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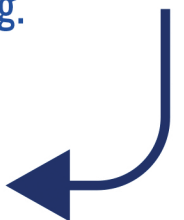
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MEET THE COVER MOMS & KIDS!

Our cover photo shoot brought together three Tulsa moms, seven kids and hundreds of thousands of Instagram followers between them. While social media can sometimes seem focused on picture-perfect moments, these women have built their followings by sharing real life. Turn to page 20 to learn how Molly Buchanan, Madelyn Cheatham and Teresa Forehand built their online communities and what it's like sharing the joys—and realities—of family life with their followers.

COVER PHOTO BY VALERIE WEI-HAAS



NO PERFECT HANDBOOK

In this month's issue, you'll find our Baby Handbook. And while it's filled with helpful information, the title always makes me smile. Don't we all wish someone handed us a real handbook the day we became parents?

Many new parents leave the hospital with trepidation, wondering if they're truly ready for the responsibility ahead and thinking, "They're really just going to let me take this baby home?"

People often ask me what it was like bringing home newborn twins and how my husband and I managed. The truth is, we didn't know any different. Our daughters were our first children, so we had nothing to compare our experience to.

The longer I've been a mom, the more I've realized that raising children is beautiful and heartbreaking, joyful and exhausting—whether you have one easygoing baby who sleeps through the night or a child with complex medical needs.

I have a friend who raised quadruplets and seemed to handle motherhood with such ease. She had a remarkable ability to keep the hard days in perspective, trusting that the good would outweigh the bad. Today, those four energetic little boys have become wonderful young men.

I also have friends whose children face lifelong medical challenges. When those babies were placed in their parents' arms, there was no handbook explaining how to navigate surgeries, therapies, unexpected diagnoses or the countless ways their lives would change. No chapter could have prepared them for setting aside dreams, advocating for their children or finding joy in circumstances they never would have chosen.

That's because there isn't one perfect handbook.

There are good resources, mentors and friends. There are pediatricians, grandparents and neighbors who step in just when we need them. But every family eventually writes its own handbook.

As parents, we revise those pages constantly. We laugh at the ideals we once held so tightly, learn from our mistakes, celebrate small victories and extend grace to the parents who are just beginning their own stories. We're all writing our own handbooks, one page at a time.

Natalie Mikles

EDITOR

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CONTESTS & GIVEAWAYS



Cutest Baby Contest

Presented by On the Cusp

Do you have the cutest baby in town?! Enter our Cutest Baby Contest from Aug. 1-31 for a chance to win a \$100 On the Cusp gift card, a \$25 Kiddlestix gift card and a \$25 QuikTrip gift card!

Cover Kid Contest Updates

Thank you to everyone who participated in our 2026 Cover Kid Contest, presented by Dental Depot! We are excited to announce the winner in our September issue.



NEW PRIZES EVERY MONTH

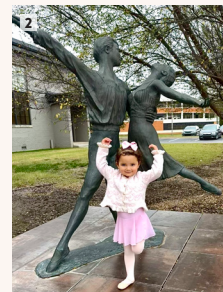
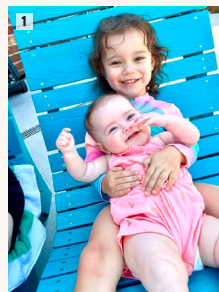
SCAN HERE to get links to all of our contests and giveaways, or visit us at tulsakids.com/contests.

WHAT'S GOING ONLINE?

FAVORITE ACTIVITIES FOR BABIES & TODDLERS

We asked our Facebook followers to send us photos of their favorite things to do with their babies/toddlers. Here are some of the wonderful responses!

1. Elena and Olivia Godinez enjoy spending time by the pool
2. Sofia Mendoza enjoys ballet
3. Luke Drain having fun at the swimming pool
4. Teddy likes picking blackberries in the family garden



CELEBRATE YOUR KID'S BIRTHDAY WITH THE

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OKLAHOMA AQUARIUM OPENS POLLINATOR GARDEN

The Oklahoma Aquarium has opened the Stuart Family Foundation Pollinator Garden, a new outdoor exhibit designed to support native pollinators while educating visitors about conservation. The garden features Oklahoma native plants that attract butterflies, bees, hummingbirds and other beneficial pollinators. Families can explore the space while learning how pollinators help sustain healthy ecosystems and food systems.



Native plants, bees and butterflies await visitors at the Oklahoma Aquarium's new Stuart Family Foundation Pollinator Garden.



STATE OF THE GIRL: WHAT NEW RESEARCH REVEALS

A new State of the Girl 2026 report from Girl Scouts of the USA offers a closer look at the experiences of girls growing up today. Drawing on Girl Scouts research and national data, the report explores the challenges girls face—from loneliness and body image concerns to social pressures—while also highlighting their confidence, resilience and optimism about the future.

Among the findings:

64% of girls ages 5 to 7 report feeling lonely.

89% of girls ages 5 to 7 have skipped something they wanted to do because of fear or lack of confidence.

55% of girls are interested in STEM careers, up from 45% in 2017.

Rather than spend more time on screens, most girls say they'd rather be creative, play outside or spend time with family.

More than half say having a friend nearby gives them the confidence to try something new.

The report suggests girls are more likely to thrive when they have supportive friendships, trusted mentors and opportunities to explore new experiences. It also emphasizes the important role community organizations and extracurricular activities can play in helping girls build confidence and connection. Read the full report at gseok.org/sotg26.



Dr. Brad Schultz (far left) has been named Head of School at Metro Christian Academy. Adam Taylor has been promoted to Associate Head of School.

METRO CHRISTIAN ANNOUNCES LEADERSHIP TEAM

Metro Christian Academy has announced two leadership appointments for the 2026-27 school year. Dr. Brad Schultz has been named Head of School, bringing more than 20 years of experience in

Christian education, most recently as head of Lipscomb Academy in Nashville. Adam Taylor, a longtime Metro administrator who has served in roles including Interim Head of School, Athletic Director and Director of School Operations, has been promoted to Associate Head of School. Metro Christian Academy serves students from preschool through 12th grade.

BIRTHDAY BAGS HELP FAMILIES CELEBRATE

Emergency Infant Services is collecting birthday bags to help families celebrate their children's birthdays. Families can receive a birthday bag filled with party essentials—including a cake pan, cake mix, frosting, candles, a birthday card and a small gift—making it easier to create a memorable celebration at home.

If you are interested in creating a birthday bag, gather the birthday essentials and place them in a gift bag, then drop off at EIS.

The mission of EIS is to meet the basic needs of all infants and young children whose families are facing crisis. EIS helps families receive immediate help for necessities, like diapers, formula and clothing, and also helps provide small toys and books for children.

Birthday bags and other donations can be dropped off at Emergency Infant Services, 1110 S. Denver Ave., from 9 a.m. to 4 p.m. Monday through Friday.



PLACES TO GO

Imaginative Play Spaces

BY TARA RITTLER

As Mr. Rogers wrote, “For children, play is serious learning.” The following local businesses give kids a place to explore play and creativity outside the home, imagining themselves in a kid-sized version of the world around them. They can step into more grown-up roles, such as going grocery shopping, doing dental work and more, without the real-world constraints of finances and extensive education. Plus, these imaginative play spaces give parents and caretakers a place to meet up, so the adults can chat as the kids enjoy a safe, entertaining environment.



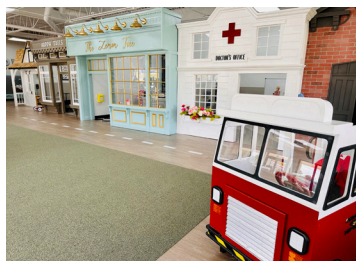
TULSA PLAY & CAFÉ

Tulsa Play & Café is especially fun for both children and parents, thanks to the robust café menu featuring your favorite coffee drinks (made with Topeca coffee!), as well as tasty breakfast, lunch and snack options. Keep an eye out for seasonal specials, like the recent *Toy Story 5*-inspired dirty sodas. Tulsa Play & Café takes care to ensure that no artificial dyes are used in its food products, and all meats are both hormone- and antibiotic-free. There's even a drive-through if you need to refuel but don't have time to stay and play.

When it comes to the Tiny Town, kids can tap into their imaginations in the Sisters Salon, complete with dress-up hats and colorful salon chairs, the Market, a retro diner and a pet rescue filled with adorable stuffed animals to care for.

Good to know: Infants are welcome to play for free in the designated “Infant Area;” other children (ages 1-10) may enjoy unlimited playtime for \$10 per child. No reservations required. Follow @tulsaplayandcafe on Facebook to see their monthly calendar of events, including café discounts, character visits, pop-ups and more.

12800 S. Memorial Drive, Suite A, Bixby
tinytowntulsa.com



ADVENTURE AVENUE

Adventure Avenue has frequently been voted by TulsaKids readers as a favorite place to play indoors and a favorite birthday party venue. The business was founded in July 2020 by moms Lisa Gilardi and Erica Trammell, who were inspired after seeing similar concepts on their family travels. “Through this travel, we saw a need in the Tulsa area for children's entertainment and enrichment through pretend play,” they say. “Thus, the idea of Adventure Avenue was born.”

