Maria Montessori, is a child-centered educational approach based on scientific observations of children from birth to adulthood. Dr. Montessori's Method has been time-tested, with over 100 years of success in diverse cultures throughout the world. It is a view of the child as one who is naturally eager for knowledge and capable of initiating learning in a supportive, thoughtfully prepared learning environment. It is an approach that values the human spirit and the development of the whole child — physical, social, emotional and cognitive.

Undercroft provides an authentic Montessori education and is committed to independence in thought and action, critical and collaborative thinking, academic excellence, compassion, and respect for self, community and the world.

> Schedule a tour today!

- Space available in our preschool and kindergarten programs (3-5-year-olds)
- Small class sizes – 6:1 student teacher ratio
- High academic standards
- Nurturing learning environment

PreK3-8th grade
gifted children


UTULSA.EDU/USCHOOL
918-631-5060



THE UNIVERSITY of
TULSA
University School

TU is an EEO/AA institution.





CHRISTIAN CHILD DEVELOPMENT CENTER + HOMESCHOOL
NOW ENROLLING NEW CHILDREN
INFANT TO 12 YRS

WHAT MAKES US DIFFERENT
12 HOUR CARE
 We are open from 6AM - 6PM, Monday through Friday (with a 3 hour drop-off window), which means we offer extensive support of your children for half of the day.

MEAL AND NUTRITION PROGRAM
 We serve organic, Non-GMO. Healthy, nutritious, and down right delicious meals for breakfast, snack, and lunch. Meals are included in tuition.

FITNESS
 We offer fitness classes for children. We believe fitness helps children develop gross and fine motor skills, strength, boldness and teaches them to make healthy choices. This program is included in tuition.

DATE NIGHT
 We offer extended hours once a month to parents who would like to spend some quality time with their spouse away from the kids. Dinner is provided. This program is free and only available to enrolled families.

MSANNASCHRISTIANCDC.COM



Insight®
 SCHOOL OF OKLAHOMA

TUITION-FREE Public Online Charter School Serving K-12 Oklahoma Students

- ✓ Students paired with Community Family Advisors, who stay with them as they move up grades
- ✓ Purple Star military designation
- ✓ All teachers are state-certified in specific subjects
- ✓ Offers student-led club, student council, support groups and regular field trips
- ✓ Increased accountability by requiring students to log in every day
- ✓ Trauma-informed, bully-free environment

ENROLL TODAY

EnrollOVCA.com
 855.419.5783



Ignite adventure. Inspire Inquiry. Build Excellence.
They will change their world.



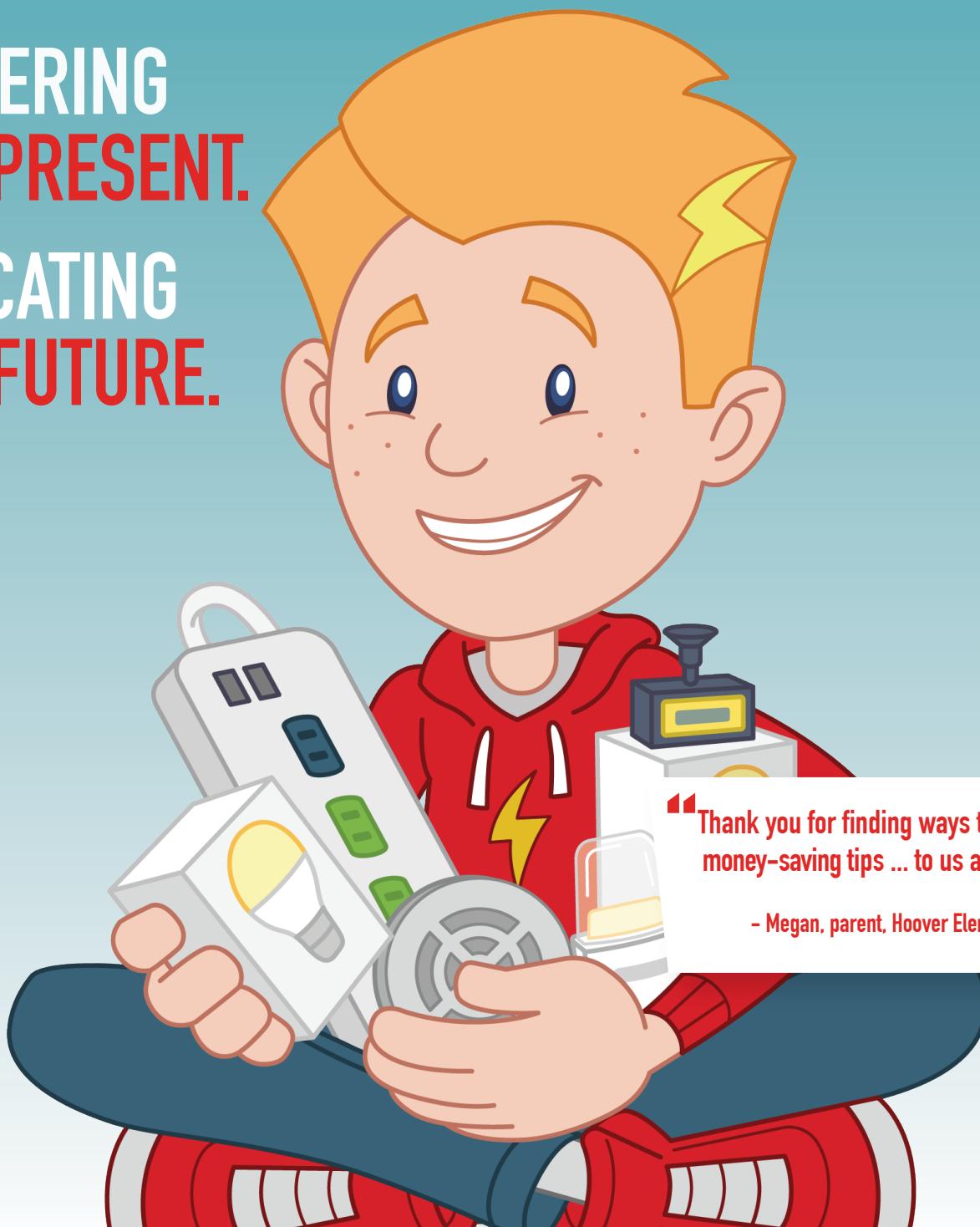





The '23-24 student body will expand their learning and expression in the new, state-of-the-art Center for Creativity—featuring a black box theater, recording and film studios, visual arts studios, maker's spaces, and the Riverfield Rocks program.