Adventure Avenue's two locations are similar, but have some subtle differences, say Gilardi and Trammell. A unique feature of the Tulsa locale is a Lego table, and Broken Arrow has a chicken coop, for example. A popular play area at both locations is the café. “Little explorers love cooking up a storm, serving ice cream and making food for their parents!” say Gilardi and Trammell. While the target age is 1-10, they've seen family members of all ages enjoying playtime together.

Good to know: Play sessions are capped at 22 children, and you do need a reservation. However, last-minute reservations may be available. Call, book a reservation on the website, or send a message through social media to reserve your spot. Each play session includes a drink or snack ticket.

8150 S. Harvard Ave., Tulsa
732 W. New Orleans, Suite 110,
Broken Arrow
adventureavenue.com



LET'S PLAY BA

Mom and former nanny Madison King founded Let's Play BA in August 2024. “It all started because of my love for childhood development and creating fun experiences for kids,” she says. And the business has been incredibly rewarding. “I see kids meet new friends here all the time, and I've even watched moms become friends, too,” she says. “When families are focused on playing together instead of screens or other distractions, it's so much easier to connect with the people around you.”

Geared toward walking toddlers through age 10, Let's Play BA features six imaginative play rooms, including a café, dental office, RV park and more. Younger visitors particularly enjoy the indoor sandbox. “It's a great form of sensory play,” King explains. There is also a special “Baby Zone” and a party room.

Recurring events (included with regular admission) include Toddler Mondays and Ballet & Play. Follow Let's Play BA on social media for updates about upcoming events. And if you plan on becoming a regular visitor, consider purchasing a monthly membership, which includes unlimited playtime.

Good to know: You do not need a reservation to play; however, check social media before heading over, as the business may occasionally close for a private event or field trip. Let's Play BA also offers pre-packaged snacks and drinks, as well as a self-serve coffee and tea station.

113 N. Main St., Broken Arrow
letsplayba.square.site

Why Sharing Is Hard for Young Children

Understanding what's developmentally normal can help parents teach sharing with patience and practice.

By **Angela Percival-Porter**



EVRYMMNT/GETTY

Sharing can be a difficult skill for young children to learn. Understanding what sharing is, why we share and the feelings of appreciation and gratitude that come from sharing often develop more fully between ages 7 to 10, although children can begin learning these concepts much earlier.

Appreciation and gratitude are higher-level social and emotional skills. Young children are still learning about emotions, feelings and behavior. They are naturally egocentric, which is developmentally appropriate and part of a built-in survival instinct. Because of this, expecting young children to consistently share can be unrealistic. They are not yet developmentally wired to understand sharing the way adults do. Rather than punishing children for struggling to share, guide and support them as they learn.

Helping Children Learn to Share

Sharing can be taught over time through modeling, practice and

conversation. Reading books about sharing, singing songs and incorporating sharing into imaginative play with dolls or toys can help children understand the concept. Role-playing situations where characters share, say “please” and “thank you,” and take turns can reinforce these skills. Like learning to ride a bike, sharing takes practice and does not happen overnight.

Children also need help understanding that saying “please” does not automatically mean their request will be granted. Disappointment and even meltdowns may occur. When this happens, respond calmly and matter-of-factly: “She said no because she is playing with it right now. You can have a turn later.” Then move on.

Taking turns can also be practiced using a timer. Let children know they have a few more minutes with an item, set the timer and explain that when it goes off, it will be the other child’s turn. Showing them the

timer and letting them hear the alarm beforehand can help them understand what to expect. Some children may still resist or protest. Reassure them, restate the expectation and respond calmly.

You can also tell children ahead of time that you are going to “practice sharing.” Demonstrate how it works, talk about the experience afterward and discuss feelings: “That made her happy when you shared with her.”

Not Everything Has to Be Shared

Children should not be expected to share their comfort items or “loveys.” Not everything needs to be shared. If a child has a special blanket or other self-soothing item, requiring them to share it can create genuine distress, anxiety and confusion about personal boundaries.

To encourage sharing, create opportunities to give to others together. Make artwork, cards or cookies and share them with

friends, family or neighbors. Talk about why you are sharing and how it feels. Age-appropriate volunteer activities and charitable projects can also help children develop empathy and generosity. Most importantly, adults should model kindness, sharing and generosity in everyday life.

Sharing really is hard for young children. When adults understand what’s developmentally appropriate, they can set realistic expectations and patiently support children as they build important social and emotional skills.

Angela Percival-Porter is a child development specialist for the State of Oklahoma. She is an adjunct professor, former director of an NAEYC-accredited early learning center and a consultant to childcare centers.

“Sometimes the heaviest backpack in the room is the one nobody can see.”



AUTHOR'S NOTE:

This column is written for students heading back to school. After they read it, ask them one question: “What’s in your backpack?”

In just a few weeks, your alarm will go off earlier than it’s gone off all summer. You’ll roll out of bed, put on the outfit you picked out days ago, grab your backpack and head out the door. Maybe you’ll be excited. Maybe you’ll have butterflies in your stomach. Maybe you’ll be wondering if your best friend is in your class or if your favorite teacher is still teaching down the hall.

Then you walk into school. The hallways are louder than you remember. Lockers slam shut. Friends run toward each other after weeks apart. Everywhere you look, backpacks fill the hallways. Some are brand new. Some are decorated with patches, keychains and favorite colors. Some have been carried for years and still have last spring’s pencil marks tucked inside a pocket.

Those are the backpacks everyone can see.

But every classmate you pass is carrying another backpack, too. A backpack that never hangs from their shoulders. One that never gets zipped shut. One that no one else can see.

One classmate is scanning the cafeteria before they even get there, hoping someone waves them over. Another is wondering if anyone remembers the embarrassing moment from last year. Someone is carrying the pressure

of believing every grade must be perfect. Someone else practiced smiling before they walked through the front doors because they didn’t want anyone asking if they were OK.

The things that weigh us down the most are usually the things no one else can see.

I know because I carried one.

When I was your age, I loved the first day of school. I loved laying my clothes out the night before, sharpening brand-new pencils, opening fresh boxes of crayons and packing my backpack so everything was in exactly the right place. I could hardly sleep because I was so excited.

Then one first day, everything changed.

The night before school started, my stepfather hit my mom. The next morning, I walked into my classroom carrying a backpack filled with folders, notebooks and pencils. What no one could see was the question I had been carrying since the night before.

Should I tell my teacher? What happens if I do? What happens if I don’t?

I looked at my teacher. I looked back down at my desk.

My classmates never knew. My teacher didn’t know. To everyone else, I looked like every other student on the first day of school.

The Invisible Backpack

As students head back to school, a simple question can change the way they see their classmates.

By **Tamecca Rogers**



Sometimes the heaviest backpack in the room is the one nobody can see.

As I got older, I realized something that changed the way I look at people.

Everyone is carrying something. Some burdens are easy to spot. A broken arm wrapped in a cast. A scraped knee after falling off a bike.

The heavier ones are different. They’re the worries that keep someone awake the night before school starts. The friendship that quietly fell apart over the summer. The fear of walking into a classroom where everything feels new. The pressure to make good grades. The sadness of missing someone who isn’t coming home. The questions that don’t have easy answers.

Those things don’t show up on the outside.

The next time a classmate says something that hurts your

feelings, seems unusually quiet or reacts in a way you don’t understand, pause before deciding that’s who they are. Ask yourself a different question.

I wonder what they’re carrying today?

That one question has the power to change the way you see people.

The next time you walk through those school doors, remember this: Every classmate you meet has a story you can’t see. Choose kindness before judgment, compassion before assumptions and never forget that the heaviest things people carry are often the things no one else knows about.

Tamecca Rogers, PhD, serves as Director of Student Access and Success at Tulsa Technology Center. An award-winning author and filmmaker, she is committed to diversity, equity and inclusion in all her endeavors.



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Helping Teens Break Free From Screens

Help your teen replace mindless scrolling with hobbies, creativity and meaningful connection.

By **Julie Wenger Watson**



Many parents know their kids are spending too much time on screens, fully aware that all of that screen time is negatively impacting their children in multiple ways. Resisting the powerful digital pull is hard enough for adults, let alone their children, and no parent really wants to be the screen police. In the waning days of summer, what if we reframed the challenge from “restricting” to “reclaiming”? Reclaiming time, energy, focus, independence and curiosity.

Awareness

Meta, the parent company of Instagram and Facebook, faces numerous lawsuits alleging that it designed some of its platforms to encourage compulsive use among young people while downplaying potential harms. Regardless of the legal outcome, many experts agree that social media platforms are intentionally designed to keep users engaged

for as long as possible. Nothing is truly “free” in the digital world, and corporations like Meta are making enormous amounts of money off our attention, while offering the illusion of connection and the reality of increased levels of anxiety and depression and decreased levels of wellbeing and face-to-face interaction.