Schedule your tour today • riverfield.org • 918.446.3553

**POWERING
THE PRESENT.**
**EDUCATING
THE FUTURE.**



“Thank you for finding ways to introduce money-saving tips ... to us as a family.”

– Megan, parent, Hoover Elementary School



FREE LESSON PLAN + TAKE-HOME KIT!

Students, teachers, and parents love PSO's education program for a reason—it's a fun way to teach kids about energy efficiency, while giving families the tools to save energy and money. We're investing in our communities, and providing free lesson plans, educational materials, activity books, and Energy Savings Kits to 5th grade students across Oklahoma. At PSO, we're working towards a sustainable, reliable energy future for us all – and it starts in the classroom.

To learn more about our energy efficiency education program, visit
PowerForwardWithPSO.com/programs/energy-saver-kit

**PUBLIC SERVICE
COMPANY OF
OKLAHOMA™**

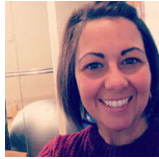
An **AEP** Company

POWER FORWARD™

HTR PEDIATRIC THERAPY

Kelly Williams, PTA

HTR Pediatric Therapy



My friend is taking her young daughter to physical therapy because she has issues with constipation and urinary incontinence. My teenage son has the same issue. Is that really something physical therapy can help with?

Yes! HTR Pediatric Therapy has therapists who have undergone advanced specialized training to treat Pediatric Incontinence and Pediatric Gastrointestinal Disorders. We have treated boys and girls, ages 4 to 18, who have issues with leaking urine during the day, bedwetting, constipation and/or fecal leakage. This treatment involves looking at many different factors, including the strength and tone of the child's pelvic floor, bowel and bladder habits, toileting posture and diet. We also assess for any sensory issues such as toilet avoidance. Constipation and urinary incontinence/fecal leakage usually go hand in hand. As you can imagine, children with these issues tend to shy away from social events and often have a poor self-image. Parents are often frustrated after feeling like they have tried everything with no results. At HTR, we have been successfully treating these issues since 2016 and have found it so rewarding to help families conquer this issue once and for all! If you have questions or would like more information, please email kelly@htrpediatrics.com.

6846 S Canton Ave Suite 120,
Tulsa, OK 74136
918.806.0106
HTRPediatrics.com



HTR PEDIATRIC THERAPY

RIDDLE LAW, PLLC.

Trevor Riddle



Can I make changes to my estate plan?

You certainly can. It's natural to feel overwhelmed when making important decisions that will impact your family's future. This feeling of overwhelm is a common hurdle I often help clients overcome. Remember, your estate plan isn't set in stone. Instead, estate planning is a dynamic process. Life changes, and your estate plan can change too. It's designed to be adjustable as your circumstances evolve over time. Therefore, don't let the fear of 'finality' prevent you from starting the process. It's far better to have a flexible plan that can be refined, than no plan at all. Trust in your ability to make good decisions for your family's future, and remember, you're not alone in this journey.

110 S. Hartford Ave., Suite 2548
Tulsa, OK 74120
918.779.1446
trevor.riddle@riddle.law



MILLER SWIM SCHOOL

Sarah Clavin



Should we continue to practice swimming once summer is over?

As kiddos head back to school, it is important to remember that though summer is over, learning to swim is a process that requires ongoing repetition and practice. Here are just a few benefits (beyond the obvious benefits of safety and drowning prevention) of swimming in a year-round program:

Skill maintenance: Taking a prolonged period of time off leads to regression in skills.

Skill building: Swimmers are continually building on the set of skills they already have.

Academic and social benefits: The consistency of the program allows children to build new relationships with peers and instructors in a high-trust, low-risk environment.

Physical fitness: Swimming is a low-impact, cardiovascular workout that helps kids stay healthy year round.

Improved coping skills: Children who learn to swim at an early age are more comfortable coping with new and unfamiliar situations. As children learn to thrive in undefined situations and overcome fears in the water, they build confidence in their ability to handle themselves in new and unknown circumstances.

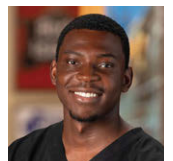
6415 S. Mingo Rd., Tulsa
525 W. 91st St. S., Jenks
918.254.1988
MillerSwimSchool.com



DENTAL DEPOT

Dr. Seun Olaniran

General Dentist



How long do you have to wear braces — and is Invisalign an option?

Once patients are fitted with braces, the length of time they stay on depends on each individual and how many teeth they need moved and the distance they are moved. Some patients only need them for a few months, others for a few years.

When the braces come off, that doesn't mean they are done with the treatment, either. Retainers are worn by patients in order to maintain the position of the teeth. Some retainers are permanent, with wire affixed to the back of the teeth. Some retainers are removable. Again, the type that is used is dependent on the patient's needs.

Invisalign has become very popular in recent years, and many inquire about it due to it being less noticeable. We usually reserve this treatment for older patients who don't need as much movement. Brackets and wires are preferred for younger patients because they tend to be more effective for individuals requiring more movement.

Six Convenient Tulsa Metro Locations
DentalDepot.net



JULY 2023

TCC RECESS!

JULY 20

Details p. 61

Muriel Fahrion, creator of Strawberry Shortcake, will lead a Cartoon Drawing workshop as part of the **TCC Center for Creativity's Recess! Series**.

PHOTO COURTESY TCC.