No one likes to be used or manipulated. In a very real way, putting down our screens is an act of rebellion and resistance, and what teen, or adult for that matter, can resist a little of that?

There are plenty of things to appreciate about the role technology can play in our lives. However, it’s good to remember that it’s a tool, and even better to really understand who (or what) is ultimately benefiting from our reliance on it. Becoming more conscious of when and how we use it means taking back some of our autonomy and independence.

It’s a lot easier to encourage someone to leave screens behind when you can offer an alternative.

Need a place to start? Here are four screen-free alternatives your teen might actually enjoy.

Adventures in Audio

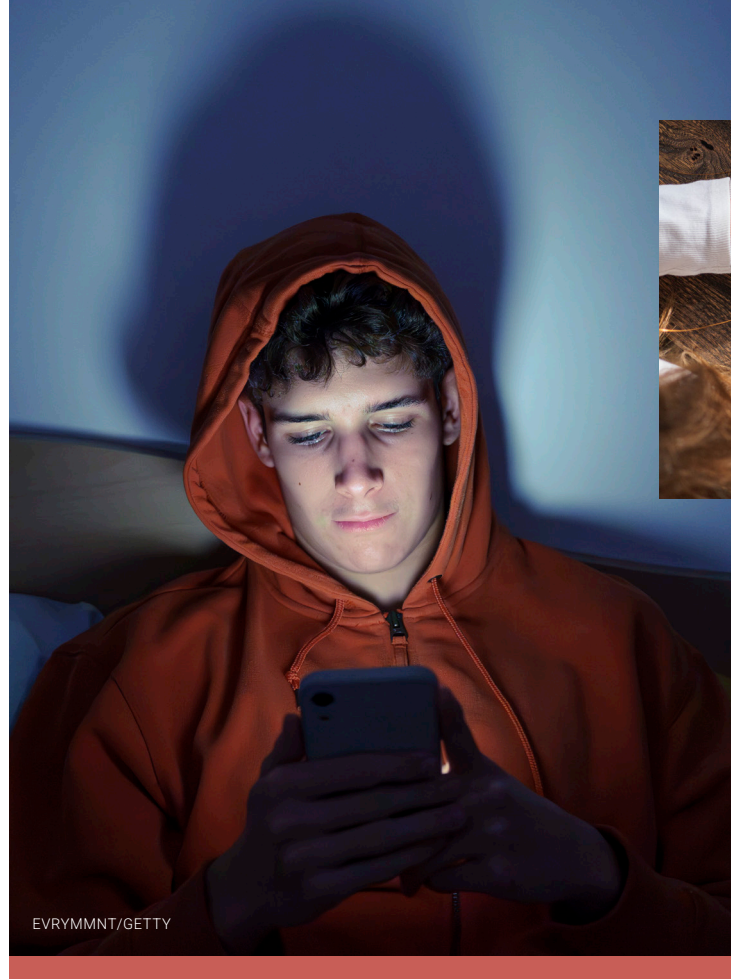
Found Sound is a new book from author Meg Wolitzer and her audio engineer son, Charlie Panek. In this thriller/mystery, 11-year-old Felix Frank finds a secret box with an audio recorder. The discovery leads to an adventure where Felix and his neighbor, Marigold, follow sound-themed clues to solve a puzzle, and the reader learns about the science of sound along the way.

While the novel is geared toward younger readers, a portable digital recorder is a device for all ages, opening the door to creatively and actively engage with technology while leaving

your phone behind. Basic recorders are available for around \$30, and for roughly \$100, you can find one with plenty of extra features. If you have some spare cash, you can add in a variety of external microphones to enhance the quality of your recording.

Here are some ideas to get you started:

- Record local musicians or your friends’ bands.
- Interview grandparents or neighbors and preserve their stories.
- Start a podcast about a favorite hobby or interest.
- Record friends reading their poetry or short stories.
- Use a free transcription tool like Otter.ai to turn interviews into stories or family keepsakes.
- Create a neighborhood newsletter featuring the people you meet.



EVRYMMNT/GETTY



Learn a Yarn Craft

They might not be the “devil’s workshop,” but idle hands definitely make it harder to resist the lure of a digital zone out. Learning to knit or crochet is a fun challenge that occupies your mind and your hands. Once you get the basics down, you can even hit that proverbial “flow state,” where your brain is relaxed and focused, which is the opposite of what happens to your mind when you scroll endlessly through a social media feed.

You just need a few supplies to get started. There are countless websites and video tutorials for beginners, but if you want to polish your social skills while you learn, consider visiting a local yarn store, such as Get Stitchin’ near 61st Street and Memorial Drive, which offers classes.

Go Green

Find time every day to head outdoors without your phone. Studies suggest that being in nature, even for short periods, can reduce stress and improve mood, focus and memory.

Try this:

- Spend 10 to 20 minutes outside each day.
- Sit in your backyard and simply observe what’s around you.
- Take a walk through your neighborhood.
- Visit a local park.
- Go for a hike if you have more time.

You’ll be amazed at what you notice and how you feel without your phone as your constant companion.

Replace Addictive Doomscrolling

Many of the very same features that are used in video slot machines to keep folks gambling appear in some of the most addictive phone apps. It’s no wonder it’s difficult to resist the mindless, and endless, draw of a social media feed. They are engineered to capture and keep your attention. Replacing even some of your scrolling with simple, low-effort activities may help.

Instead of scrolling, try:

- Macramé
- Needle felting
- Zentangle drawing
- Coloring mandalas
- Any simple arts-and-crafts project that lets you enjoy the process instead of striving for perfection

These activities allow your mind to wander without many of the mental and physical side effects that can come with endless scrolling.

No one is suggesting that it’s possible, or even desirable, to completely give up screens. However, swapping out at least some online time for offline activities can have positive benefits for your child—and for you. Use this month to experiment. You may be pleasantly surprised by what you find.

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.



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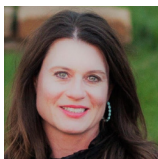
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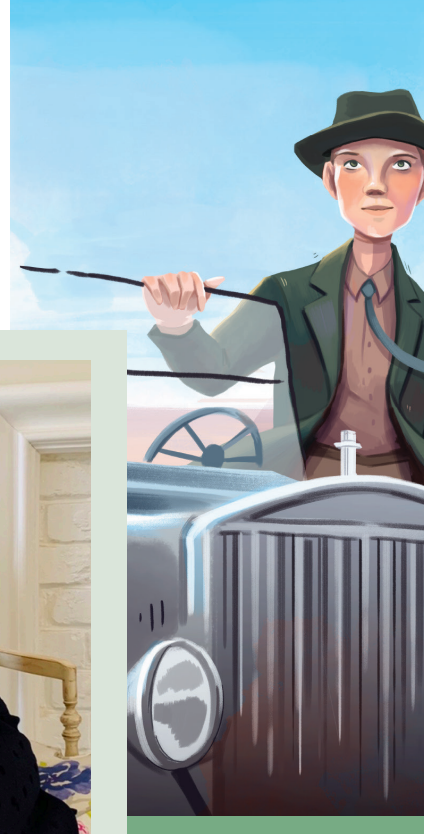
Annette LaFortune Murray:

Bringing Route 66 History to Life

By **Nancy A. Moore**



Annette LaFortune Murray



With Route 66's centennial celebration underway, there's no better time to learn about the people who helped make America's most famous highway a reality. In her new children's book, *Meet Cyrus Avery, Father of Route 66: The Dreamer Who Brought the World to His Town*, Tulsa author Annette LaFortune Murray introduces young readers to the visionary often called the "Father of Route 66" and hopes to inspire them to discover the history behind the Mother Road.

TK: What is it about Route 66 that fascinates you so much?

Annette: I like to call Route 66 a "linear classroom," which is a phrase I borrowed from historian Michael Wallis. Every mile teaches you something. You meet new people, learn about different communities and even interact with international travelers who come from around the world to experience America's most famous highway.

I've traveled the entire route three times, and I never get tired of it.

I enjoy visiting museums, talking to people and always learn something new. Route 66 is history, education and adventure all rolled into one!

TK: Why was it important for you to write a book about Cyrus Avery?

Annette: Cyrus Avery was a hidden hero. That's a term librarians often use when introducing children to important people whose stories aren't widely known. He was instrumental in connecting roads across the country and helping travelers move safely from east to west.

What amazes me is that he had no idea how much his work would influence tourism, businesses and communities along the route. He simply wanted to create a better transportation system. Instead, he helped create the magic that millions of people have experienced on Route 66 for generations.

I wanted children to know that one person truly can make a difference.

TK: You've written four books in six years. Tell us about your publishing journey.

Annette: The publishing journey definitely has a learning curve, but it isn't impossible. I started my own company, Tulsa Whimsy Press, and learned each step of the process—from hiring illustrators and editors to formatting and uploading books for publication.

The marketing side was something completely new for me. I took Zoom classes, interviewed other authors, joined groups and asked lots of questions. Where do you get business cards? How do you upload videos? How do you promote your work? You simply keep learning and building your network.

There are expenses involved, and it can feel overwhelming at first, but if you're willing to learn and connect with others, you absolutely can do it.

TK: What do you hope young readers take away from your books?

Annette: I hope they learn that history is exciting and that research can be fun. The Cyrus Avery book

includes timelines, historical influences and additional information that children can use as part of their learning experiences.

Children as young as 6 or 7 years old are learning to research, and I wanted to create something that supports that curiosity while making history come alive.

TK: What other books have you written besides your Route 66 series?

Annette: I have two additional children's books that focus on social-emotional learning.

One is *Cecil's New Tricks*, about a little dog in Paris who learns how to respond to bullies and build confidence. The story teaches children healthy ways to communicate and become brave.

The second follows a young hip-hop dancer who struggles with stage fright. He learns breathing techniques and strategies for managing his nerves before performing. The story reminds children—and adults—that even talented people experience fear and can learn ways to overcome it.

Meet CYRUS AVERY

FATHER OF ROUTE 66

The DREAMER who Brought
the WORLD to His TOWN

Written by
ANNETTE LaFORTUNE MURRAY

Illustrated by
BAILEY VIDLER

TK: What are you passionate about right now?

Annette: I'm fascinated by the Harvey Girls and the women known as the Couriers. These women helped bring hospitality, entertainment and cultural experiences to travelers throughout the Southwest during the 1920s, '30s and '40s.

They were highly educated, beautifully dressed, and served as guides who introduced visitors to Native American art, jewelry, weaving and traditions. There were more than 15,000 Harvey Girls across the country, and I believe their stories deserve to be better known. I'm doing a lot of research right now, and while there isn't a new book yet, I know there's more to discover.

Nancy A. Moore is an adjunct professor at Tulsa Community College and has been a writer for TulsaKids for more than 20 years. Her podcast, Sharing Passion and Purpose, can be found on most podcasting platforms or on NancyMoore.co.

MORE WITH ANNETTE

Check out the Sharing Passion and Purpose Podcast on your favorite podcasting platform or directly at NancyMoore.co/ podcast to hear and watch Nancy Moore's visit with Annette LaFortune Murray.

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The Real Lives of *Tulsa's Mom Influencers*

Three Tulsa content creators share how they balance motherhood, work and social media.

By **Lindsay Morris**

If you've ever discovered a new restaurant through Instagram, found a family-friendly event on Facebook or planned a weekend outing based on a local influencer's recommendation, you've likely wondered what life is really like behind the screen.

To followers, influencers often seem to be constantly exploring Tulsa's newest attractions, attending events and documenting memorable moments with their families. But

behind the carefully edited photos and engaging videos are real women juggling careers, motherhood, relationships and the same daily responsibilities as everyone else.

For Tulsa creators Madelyn Cheatham, Teresa Forehand and Molly Buchanan, content creation isn't about perfection. It's about connection: connecting people to their community, sharing ideas with other parents and helping families create meaningful memories together.

From Hobby to Platform

Like many influencers, none of the three women set out with a grand plan to build a social media following.

For Buchanan, the journey began during an unusual moment in Tulsa's history.

"It really started organically during the 2020 lockdown," she said. "I began sharing the local places we were supporting during their closures, motivating my friends and family to intentionally do the same. And it really snowballed from there."

What started as a way to support local businesses quickly evolved into something much larger.

"I didn't originally set out thinking, 'I'm going to be an influencer,' but I did want to connect with other locals in a real way," Buchanan said. "Over time, it turned into something bigger than I expected."

Forehand's path was rooted in her professional background as a family medicine physician assistant. She initially shared health and fitness content, believing people learn best through

relatable experiences rather than textbook advice. As her family grew, so did her content.

"As life changed and we had more children, my content naturally shifted into what I needed most in that season of life — healthy recipes, realistic routines and practical ideas that made life feel simpler for busy working parents," she said.

Cheatham's story started even earlier.

"I honestly started creating content because I loved capturing moments with my friends ever since I was younger," she said. "And connecting with people is one of my favorite things."

Her platform gained traction through sharing local events and activities around Tulsa.

"What started as a hobby grew into a platform where I get to connect with my community and help people make the most of where they live," she said.

Why Tulsa Makes Great Content

A common thread among all three women is their deep affection for Tulsa.

Cheatham describes Tulsa as a city with "a big-city feel and a small-town heart."

"There's always something happening, from festivals and concerts to local markets and family events, and you'll probably run into someone you know," she said.

Forehand appreciates the balance Tulsa offers families.

"It truly feels like a big small town," she said. "It has so much growth, creativity, diversity and amazing local businesses, but it still feels incredibly family-oriented and connected."

Buchanan echoed that sentiment.

"Tulsa just feels like home in the best way," she said. "It has this perfect mix of big-city amenities with a small-town heart."

For influencers whose content centers around family experiences, local businesses and community events, Tulsa provides an endless stream of opportunities to share.

Whether it's highlighting a hidden gem restaurant, covering a seasonal festival or recommending a family outing, all three women see their platforms as extensions of their love for the city.

Raising Kids in Tulsa

While each creator shares different types of content, motherhood shapes much of what they post.

Cheatham says one of her favorite things about Tulsa is how easy it is for families to create memories together.

"There are so many opportunities to get out and make memories together," she said. "Whether it's story time at Philbrook, spending time at the Gathering Place, exploring Tulsa Zoo or attending events together."

Forehand values the balance Tulsa offers between activity and simplicity.

"We can spend a Saturday at a great park, local event or kids activity, but also come

home and ride bikes in the neighborhood or play outside until dark," she said.

For Buchanan, Tulsa provides something increasingly rare for families: room to grow and a supportive community.

"There are endless things to do with kids, but it still feels safe, manageable and connected," she said. "I love that my son is growing up with space to play and a community that shows up for each other."

Their social media content often reflects these values. Followers aren't simply seeing recommendations; they're seeing a glimpse of how local families spend their time and build traditions together.

The Reality Behind the Camera

One misconception about influencers is that every moment is staged or curated specifically for social media.

In reality, these moms say much of their content comes from activities they were already doing.

For Forehand, family life revolves around simple experiences.

"Most of our life outside of work revolves around being together and spending time outdoors," she said. "In the summertime especially, we love riding bikes, working in our yard and garden, grilling outside, exploring Tulsa and simply letting our kids be kids."

Buchanan describes a similarly busy family schedule.

"We're always on the go," she said. "Sports are a big part of our life right now, so a lot of our time is spent at practices and games."

But even with packed calendars, all three emphasize the importance of slowing down and enjoying ordinary moments.

Some of their favorite family memories don't involve sponsored content, perfect lighting or carefully planned posts. They're movie nights, bike rides, family



Madelyn Cheatham (wonderfully_maddie on Instagram) is often joined by her husband, Jacob, on her reels.



Teresa Forehand (tereseforehand on Instagram) shares real-life recipes and routines for moms. Her 30-minute dinners are some of her top posts.

dinners and afternoons at the park.

Those moments may never make it onto social media, but they remain the foundation of family life.

What Do the Kids Think?

One question followers frequently ask is how influencers' children feel about growing up around content creation.

The answers are often hilarious.

Buchanan's son has his own name for her videos.

"He loves watching my videos, and he refers to them as 'commercials,'" she said. "He'll roll his eyes a little when I'm taking a picture or filming food and he has to wait for a bite, but he also loves being part of it."

Forehand has a similar experience.

"My kids don't fully understand what social media is yet since they're still little and not on it," she said. "When I'm filming campaigns or creating content, I usually explain it to them as making a commercial because

that's something they can actually grasp."

Of course, the perks don't hurt.

"They definitely love when PR packages show up at the house — especially if there are snacks or fun products involved," Forehand said.

For Cheatham, becoming a mother has changed the way she approaches content creation altogether.

"It's made me more intentional about what I share and how I spend my time online," she said.

Drawing the Line Between Public and Private

As conversations about children's privacy online continue to evolve, all three women say setting boundaries is essential.

Cheatham said motherhood has made her more mindful about what belongs on social media and what should remain private.

"While motherhood naturally influences my content and the experiences I share, I'm also mindful of protecting my child's privacy and making decisions

that are in her best interest as she grows up," she said.

She intentionally keeps certain family moments offline.

"I think it's important to have boundaries and create space for experiences that exist just for our family, not for social media," she said. "If I wouldn't share it with my close circle or my grandma, it probably shouldn't be online."

That perspective reflects a trend among parent influencers, many of whom are becoming increasingly selective about how much of their children's lives they share publicly.

More Than Likes and Followers

Despite their different backgrounds and content styles, all three women share a common goal: helping others.

Forehand wants her platform to feel encouraging and attainable.

"I always want someone to leave my page feeling like, 'I could actually do that,' rather than feeling like the content is unrealistic or unattainable," she said.

Cheatham hopes her audience discovers opportunities to make memories.

"If someone sees one of my posts and ends up having a great

experience with their family or friends, that's a win for me," she said.

Buchanan views her platform as a way to strengthen Tulsa's community.

"My goal is for Tulsans to walk away feeling motivated to support our amazing community," she said.