SCAN THE QR CODE
to find more events at
[tulsakids.com/calendar!](https://tulsakids.com/calendar)



BLUEY'S BIG PLAY

JULY 15 & 16

Details p. 60

Play along with your favorite pups — in puppet form! — when Bluey's Big Play comes to town.

PHOTO COURTESY CELEBRITY ATTRACTIONS.



MISSION IMPOPSICLE

JULY 29

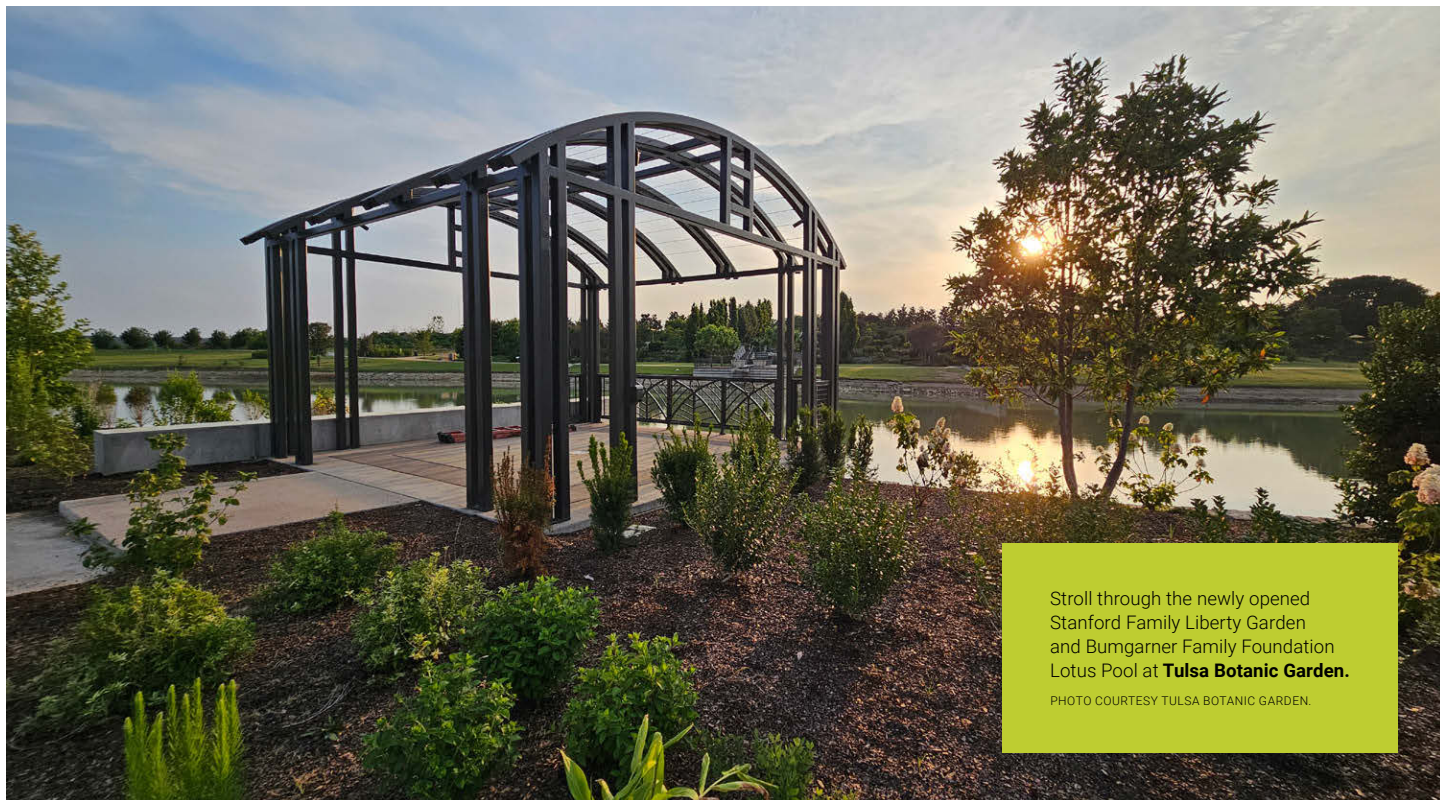
Details p. 62

Watch some of your favorite zoo animals cool down at Mission ImPopsicle July 29!

PHOTO COURTESY TULSA ZOO.

BROUGHT TO YOU BY





Stroll through the newly opened Stanford Family Liberty Garden and Bumgarner Family Foundation Lotus Pool at **Tulsa Botanic Garden**.

PHOTO COURTESY TULSA BOTANIC GARDEN.

July 1 Saturday

LEARN TO SKATE W

All ages, 12:15-12:45 p.m.,
Oilers Ice Center, 6413 S. Mingo
Rd., oilersicecenter.com

The Learn to Skate Program is a beginning ice skating program that is fun, challenging, and rewarding.

SUMMER MOVIE F

All ages, 2-4 p.m., Maxwell
Park Library, 1313 N. Canton,
tulsalibrary.org

Audience participation is encouraged at this family-favorite movie! Repeats July 29. Movie-related crafts available.

July 2 Sunday

FITNESS ON THE GREEN: SUNDAY ZUMBA WITH ARIANE F W

All ages, 10:30-11:30 a.m., Guthrie Green, 111 E. Reconciliation Way, guthriegreen.com

With low and high-intensity dance moves, rhythms from all over the world and panoramic views of

downtown, you'll see why Zumba fitness classes are called exercise in disguise.

July 3 Monday

TOMMY TERRIFIC: PEACE MAGIC SHOW F

Ages 4-9, 10:30-11:30 a.m.,
Rudisill Regional Library,
1520 N. Hartford Ave.,
tulsalibrary.org

This magic show will inspire kids to help foster peace in their homes, communities and throughout the world!

MONDAY MORNING PROGRAMMING W

For early learners,
11-11:30 a.m., Discovery Lab,
3123 S. Riverside Dr.,
discoverylab.org

Early learners and their caregivers can participate in educational activities taught by experienced educators.