More Alike Than Different

For parents who follow influencers, it can be easy to assume their lives look dramatically different from everyone else's.

But these three Tulsa moms reveal a different reality.

They're driving kids to activities. They're figuring out dinner. They're tending gardens, attending school events and trying to carve out quality family time amid busy schedules.

The biggest difference is that they're documenting pieces of those experiences and sharing them with others.

Behind every post is a mother trying to make the most of her community, connect with other families and create meaningful memories with —the people she loves.

And in many ways, that's something every parent can relate to.



Molly Buchanan (mollybuchanan918 on Instagram) calls herself "Your Tulsa Bestie." She shares places to go and things to do in Tulsa.



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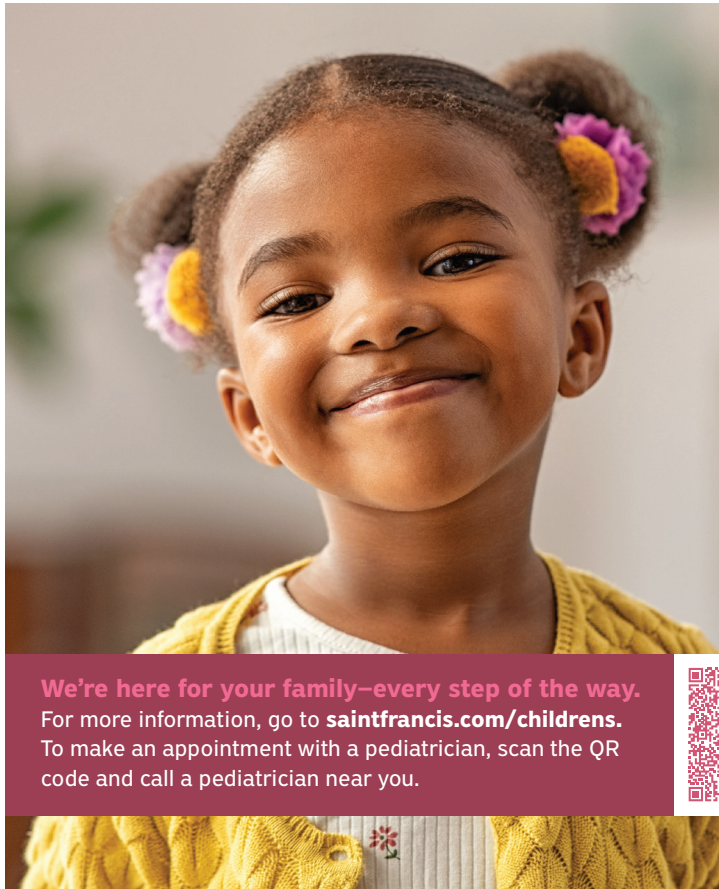
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What I Wish I Knew Before Bringing Home Baby No. 2

By **Chloe Morgan**



One thing that surprised me after bringing home my son, Callan, last year was how many of my daughter Wren's worries had nothing to do with the baby himself.

They had to do with where she fit in our growing family.

One night shortly after Cal was born, Wren looked at me and said, "Why does baby Cal get to sleep in your room? I don't want to be in my room all by myself anymore."

She was 3 years old and honestly, she had a point.

To us, the bassinet in our room was a newborn necessity. To a toddler, it looked like a sleepover she wasn't invited to.

So we came up with a plan.

I told her that every time I thought about or checked on her during the night, I would leave a stuffed animal outside her bedroom door. When she woke up in the morning, she'd have proof that I had been thinking about her all night long.

The truth is, I was already awake most of the night with a newborn anyway, so this felt manageable.

Between feedings, I found myself thinking about both of my children, caring for one while worrying about

the other. We were in the thick of tantrums, tears and all the big feelings that can come with becoming a big sibling.

So every time I got up with the baby, I left another stuffed animal outside Wren's door.

By morning, the hallway was covered.

When she opened her door, she froze.

Then her face softened.

"Thank you, Mommy," she said with so much relief in her voice that it caught me off guard.

In that moment, I realized she hadn't been asking about sleeping arrangements at all.

She just needed to know I was still thinking about her, too.

More Than a New Baby

That experience taught me something important: Toddlers are often asking a deeper question than the one they're saying out loud and experiencing more complex emotions than adults give them credit for.

Helping a child adjust to a new sibling isn't about fixing a problem. It's about finding small ways to



remind them that even as the family grows, they still belong.

Looking back, moments like this are what inspired me to write *Becoming Us*, a children's book for toddlers experiencing the many emotions that can come with a growing family.

I couldn't find many resources that acknowledged the full reality of becoming a big sibling. Most books focused on the excitement and responsibility, leaving little room for the disappointment, waiting and uncertainty that can exist alongside love.

Helping Siblings Feel They Belong

The truth is, most parents spend months preparing for the baby. We wash tiny clothes, research sleep schedules, stock the nursery and wonder how we'll survive those first sleepless weeks.

Meanwhile, our toddlers are up against something entirely different.

For the first time in their lives, they must learn to share their parents.

One day they're the center of your world. The next, they're waiting while you feed the baby, hearing "just a minute" more often than they're used to and trying to make sense of

a family that suddenly feels different.

It's a major adjustment for a very small person.

And while we can't remove every hard feeling that comes with that transition, we can help our children feel understood as they navigate it.

Watching Wren adjust reminded me that toddlers don't need us to fix every feeling. They need help making sense of what they're carrying in their small but mighty hearts.

In the months after bringing Callan home, I learned that the moments that mattered most were rarely the elaborate ones. They were the small, intentional reminders that my daughter was still seen, still important and still deeply loved.

Because beneath so many toddler tears and tantrums is a simple question: Do I still belong here?

And every time we pause to include them, notice them or make space for what they're feeling, we're answering that question—not with a perfect script, but with our presence.

That's what I wish I had known before bringing home baby number two. Not that I needed better strategies, more preparation or the perfect transition plan. What mattered most



Chloe Morgan's experience helping daughter Wren adjust to life as a big sister inspired *Becoming Us*, a book about welcoming a new baby.



was remembering that the child who made me a mom for the first time was navigating a transition of her own.

While our family was growing, she needed reassurance that her place in it wasn't changing. Because toddlers may be small,

but their feelings are not. When we make space for those feelings, we give them something they'll carry long after the newborn

stage is over: the confidence of knowing there is enough love in the family for everyone—and that they will always belong.

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“It’s hard when babies need so much help.”

Children calm down faster when they feel understood.

2. SPEAK IN A LANGUAGE TODDLERS UNDERSTAND

Toddlers often need love translated into something they can see and touch.

Draw matching hearts on your hands. Create a secret hand squeeze that means “I see you.” Leave a heart-shaped piece of toast on their breakfast plate.

Small gestures can carry big meaning.

3. GIVE THEM A JOB, NOT RESPONSIBILITY

Toddlers love feeling included, but they don’t need pressure.

Invite them to help in simple ways, like choosing the baby’s pajamas, picking a bedtime book or finding a burp cloth. Small jobs help them feel important and connected to their new role.

4. PROTECT THE LITTLE MOMENTS

Connection doesn’t have to be elaborate.

Do a puzzle together while the baby naps. Walk to the mailbox. Turn everyday routines into opportunities for connection.

Five minutes of focused connection can mean more to a child than an hour of distracted attention.

5. TEACH THEM THAT TWO THINGS CAN BE TRUE

One of the greatest gifts we can give our children is permission to hold conflicting feelings.

“You can love your baby brother and feel frustrated.”

Children don’t need to choose between feelings. They need permission to experience them.

Exploring Your Birth Options

From hospital-based midwives to birth centers, families have more choices than ever when planning where to welcome a new baby.

By **Macy Goodnight**



Hannah Aragon chose midwife care for both of her pregnancies. Her second daughter was born under the care of a certified nurse-midwife at Ascension St. John in Owasso.

Childbirth is one of the most life-altering, profound experiences, and deciding where and how to give birth is a deeply personal choice. Today, Tulsa families can choose from a range of childbirth options, including hospital-based midwives, birth centers and traditional obstetric care.

Tranquility-Focused Birth

Montika Collins is the owner and founder of Given Women's Health Oasis and Birthing Center, just a short drive north of Tulsa, which offers certified midwifery services, lactation consulting, prenatal and postnatal care and natural delivery suites with large soaking tubs for waterbirths, including a large family suite. Additionally, the facility offers on-site villa rentals for a more relaxed stay

in a woodland setting on 8 acres. Home visits are also available.

Montika built Given to fill a gap in maternal care needs in her community by providing an essential service that some mothers previously lacked access to.

"As a nation, maternal mortality rates are very high, and I can go further into that and say that about Black maternal health," she says. "It is so important to have options for women of color."

Collins believes interest in midwifery continues to grow as more families explore alternatives to traditional hospital births.

"I believe big ships turn slow, and where midwifery has been in hospitals all over the country, they haven't been steadily available here. I hope that this trend will continue and that we will have

midwives available in all of the Tulsa hospitals," she says.