PUBLIC SKATING W

All ages, 11:30 a.m.-3 p.m.,
Oilers Ice Center, 6413 S. Mingo
Rd., oilersicecenter.net

Have fun ice skating at Oilers Ice Center! Public skate times are Monday-Friday, 11:30 a.m.-3 p.m.; Friday, 7-10 p.m.; Saturday-Sunday, 1-3 p.m.

July 4 Tuesday

BEAT THE HEAT F W

All ages, 9-11 a.m., Gathering
Place, 2650 S. John Williams
Way, gatheringplace.org

Cool off, splash around, and learn through free, hands-on activities related directly to the water features at Gathering Place.

TULSA BOTANIC GARDEN IS OPEN

All ages, 9 a.m.-5 p.m., Tulsa
Botanic Garden, 3900 Tulsa
Botanic Dr., tulsabotanic.org

Tulsa Botanic Garden will be open during regular hours on the Fourth of July.

RESERVATION DOGS SCREENINGS F W

All ages, 7 p.m., Circle Cinema, 10
S. Lewis Ave., circlecinema.org

Catch up on seasons 1 and 2 of *Reservation Dogs* before Season 3

premiers in August. Each Tuesday will feature two different episodes, through August 1.

July 5 Wednesday

LITTLE GARDEN EXPLORERS W

Ages 0-5, 9:30-11:30 a.m.,
Philbrook Museum, 2727 S.
Rockford Rd., philbrook.org

Spark wonder at this easygoing, drop-in play invitation.

STORY TIME AT TULSA ZOO W

All ages, 10 a.m., Tulsa Zoo, 6421
E. 36th St. N., tulsazoo.org

Listen to a story and meet an animal ambassador every Wednesday morning at Tulsa Zoo.

KIDS PAINT AND PASS F

Ages 5-12, 11 a.m.-1 p.m., Pratt
Library, 3219 S. 113th W. Ave.,
Sand Springs, tulsalibrary.org

Play with paint musical-chairs style! As you change places, you will add to the masterpiece in front of you and go home with a unique piece painted by everyone.

July 6 Thursday**SUMMER MOVIE AT CIRCLE CINEMA** **F**

All ages, 1-3 p.m., Circle Cinema, 10 S. Lewis Ave., tulsalibrary.org

Watch a free movie and get your choice of popcorn, candy or a drink with your ticket. Today's title is *Spirited Away*. Repeats July 13 with *The Bad Guys*.

TEEN COSPLAY/ SEWING 101 **F**

For 6th-12th graders, 5-7 p.m., Bixby Library, 20 E. Breckenridge Ave., Bixby, tulsalibrary.org

Learn how to make wearable animal ears and tails and learn the basics of sewing. Registration required.

WAGGING TAILS: FAMILY CRAFT FOR LOCAL DOG SHELTER **F**

All ages, 5:30-6:30 p.m., Owasso Library, 103 W. Broadway St., Owasso, tulsalibrary.org

Create dog toys to give to a local dog shelter.

SUMMER'S FIFTH NIGHT **F W**

All ages, 7-9 p.m., Utica Square, uticasquare.com

Bring the family and a picnic for an evening of live music! The July 6 event features Latin Jazz by Bossa.

July 7 Friday**ART BABIES**

For pre-walking babies, 9:15-10:15 a.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Art Babies sessions are a special time for you and your baby to spend time with artwork in an entirely new way. Advance tickets required. Repeats July 8.

GLOBAL GATHERINGS **F W**

All ages, 10 a.m.-12 p.m., Gathering Place, 2650 S. John Williams Way, gatheringplace.org

Celebrate different cultures from around the world through hands-on activities, music and more. On July 7, learn about West Asia.

BUILD A READER STORYTIME: SENSORY/ STAY AND PLAY **F W**

Ages 3-7, 10:30-11:30 a.m., Martin Regional Library, 2601 S. Garnett Rd., tulsalibrary.org

This program is intended for children with sensory integration challenges and their caregivers. Registration required.

OVERNIGHT AT THE CHUCK WAGON

Ages 5-12, 6 p.m.-9 a.m. on Saturday, July 8, Will Rogers

Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, willrogers.com

Kids ages 5-12 plus at least one adult per family are invited to spend the night at the Will Rogers Memorial Museum! Activities include a campfire, karaoke, glow-in-the-dark games, dinner and breakfast and more. Must pre-register.

July 8 Saturday**TULSA FARMERS' MARKET** **F W**

All ages, 7-11 a.m., Kendall Whittier Square, 1 S. Lewis Ave., tulsafarmersmarket.org

Shop for fresh produce and other locally produced goods.

GRAPHIC NOVEL CLUB **F**

For 6th-12th graders, 3:45-4:45 p.m., Nathan Hale Library, 6038 E. 23rd St., tulsalibrary.org

Join or a literary celebration of the new, award-winning novel *Frizzy* by Claribel Ortega. Snacks and activities provided.

THE WIZ, JR.

All ages, 7 p.m., Tulsa PAC, 110 E. 2nd St., tulsapac.com

World Stage Theatre Company presents a rendition of *The Wonderful Wizard of Oz*, complete with a dazzling mix of rock, gospel

and soul music. Repeats July 7, 7 p.m. and July 9, 3 p.m.

July 9 Sunday**SENSORY-FRIENDLY FAMILY TIME**

All ages, 9:30-11 a.m., Discovery Lab, 3123 S. Riverside Dr., discoverylab.org

Guests who need a quieter, less crowded place to play can enjoy the Museum with their families.

July 10 Monday**¡HOLA, AMIGO! WITH 123 ANDRÉS** **F**

All ages, 11 a.m.-12 p.m., Schusterman-Benson Library, 3333 E. 32nd Pl., tulsalibrary.org

123 Andrés brings a multilingual celebration of friendship and community, where attendees work together, share ideas and help each other.

MINECRAFT BOOK PARTY **F**

Ages 5-12, 11 a.m.-12 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Let your building skills and imagination come to life with Minecraft-themed activities. Check out the library's collection of Minecraft-themed books.



PHOTO COURTESY OF TULSA DRILLERS

Root, Root, Root for the Home Team:**TULSA DRILLERS' HOME GAME SCHEDULE**

Cheer for the Tulsa Drillers at the following home games, located at ONEOK Field, 201 N. Elgin Ave. Kids ages 14 and under are invited to sign up for Hornsby's Bullpen to receive free tickets to Sunday day games and other perks! Get details and tickets at tulsadrillers.com.

7/4, 6:35 p.m. vs. Wichita*

7/5, 6:35 p.m. vs. Wichita*

7/6, 7:05 p.m. vs. Wichita

7/7, 7:05 p.m. vs. Wichita*

7/8, 7:05 p.m. vs. Wichita

7/9, 1:05 p.m. vs. Wichita**

7/25, 7:05 p.m. vs. Springfield

7/26, 7:05 p.m. vs. Springfield

7/27, 7:05 p.m. vs. Springfield

7/28, 7:05 p.m. vs. Springfield*

7/29, 7:05 p.m. vs. Springfield

7/30, 7:05 p.m. vs. Springfield**

*Fireworks **Kids Eat Free

July 11 Tuesday

KIDS FRIENDSHIP BRACELETS ^F

Ages 6-12, 11 a.m.-1 p.m., Pratt Library, 3219 S. 113th W. Ave., Sand Springs, tulsalibrary.org

Learn how to make a simple friendship bracelet for you and someone special.

TEEN MAKER DAY: OPEN HOUSE ^F

For 6th-12th graders, 11 a.m.-5 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Use 3D printers, laser engraver, vinyl cutter and more to create unique trinkets you can take home. Pre-registration recommended.

STARLIGHT BAND SUMMER CONCERT ^F

All ages, 8 p.m., Guthrie Green, 111 E. Reconciliation Way, starlightconcerts.org

Listen to a musical program by Starlight Band, to the theme of "Towering Figures." Repeats July 18, with music by the Starlight Jazz Orchestra.

July 12 Wednesday

JEANNE B. GOODWIN STORYTELLING FESTIVAL ^F

All ages, 10:30 a.m.-12 p.m., Rudisill Regional Library, 1520 N. Hartford Ave., tulsalibrary.org

Explore your imagination with a lively performance, crafts, games, activities and prizes perfect for the whole family!

FRIENDSHIP CAMP: KINDNESS, FRIENDSHIP, UNITY ^F

Ages 7-10, 2-3 p.m., Helmerich Library, 5131 E. 91st St., tulsalibrary.org

Join TCCL for this fun series featuring crafts, games and togetherness! Each week will focus on one of these concepts: kindness, friendship, unity. Repeats July 19 and 26.

MAKING THE NEWS ^F

Ages 5-18, 2-3 p.m., Charles Page Library, 551 E. 4th St., Sand Springs, tulsalibrary.org

Sand Springs Leader reporter Sharon Bishop-Baldwin explains how she finds news stories in

the community and what makes a good story. After her presentation, everyone will write their own first drafts!

July 13 Thursday

DUNGEONS AND DRAGONS 101 ^F

Ages 13-18, 2-3 p.m., Owasso Library, 103 W. Broadway St., Owasso, tulsalibrary.org

Learn the basics of DND, including character creation, gameplay and how to navigate the *Player's Handbook* with Wes Rose of Tulsa's DnD MC. Class size limited.

RECESS! AT THE CENTER FOR CREATIVITY: BOLLYWOOD DANCE ^F

All ages, 3:30 p.m., TCC McKeon Center for Creativity, 910 S. Boston Ave., tulsacc.edu

Get moving with fun, simple dance moves inspired by Bollywood, taught by Priya Raju, Artistic Director of Kripalaya Dance Academy.

MEET AUTHOR NIKKI GRIMES! ^F

All ages, 6-7 p.m., Hardesty Regional Library, 8316 E. 93rd St., tulsalibrary.org

Nikki Grimes is coming to receive the 2022 Anne V. Zarrow Award for Young Readers' Literature! Grimes will speak about her life and works, answer questions from the audience and sign books.

July 14 Friday

STUDIO C: TEEN ART HANGOUT

For teens, ages 14+, 5:30-9 p.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Hang out, try out new art or craft ideas or play a game with friends. Reserve free youth ticket to attend.

July 15 Saturday

BLUEY'S BIG PLAY

All ages, 10 a.m., 2 p.m. and 6:30 p.m., Tulsa PAC, 110 E. 2nd St., celebrityattractions.com

When Dad feels like a little bit of Sunday afternoon time out, Bluey and Bingo have other plans! Join them as they pull out all of the games and cleverness at their disposal to get Dad off that bean bag. Repeats July 16, 2 p.m.