Compassionate Hospital Midwifery

Ascension St. John offers certified nurse-midwife care, primarily at its Owasso location, and focuses on low-risk, personalized prenatal care, labor and delivery and postpartum care. Certified midwives Carla J. May and Katy Martin work alongside OB-GYN physicians to provide comprehensive care for women throughout their lives, including well-woman support.

"We are advanced practice registered nurses," Martin says. "We have at least a bachelor's degree in nursing and then have gone on to get a master's degree specializing in midwifery care, allowing us to care for women from menses through menopause, and covering primary care, obstetrics and gynecologic care—the whole spectrum."

Choosing midwife care is deeply personal. "It's more focused on the physiologic process of birth and respecting that; having watchful waiting, and intervening when necessary, with the consent and education of the patient," May says.

In the event of an emergency, patients receiving care outside a hospital may need to be transferred to a hospital. Ascension's midwife services in Owasso provide on-site emergency protocols.



Montika Collins is the founder of Given Women's Health Oasis and Birthing Center, which offers certified midwifery care and birth suites designed for a family-centered experience.

From One Mother to Another

For Hannah Aragon, the choice to give birth with a midwife was always the plan for both of her pregnancies. Aragon is the mother of two daughters under age 2, and her choice to use midwife care for

LOCAL BIRTH CENTERS & MIDWIVES

Given Women's Health Oasis and Birthing Center

Ascension St. John Midwife Care (Owasso/Claremore)

Special Delivery Birth Center

Balance Birth Center

Breath and Birth Wellness

Levana Birth

Midtown Birth Center

Modern Village Midwifery

OSU Medicine, Shaun Baranowski, APRN-CNM, WHNP

childbirth was because of her own mother's profession as a certified midwife.

"I've gotten to grow up and know the behind-the-scenes information," she says. "I am also a nurse, so I have medical knowledge as well."

Aragon's first child was to be born in a birthing center, but labor complications forced her transfer to a hospital.

"I was in labor for like 32 hours, and they knew I could do it, but thought it would be best to transfer," she says.

Her mother ultimately ended up delivering her daughter at the hospital she was transferred to, so she was still under midwife care, but even more personal in nature. Her second child was delivered under the care of a midwife at Ascension in Owasso.

"I had talked at length with my midwife about what I really wanted to do, and my goal, of course, was a healthy baby, a healthy mom, so whenever it came to labor time, she was able to be an advocate for me," she says.

Aragon believes there should be no polarization between conventional medical care and midwifery, but that the bridge between them is simply a matter of choice.

"Advocacy is so important for the patient, and viewing it as a physiological process creates a good environment for birth," she says.

A Postpartum Wake-Up Call

A new mom's experience with postpartum hypertension highlights the importance of specialized heart care after pregnancy.

By **Julie Wenger Watson**



"I thought I was dying," said Maggie Sharum, describing her return to Ascension St. John Medical Center's OB Emergency Room last December, one week after delivering a healthy baby boy.

Sharum was quickly admitted to the hospital with dangerously escalating blood pressure. For the exhausted new mom, the unexpected turn of events was frightening and difficult to comprehend. Other than some swelling in the final months, Sharum describes her pregnancy as "flawless," with normal lab work and blood pressure throughout her prenatal visits. Although her labor had been long and her blood pressure slightly elevated during delivery, by all measures, mom and son were perfectly healthy following a cesarean section and prior to discharge.

Welcoming a new baby is a joyous event. Thanks to modern medicine, in most cases, it's also a safe and predictable process. However, it's not without risk. Although most pregnancies progress without serious complications, in a small percentage of cases, unexpected conditions can threaten the life of the newborn or the mother.

Fortunately, Sharum's story has a happy ending. Her hospital stay helped bring her blood pressure under control, and she and

her baby were able to enjoy the remainder of her maternity leave at home. She's grateful for the care she received at Ascension St. John during such a critical time.

In addition to its OB Emergency Room, which provides 24/7 obstetric emergency care from advanced practice providers and specialized registered nurses, Ascension St. John recently launched the Ascension St. John Maternal Hypertension Clinic. The clinic is led by cardiologist Dr. Addison E. McGinn, who specializes in cardio-obstetrics and the cardiovascular care of women before, during and after pregnancy.

About 30% of McGinn's patients are pregnant women, and that number is growing. McGinn said one of the leading causes of maternal morbidity and mortality is cardiovascular disease.

"As women are having babies later, we have a growing population of women who have either preexisting cardiac disease, so they knew coming into pregnancy that they had a prior cardiac diagnosis; or they get pregnant, and then all of a sudden, with the increased demands of carrying a child, they find out that they have a cardiac condition that they were unaware of," she said. "The last category is the hypertensive disorders of pregnancy, which is

OKLAHOMA'S MATERNAL HEALTH CHALLENGE

Oklahoma has one of the highest maternal mortality rates in the United States, with Black and Indigenous women facing significantly higher mortality risks than white women. High levels of poverty, limited access to care in rural areas, lack of insurance and high rates of preexisting chronic conditions, including obesity and hypertension, along with substance use and mental health issues, all contribute to the problem. The leading causes of maternal death include cardiovascular conditions, infection and hemorrhage. Approximately 70% of pregnancy-related deaths in Oklahoma are considered preventable.

WHO IS AT RISK?

Hypertensive disorders of pregnancy are a major cause of maternal and fetal complications, affecting 5% to 16% of pregnancies. They include gestational hypertension and preeclampsia.

Common risk factors include:

- Obesity
- Family history
- Preexisting medical conditions, including:
 - Chronic hypertension
 - Diabetes
 - Kidney disease
 - Autoimmune diseases
 - Maternal age younger than 20 or older than 40

probably what I see most of."

Hypertensive disorders include conditions such as gestational hypertension and preeclampsia.

McGinn became part of Sharum's medical team, helping her navigate the high blood pressure she experienced after delivery. Along with the tests, scans and care she received from McGinn, Sharum found the cardiologist's presence reassuring.

"She was so calm," Sharum said. "She said, 'You are a healthy person, and you are OK.' She explained that this was my body's reaction to having the baby."

McGinn continued to follow up with Sharum, answering her questions and encouraging her to maintain the healthy habits, including regular exercise, that she had before her pregnancy. She also told Sharum it was important to continue monitoring her heart

health, not only in connection with possible future pregnancies, but also as she grows older. "Moms with preeclampsia or gestational hypertension are at increased risk of future cardiovascular events as they age, unrelated to the pregnancy," McGinn explained. "If you had preeclampsia when you were pregnant, your risk of heart disease at age 50 or 60 is much higher than someone who did not."

Six months postpartum, Sharum is thankful for the care she received and grateful to be on the other side of the experience with her health restored and a beautiful baby boy.

"I feel like my old self again," she said.

For more information about the Ascension St. John Maternal Hypertension Clinic, the OB Emergency Room and cardiology services, visit healthcare.ascension.org/st-john.

Baby's First Year: Month by Month



By **Natalie Mikles**

The first year goes by in a blur of feedings, diaper changes and sleepless nights. Along the way come first smiles, first laughs, first words and first steps. Every baby develops at their own pace, but these milestones offer a general guide to what you may notice during the first 12 months.



0-3 Months

MOVING

Milestones:

- Begin lifting and briefly holding their head during tummy time
- Follow faces or toys with their eyes
- Turn toward familiar voices and sounds

Try this:

- Offer supervised tummy time every day.
- Hold colorful toys within baby's line of sight.
- Spend plenty of time talking, cuddling and making eye contact.

CONNECTING

Milestones:

- Begin smiling at familiar faces
- Communicate through crying and facial expressions
- Calm when hearing your voice

Try this:

- Respond to your baby's cues.
- Smile, sing and talk throughout the day.
- Enjoy lots of cuddles—babies can't be spoiled by affection.

COMMUNICATING

Milestones:

- Coo and make simple sounds
- Recognize familiar voices
- Experiment with different cries

Try this:

- Narrate your day.
- Repeat your baby's coos back to them.
- Read short board books together.

LEARNING

Milestones:

- Explore with all of their senses
- Start settling into feeding and sleep patterns
- Begin recognizing familiar people

Try this:

- Introduce different textures and gentle sounds.
- Follow your baby's cues for feeding and sleep.
- Offer safe opportunities to explore.



3-6 Months

MOVING

Milestones:

- Roll from tummy to back or back to tummy
- Reach for toys
- Begin sitting with support

Try this:

- Continue tummy time.
- Place toys just out of reach to encourage movement.
- Give plenty of opportunities for floor play.

CONNECTING

Milestones:

- Laugh and smile often
- Recognize familiar people
- Enjoy playful interactions

Try this:

- Make funny faces.
- Sing songs together.
- Let your baby study your face while you talk.

COMMUNICATING

Milestones:

- Babble with new sound
- Respond to voices
- Experiment with squeals and giggles

Try this:

- Take turns "talking."
- Read aloud every day.
- Name familiar people and objects.