STORYTIME WITH JENNA AKUMA OF TULSA LITERACY COALITION AND MAGIC CITY BOOKS

All ages, 10 a.m. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

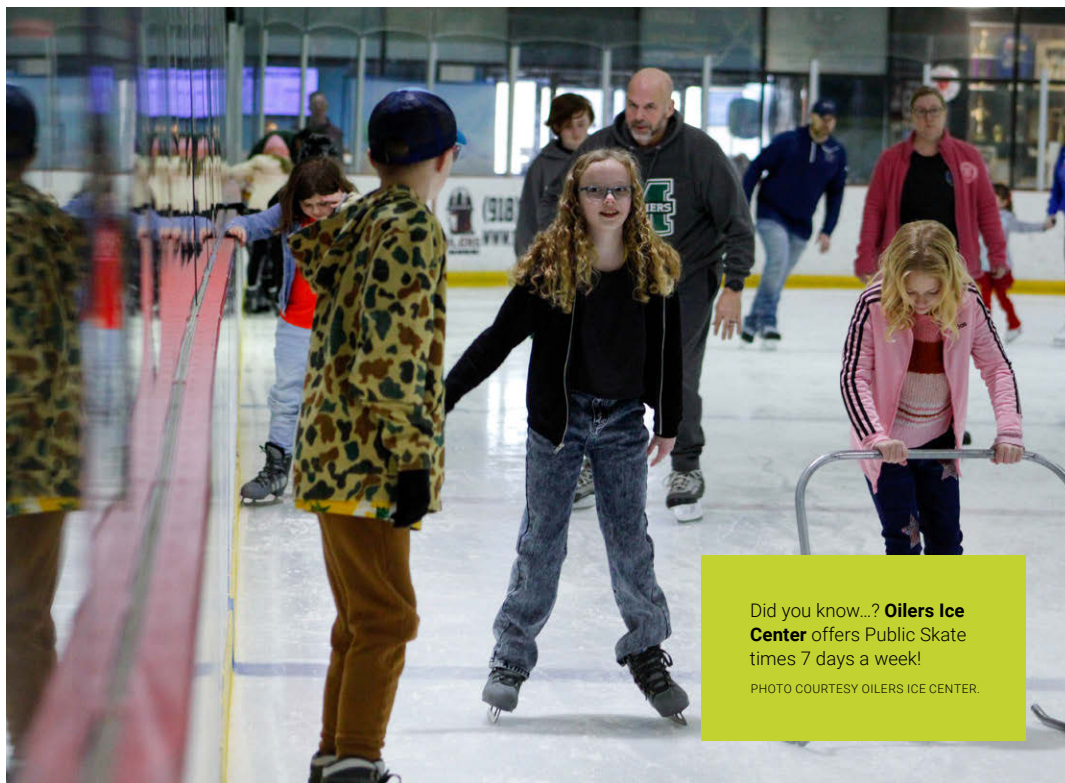
Enjoy a short story reading in the Children's Discovery Garden. Free with admission.

July 16 Sunday

TULSA ROCK AND MINERAL SOCIETY'S ROCK, GEM, MINERAL AND JEWELRY SHOW

All ages, 10 a.m.-5 p.m., Expo Square, 4145 E. 21st St., tulsarockandmineralsociety.org

Explore the art and science of rocks, minerals, fossils and artifacts. Show highlights include a fluorescent room, touch table, working exhibits, displays and a free Kids Zone. Repeats July 15, 9 a.m.-6 p.m.



Did you know...? **Oilers Ice Center** offers Public Skate times 7 days a week!

PHOTO COURTESY OILERS ICE CENTER.

July 17 Monday**MORNING GARDEN MONDAYS** **F**

Ages 4-10, 9:30-11 a.m., Central Library, 400 Civic Center, tulsalibrary.org

Join in the garden for outside fun and games (weather permitting). Repeats July 24 and 31.

DON'T STOP THE MUSIC **F**

For preschoolers and toddlers, 11-11:30 a.m., Broken Arrow Library, 300 W. Broadway Ave., Broken Arrow, tulsalibrary.org

Bring your little music DJ to this fun program all about music and movement.

July 18 Tuesday**STORYTIME** **F W**

All ages, 10:30 a.m., Enchanted Children's Bookstore, 1023 W. Main St., Collinsville, enchantedchildrensbookstore.godaddysites.com

Head to the Enchanted Children's Bookstore every Tuesday morning for storytime! Books change weekly.

BUILD A READER STORYTIME: BILINGUAL – SPECIAL MINDFULNESS STORYTIME **F**

11-11:30 a.m., Martin Regional Library, 2601 S. Garnett Rd., tulsalibrary.org

Enjoy calming stretches, along with fun stories that will help you relax.

S.T.E.M. NIGHT

All ages, 6 and 7 p.m., Oklahoma Aquarium, 300 Aquarium Dr., Jenks, okaquarium.org

Learn about the importance of environmental conservation while creating unique S.T.E.M. projects and visiting Oklahoma Aquarium's animals. Two sessions will be held, at 6 and 7 p.m.

July 19 Wednesday**LUCKY DIAZ MINICONCERT AND BOOK READING** **F**

Ages 3-10, 11 a.m.-12 p.m. and 2-3 p.m., Hardesty Regional Library, 8316 E. 93rd St., tulsalibrary.org

Join Latin Grammy-winning musician Lucky Diaz for a miniconcert and then a reading of his books *Paletero Man* and *La Guitarrista*.

AUDUBON SOCIETY: AN INTRODUCTION TO BIRDS **F**

For 3rd and 4th graders, 12-1 p.m., Bixby Library, 20 E. Breckenridge Ave., Bixby, tulsalibrary.org

Join members of the Tulsa Audubon Society and learn more about a bird's wingspan, grip and the habitats in which they live. Registration required. 5th and 6th graders may register for the 1:15-2:15 p.m. session.

July 20 Thursday**STORYTIME IN THE GARDENS** **W**

Ages 0-10, 9:30-10 a.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Drop in for imaginative stories geared toward kids 10 and under.

ARTS AND CRAFTS DAY

All ages, 3-5 p.m., Owen Park Community Center, 560 N. Maybelle Ave., guide.tulsaparks.org

Make Sharpie tile coasters at Owen Park. Pre-register online.

RECESS! AT THE CENTER FOR CREATIVITY: CARTOON DRAWING **F**

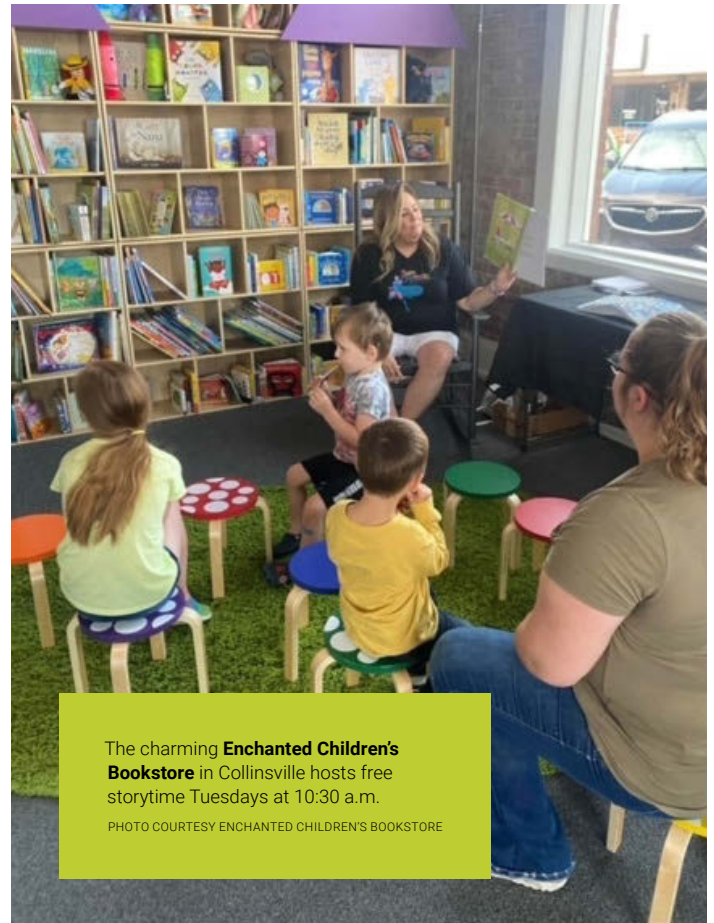
All ages, 3:30 p.m., TCC McKeon Center for Creativity, 910 S. Boston Ave., tulsacc.edu

Learn to draw your own original cartoon character with Muriel Fahrion, the creator of Strawberry Shortcake and Care Bears.

TEEN D&D LOOKING FOR GROUP NIGHT **F**

Ages 13-18, 6-8 p.m., Bixby Library, 20 E. Breckenridge Ave., Bixby, tulsalibrary.org

Meet others who are interested in starting a D&D campaign, and share your character and



The charming **Enchanted Children's Bookstore** in Collinsville hosts free storytime Tuesdays at 10:30 a.m.

PHOTO COURTESY ENCHANTED CHILDREN'S BOOKSTORE

campaign ideas. Experienced players and Dungeons Masters will be on-hand to answer questions.

July 21 Friday**FOWLER AUTOMOTIVE PRESENTS: HARRY POTTER AND THE PRISONER OF AZKABAN**

6-11 p.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Join Philbrook for a night of magic as guests watch *Harry Potter and the Prisoner of Azkaban*. Cast spells, experience real magic before the film and dress up for the costume contest!

July 22 Saturday**SCREEN PRINT SATURDAY** **F**

For 6th-12th graders, 2-4 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Learn the basics of creating unique, artistic prints using the library's screen printing equipment. Registration required.

COMMUNITY MOVIE NIGHT **F**

All ages, 6-10 p.m., Redbud Festival Park, 109 N. Main St., Owasso, facebook.com/redbudfestivalpark

Celebrate Christmas in July with a screening of *The Grinch*!

July 23 Sunday**PAPER MAKING WORKSHOP**

All ages, 1-4 p.m., Liggett Studio, 314 S. Kenosha Ave., gilcrease.org/events

Learn how to make paper out of cornhusks, in honor of Norma Howard's (Choctaw) artwork *Gathering Corn*, part of Gilcrease in Your Neighborhood. Pre-register.



A free Kids Zone, fluorescent rocks and more will dazzle and delight your kids at **Tulsa Rock and Mineral Society's annual Gem & Mineral Show**.

PHOTO COURTESY TRMS.

July 24 Monday

LEVEL UP AT THE LIBRARY **F**

For 6th-12th graders, 4-5 p.m., Brookside Library, 1207 E. 45th Pl., tulsalibrary.org

Join the library for a weeklong gaming tournament and compete for the chance to direct a life-size chess match! Repeats July 25-28, 4-5 p.m., and July 19, 2-4 p.m.

July 25 Tuesday

SKINS AND SKULLS! WITH THE OKLAHOMA DEPARTMENT OF WILDLIFE CONSERVATION **F**

All ages, 12-1 p.m., Pratt Library, 3219 S. 113th W. Ave., Sand Springs, tulsalibrary.org

Explore Oklahoma wildlife through skins and skulls brought in by a local wildlife game warden and learn what it's like to work for the Oklahoma Department of Wildlife Conservation.

July 26 Wednesday

KINDNESS FOR DOGUST **F**

All ages, during library hours, Central Library, 400 Civic Center, tulsalibrary.org

Stop by the children's department and make a dog toy or donate one. Repeats July 21-31.

FAMILY GAME DAY **F**

All ages, 2-4 p.m., Broken Arrow Library, 300 W. Broadway Ave., Broken Arrow, tulsalibrary.org

Play a variety of classic board games, card games and activities.

THE BOOK OF MORMON

7:30 p.m., Tulsa PAC, 110 E. 2nd St., celebrityattractions.com

This outrageous musical comedy follows the adventures of a mismatched pair of missionaries, sent halfway across the world to spread the Good Word. Contains explicit language. Repeats July 27.

TEEN CONNECTION **F**

For 6th-12th graders, 4:30-6 p.m., The Arc of Oklahoma, 2516 E. 71st St., Suite A, thearcok.org

This is a social group for middle and high school students with high-functioning autism. For more information, call 918.582.8272 or Sherilyn at SWalton@TheArcOK.org or Steve at SPitts@TheArcOK.org.

July 27 Thursday

MOVIE MATINEE **F**

All ages, 2-4 p.m., Schusterman-Benson Library, 3333 E. 32nd Pl., tulsalibrary.org

Bring your pillows and blankets and settle in to watch a family-friendly movie. Film is rated PG.