LEARNING

Milestones:

- Explore everything with their hands—and mouth
- Look for a toy that disappears from view
- Become fascinated by cause and effect

Try this:

- Offer safe sensory toys
- Play peekaboo.
- Shake rattles and encourage imitation.



PHOTOS BY KATELYN HANSEN PHOTOGRAPHY



3-6 Months

MOVING

Milestones:

- Crawl confidently
- Pull up and cruise along furniture
- Use thumb and finger to pick up tiny objects

Try this:

- Baby-proof your home.
- Encourage safe cruising.
- Offer toys that build fine motor skills.

CONNECTING

Milestones:

- Enjoy interactive games
- Show separation anxiety
- Seek comfort from familiar caregivers

Try this:

- Keep goodbye routines calm and consistent.
- Play together every day.
- Offer a favorite blanket or stuffed toy for comfort.

COMMUNICATING

Milestones:

- Say simple words like "mama" or "dada"
- Point to familiar objects
- Understand simple requests

Try this:

- Label objects around the house.
- Read picture books together.
- Celebrate every new word.

LEARNING

Milestones:

- Search for hidden toys
- Use objects in new ways
- Solve simple problems through play

Try this:

- Play hide-and-seek with toys.
- Encourage imitation.
- Let your baby explore safely and independently.

6-9 Months

MOVING

Milestones:

- Sit independently
- Scoot, crawl or get onto hands and knees
- Pick up small objects with increasing control

Try this:

- Create safe spaces for exploration.
- Offer toys with different textures.
- Stack blocks together and knock them down.

CONNECTING

Milestones:

- Enjoy games and laughter
- Recognize familiar people
- Show stranger anxiety

Try this:

- Visit new places together.
- Play in front of a mirror.
- Give your baby time to warm up to new people.

COMMUNICATING

Milestones:

- Respond to their name
- Copy gestures
- Babble with longer sound combinations

Try this:

- Use your baby's name often.
- Sing nursery rhymes.
- Wave hello and goodbye together.

LEARNING

Milestones:

- Pass toys between hands
- Experiment by dropping and banging objects
- Show curiosity about everything nearby

Try this:

- Play together on the floor.
- Demonstrate how toys work.
- Celebrate new discoveries.



THE MOST IMPORTANT QUESTION YOUR PEDIATRICIAN SHOULD ASK YOU

New parents make frequent visits to the pediatrician's office to check in on everything from weight gain to critical developmental milestones. During these visits, the doctor may ask you about your baby's sleep habits, car seat safety or whether you've begun the process of "baby proofing" your house as your little one starts crawling and walking.

All of these topics are important, of course. However, the most important conversation you have with your pediatrician may be about water safety. The Center for Disease Control says that drowning is the No. 1 cause of death for children ages 1 through 4. Water safety goes beyond just beach and pool time. Nearly 70% of drownings occur during non-swim times. This is a topic that always needs to be top of mind for families.

Do you have your child enrolled in swim lessons?

Studies show that enrolling your child in swim lessons can reduce the risk of drowning by up to 88%. We know that the earlier your child gets into lessons, the better! The American Academy of Pediatrics recommends enrolling children into a high-quality learn-to-swim program by age 1.

At Goldfish Swim School, we offer swim classes for children starting as early as 4 months of age. Kids ages 4 to 35 months-old enjoy a weekly 30-minute class in the water with a parent or caregiver working on core water and swim safety skills with the help of an instructor. Our pool is kept at a warm 90 degrees to make the water inviting and comfortable for all swimmers.

The classes are fun and interactive for babies and their caregivers while also creating a strong foundation for water safety. Babies practice fundamental water safety skills, including practicing their grasp reflex, pulling paddle, floating and breath control.

We'd love to see you and your little one in the pool! Goldfish Swim School - Tulsa Hills and Broken Arrow offer lessons at times that are convenient for every family's schedule. Please visit goldfishswimschool.com for more information.

3 CRITICAL WATER SAFETY TIPS

- Follow the recommendation of the American Academy of Pediatrics and enroll your children in high-quality, consistent swim lessons by age one.
- Ditch the floaties! Instead, seek out Coast Guard-approved life jackets! These regulated and consistent flotation devices, when fitted correctly, allow for proper breathing and swimming for kiddos of all ages.
- Utilize layers of protection around pools, including fences and door alarms. For children under age 5, 87% of drowning fatalities happen in home pools or hot tubs.

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Why It's Never Too Early to Read Together

By **Rachel Ann Dennis**



First-Time Baby Storytime? Here's What to Expect.

Chelsea Howard, children's associate at Hardesty Regional Library, shares a few tips for families attending their first Build-A-Reader Baby Storytime.

It's designed just for babies.

Baby Storytime is created for infants and toddlers (ages 0–2) and their caregivers. Each session includes developmentally appropriate books, songs, fingerplays, movement activities and opportunities for social interaction.

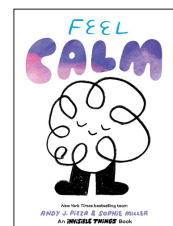
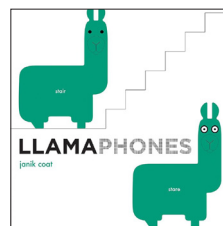
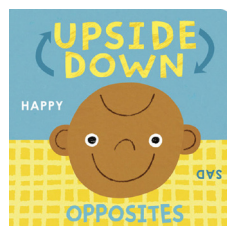
Wiggles are welcome. Don't worry if your baby crawls, fusses, cries or needs a snack or diaper change. Baby Storytime is a welcoming, judgment-free space where little ones can explore and learn at their own pace.

It's interactive. Expect lap bounces, movement activities, fingerplays and fun props like scarves, shaker eggs and bells. These activities help babies connect words with actions while strengthening motor skills.

Caregivers learn, too. Storytime isn't just for babies. Caregivers pick up simple ways to talk, sing, read, write and play with their child at home to support early literacy.

No baby is too young. Even the youngest babies benefit from hearing language, sharing books, moving to songs and spending time with other families.

Find Baby Storytimes at tulsa.library.org/events.



When you hear the words “book club,” you probably picture grown-ups chatting about their latest read over coffee. At Central Library, one of our book clubs looks a little different. Our Baby Board Book Book Club welcomes babies and their grownups to read, sing, play and discover the joy of stories together. But can babies really participate in a book club? Absolutely! Long before children learn to read words, they're learning to love books. Every read-aloud helps build language, literacy and a life-long love of reading.

What exactly is a board book?

Board books are designed with babies in mind. Their thick, sturdy pages stand up to little hands that explore books in the ways they know best. Babies grab, pat, bend, point to pictures, and turn pages back and forth. While it may not look like reading to us, each of these interactions helps babies become comfortable with books and builds early literacy skills. Board books are full of bright illustrations, simple words, repetition and rhyme. Reading the same favorite book again and again helps babies recognize sounds, build vocabulary and develop a love of stories. Better yet, reading together strengthens the bond between babies and their caregivers.

At Tulsa City-County Library, we encourage families to Talk, Sing, Read, Write and Play every day. Those five simple practices are the building blocks of early literacy, and board books make it easy to

do all five. Point to pictures, sing a silly rhyme, ask questions or let your baby turn the pages. All of these activities help build early literacy skills.

One of my favorite parts of Baby Board Book Book Club is watching families build connections with one another. During one meeting, a parent shared that she had texted her own book club to proudly announce her son was attending HIS first book club. It was a perfect reminder that reading together builds community at every age.

Looking for your next favorite board book? Here are a few wonderful titles to explore together:

HANK GOES PECK BY MAUDIE POWELL-TUCK

Hank the goose just can't stop pecking! The die-cut holes on every page invite little fingers to poke and play along, making this an interactive read-aloud babies will want to revisit again and again.

YIPPEE! RABBIT BY JO HAM

The bold black and white illustrations are perfect for even the youngest babies to enjoy. Rabbit's playful adventure makes this a fun book to share together.

UPSIDE DOWN OPPOSITES BY DANIELLE MCLEAN

Read it right side up or upside down! This clever interactive board book lets little ones explore

opposites from every angle, making storytime even more fun

BIRDS SING THEIR WORDS BY MÉLINA MANGAL

Learn bird sounds and join in! A simple, playful way for little ones to practice sounds and language together.

LLAMAPHONES BY JANIK COAT

A playful board book that introduces homophones and shows little ones that it's never too early to have fun with language.

FEEL CALM BY ANDY J. PIZZA

A gentle read-aloud that helps babies explore feelings through laughter, voice and shared connection with a grown-up.

Whether your family joins the Baby Board Book Book Club at Central Library or attends one of the many Build-A-Reader Storytimes offered at Tulsa City-County Library locations across the county, you'll find welcoming spaces to read, sing, play and grow together. Libraries offer more than books—they're places where families can learn, connect and grow together from the very beginning.

Advances in Fertility Care

How new treatments are giving families more options than ever before.

By **Natalie Mikles**



Dr. Mira Aubuchon



For many people, the journey to parenthood doesn't unfold the way they imagined. Some spend months wondering why pregnancy hasn't happened. Others experience heartbreaking miscarriages. Some know they want children someday but aren't ready to start a family just yet.