RECESS! AT THE CENTER FOR CREATIVITY: CLAY ANIMALS **F**

All ages, 3:30 p.m., TCC McKeon Center for Creativity, 910 S. Boston Ave., tulsacc.edu

Make your own tiny polymer clay critter to take home with Sarah Bowen of Tiny Things by Bowen.

GROOVY GLOW LIGHT SOCK HOP **F**

All ages, 6-7 p.m., South Broken Arrow Library, 3600 S. Chestnut Ave., Broken Arrow, tulsalibrary.org

Complete the Summer Reading Program with a groovy family dance party with glow sticks. Admission (optional) is a new pair of socks to donate to charity. Costumes encouraged.

July 28 Friday

FAMILY NATURE WALK + NATURE FUN FRIDAY **W**

All ages, 9:30-11 a.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Spark your curiosity at an easy-going Family Nature Walk at 10 a.m., then stick around for an exciting hands-on nature exploration.

MOVIE NIGHT: TOGO **F**

All ages, 6-9 p.m., Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, willrogers.com

Participate in fun craft activities and eat free snacks before the movie starts at 7.

July 29 Saturday

ROSE DISTRICT FARMERS MARKET **F W**

All ages, 8 a.m.-12 p.m., Broken Arrow Rose District, brokenarrowok.gov

Shop the farmers market in Broken Arrow!

MISSION IMPOSSIBLE

All ages, Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org/popsicle

See your favorite animals receive ice enrichment. It's part of a summer fundraiser to support zoo operations, with a goal of raising \$10,000 by National Cherry Popsicle Day.

July 30 Sunday

THE JUNGLE BOOK

All ages, 2 p.m., Spotlight Theater, 1381 S. Riverside Dr., tulsaspotlighttheater.com

Spotlight Children's Theatre presents *The Jungle Book*! Additional showtimes July 28, 7 p.m. and July 29, 2 p.m., as well as the following weekend.

July 31 Monday

BUILD A READER STORYTIME: PRESCHOOL **F W**

For preschoolers, 10:30-10:55 a.m., Broken Arrow Library, 300 W. Broadway Ave., Broken Arrow, tulsalibrary.org

The best in children's literature, songs, games, finger plays, rhymes and other reading-related activities are shared with your preschooler.

Where to Watch Fireworks

Find details and additional events at tulsakids.com/fourth-of-july-family-fun-in-green-country

TULSA DRILLERS GAMES + FIREWORKS EXTRAVAGANZA

July 4 and 5, 6:35 p.m.

ONEOK Field, 201 N. Elgin Ave.

tulsadrillers.com

NEW ORLEANS SQUARE BLOCK PARTY

July 1, 6-10 p.m.

New Orleans and Elm, Broken Arrow

facebook.com/neworleanssquarebrokenarrow

FIREWORKS IN THE PARK

July 3, 5 p.m.

Case Community Park, 2500 S. River City Park Rd., Sand Springs

facebook.com/sandspringspark

BOOMFEST

July 4, 11 a.m.-11 p.m.;

Fireworks start around 9:30 p.m.

Jenks Riverwalk, 300 Riverwalk Terrace, Jenks; Oklahoma Aquarium, 300 Aquarium Dr., Jenks

Jenks Riverwalk is hosting a day of fun, 4th of July activities. And Oklahoma Aquarium is opening up its riverside backyard for perfect fireworks viewing!

facebook.com/riverwalkjenks and okaquarium.org

FOLDS OF HONOR FREEDOMFEST

July 4, 6-10 p.m.

freedomfesttulsa.com

RED, WHITE AND BOOM

July 4, 9:30-10 p.m.

Fireworks will be launched from The Greens Golf and Athletic Club in Owasso, and should be visible from many viewing points in the 86th and 129th area

cityofowasso.com

Soak Up the Sun at These Summer Festivals!

Find additional details and a whole year's worth of fun at tulsakids.com/festivals.



WOODY GUTHRIE FOLK FESTIVAL

July 12-16

Okemah, Oklahoma

This annual celebration of Woody Guthrie's Life features plenty of live music! woodyfest.com

PORTER PEACH FESTIVAL

July 13-15

Porter, Oklahoma

Porter celebrates the importance of the peach to its unique history, with an arts and crafts festival, live music, parade, 5K run, car show and free peach ice cream. porterpeachfestivals.com

RUSH MUSIC FESTIVAL

July 14-15

Kendall-Whittier District

Rush Fest is a block party-style music festival with three stages, vendors and food.

sites.google.com/view/rush-fest-music-festival/home

TOKYO, OK

July 14-16

Hyatt Regency Downtown Tulsa and Cox Business Center

Don your favorite cosplay and head to Oklahoma's largest Anime, Japanese and Pop Culture Festival.

oklahomaculture.org/tok

ROUTE 66 HERITAGE FEST

July 28-29, 6 p.m.

Downtown Miami

Expect food trucks, activities for kids, a corn hole tournament and BBQ competition, and more. On Saturday, don't miss the Car & Bike show.

visitmiamiok.com

TULSAKIDS' **Cover Kid Contest** IS BACK!

This is the moment you've been waiting for. Just follow these simple steps, and **your child could become a TulsaKids cover star!**

- July 1-15: Submit a photo of your child.
- July 16-31: Encourage friends and family to vote for your child daily.



THANK YOU TO OUR SPONSOR



Enter at tulsakids.com/tulsakids-cover-kid-contest.

tulsakids

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South Tulsa
DANCE
Co.



OPEN HOUSE

**August 6 and 13
from 1-3pm**

**Fall Classes
Begin:
August 18**

[f](https://www.facebook.com/SouthTulsaDanceCo) South Tulsa Dance Co. [i](https://www.instagram.com/SouthTulsaDanceCo) SouthTulsaDanceCo

[T](https://www.tiktok.com/@SouthTulsaDanceCo) @SouthTulsaDanceCo

Located at 101st and Yale in Shoppes of Seville
918-369-5299 • Keally@SouthTulsaDanceCo.com
[SouthTulsaDanceCo.com](https://www.SouthTulsaDanceCo.com)

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