While those challenges remain deeply personal, the options available to help have expanded dramatically.

"When I was in medical school in the 1990s, just even the thought of being able to create life outside of a body was very new to me," says Dr. Mira Aubuchon, a reproductive endocrinologist and infertility specialist at MCRM Fertility in Tulsa.

Since then, Aubuchon has watched fertility medicine change in ways she never could have imagined. Many of the advances she uses every day didn't exist when she was training. And one of the biggest changes doesn't even happen inside a fertility clinic.

Today's patients often arrive with a much clearer understanding of their own reproductive health thanks to cycle-tracking apps, home hormone monitoring and sophisticated ovulation testing.

Years ago, Aubuchon says, most patients relied on simple ovulation predictor kits that looked much like pregnancy tests. Today's technology provides much more detailed information about what's happening throughout the menstrual cycle,

helping many women recognize when something may be off and seek help sooner.

That information becomes another valuable tool as physicians develop an individualized treatment plan.

More Precise Treatment

In vitro fertilization, commonly known as IVF, has also changed significantly over the past three decades.

One of the biggest advances has been the ability to grow embryos in the laboratory for a longer period before transfer. Years ago, embryos were typically cultured for only two or three days. Today, many can be developed for five to seven days. Aubuchon says that additional time has helped reduce less successful embryo transfers.

Genetic testing has also come a long way.

Known as preimplantation genetic testing (PGT), the screening evaluates embryos before pregnancy begins. While no test can guarantee success, Aubuchon says it can help identify embryos that are less likely to result in a healthy pregnancy, reducing uncertainty for many families and lowering miscarriage rates in appropriate patients.

The information can also help families make decisions about future family planning, including whether to preserve additional embryos or pursue another IVF cycle while they're still in their most fertile years.

Safer and More Flexible Options

Another significant advancement has been embryo freezing.

Modern freezing techniques have become much more reliable, making it possible for patients to preserve embryos for future use with excellent success rates. Egg freezing has also become a practical option for individuals who hope to have children later but aren't ready to begin growing their family today.

Improved technology has also made IVF safer.

In years past, fertility specialists often transferred multiple embryos at once in hopes that at least one would implant successfully. While that approach sometimes worked, it also led to higher rates of twins and higher-order multiple pregnancies, which carry increased risks for both mothers and babies.

Today, improved laboratory techniques allow physicians to transfer fewer embryos—often just one—while still maintaining strong pregnancy rates.

Many Paths to Building a Family

Although IVF is often associated with couples struggling to conceive, Aubuchon says patients seek fertility care for many different reasons.

Some come after months of infertility. Others have experienced recurrent pregnancy loss and want additional reassurance before trying again.

Some pursue fertility preservation through egg or embryo freezing while focusing on careers, education or other life goals. Others are hoping to avoid passing along a known genetic condition.

The practice also helps single parents by choice, same-sex couples and intended parents working with donor eggs, donor sperm, donated embryos or gestational carriers.

Looking Ahead

Fertility medicine continues to evolve, and one area generating significant interest is the use of artificial intelligence.

Artificial intelligence is also beginning to play a role in fertility care. Researchers are developing tools that may help physicians analyze embryos, prioritize those with the greatest likelihood of success and then personalize treatment decisions.

"It may help us think differently, maybe, or smooth that path in some way," Aubuchon says.

For Aubuchon, the science remains fascinating. But after more than 20 years of practice, it's the families she serves that continue to inspire her.

Whether patients are facing infertility, recurrent miscarriage, genetic concerns or another challenge, she says the first step is simply learning what options are available.

Resource List

BREASTFEEDING

La Leche League of Oklahoma

Breastfeeding support and information. lllo.org

Oklahoma Breastfeeding Hotline

24-hour, toll-free Breastfeeding Support Line for nursing mothers, their families, partners, expecting parents and healthcare workers. [1.877.271.MILK \(6455\)](tel:1877271MILK)

Innovations Family Wellness, Inc.

ifwinc.org

Area hospitals offer breastfeeding information and classes (see hospital information).

CHILDBIRTH INFORMATION

(See hospital information for childbirth classes)

American College of Obstetricians and Gynecologists

Addresses a wide range of topics such as breastfeeding and gestational diabetes. acog.org

Patient-centered information about a wide range of women's health topics, including informative information for teens, can be found on the "For Patients" tab or at: acog.org/womens-health

American College of Nurse-Midwives

Provides information about certified nurse-midwives and their support of women's health through all stages of life, including pregnancy. midwife.org Find a midwifery practice in your area: midwife.org/find-a-midwife

Birthright of Tulsa

For women facing unplanned pregnancies, Birthright of Tulsa offers a range of services including pregnancy testing, counseling, prenatal care, parenting classes, maternity and baby clothing, diapers/wipes, medical and agency referrals, and select financial assistance. [800.550.4900](tel:8005504900); [918.481.4884](tel:9184814884); [6600](tel:6600) S. Yale, Suite 1307, Tulsa; birthright.org/tulsa; tulsa@birthright.org

The Bradley Method

Classes that guide pregnant women and their partners through the Bradley Method of childbirth, including information on prenatal nutrition and exercise. [818.788.6662](tel:8187886662); bradleymethod.com

Lamaze International

Provides parents with education pertaining to pregnancy, birth practices and parenthood. lamaze.org

DONA International

Information about doulas, finding a doula or becoming a doula can be found at dona.org.

PLAYGROUPS, PROGRAMS, SUPPORT, CLASSES AND INFORMATION

American Academy of Pediatrics

Information for parents on a wide range of child development and health topics, covering every stage from prenatal to young adult. aap.org; healthychildren.org

Catholic Charities of Eastern Oklahoma

Care clinic offering pregnancy testing, prenatal care and postnatal care. Other services include counseling, prenatal education, immigration legal services, care for homeless mothers and children, residential program for pregnant women, adoption services and assistance applying for Medicaid (SoonerCare). [2450 N. Harvard Ave. Tulsa](tel:2450N.HarvardAve.Tulsa); [918.949.4673](tel:9189494673); cceok.org

Community Action Project (CAP) of Tulsa

Early Childhood Education and other related family services with the mission "to help young children in lower-income families grow up and achieve economic success." captulsa.org

Eastern Oklahoma 2-1-1 Helpline

Provides referrals to a wide range of community services and resources as well as information, referral and crisis intervention for Eastern Oklahoma. [211eok.org](tel:211eok)



EVERYMMNT/GETTY

Tulsa Educare

A state-of-the-art early childhood center that provides education and care for children (birth to age 5) and their families with full-day, year-round early childhood education, family support services and ongoing medical care. tulsaeducare.org

Emergency Infant Services

Provides formula, milk, blankets, clothing, medicine, etc. to meet the basic needs of infants and children under age 5 whose families are in crisis or emergency situations. [1110 S. Denver Ave., Tulsa](tel:1110S.DenverAve.Tulsa); [918.582.2469](tel:9185822469); eistulsa.org

Family & Children's Services

Offers a variety services, including children's counseling and mental health services, family counseling, family life education classes and workshops, and more. Make an appointment: [918.587.9471](tel:9185879471); fcsok.org

Also operates Tulsa's crisis and emotional support hotline, COPES, which helps F&CS clients, community, adults and children in need. [918.744.4800](tel:9187444800)

International Cesarean Awareness Network (ICAN)

ICAN gives support and information to mothers who have experienced cesarean births as well as those who would like further information before making informed decisions about their birthing options. For newsletter or information, call [1.800.686.4226](tel:18006864226);

ICAN Tulsa

Local cesarean awareness and support. [1.800.686.4226 EXT 237](tel:18006864226EXT237); tulsa.ok@ican-online.org

National Association for the Education of Young Children (NAEYC)

Nation's largest organization of early childhood professionals with a wide range of resources regarding learning and teaching young children. naeyc.org

Parent Child Center of Tulsa

Education and treatment aimed at preventing child abuse. Includes crisis/respite services, prevention program, counseling services, resource library and parenting classes. [1421 S. Boston, Tulsa](tel:1421SBostonTulsa); [918.599.7999](tel:9185997999); parentchildcenter.org



Planned Parenthood

Offers a range of reproductive health services and information about a variety of topics, including pregnancy, health and wellness, and contraception. 1007 S. Peoria Ave., Tulsa; for information on services and appointments, call **918.858.4661**; plannedparenthood.org

Postpartum Support International (PSI)

Support for new mothers suffering from postpartum depression or those who have questions about it. ISupport for new mothers suffering from postpartum depression and a range of perinatal mood and anxiety disorders, **800.944.4773 (English and Spanish)**; postpartum.net

SoonerCare (Oklahoma Medicaid)

A health coverage program jointly funded by the federal and state government to help pay some or all medical bills for those who can't afford them. Qualified children get free medical, vision, hearing and dental check-ups and services. SoonerCare Help Line: **800.987.7767**; oklahoma.gov/ohca.html. Oklahoma Department of Human Services: oklahoma.gov/okdhs.html

SoonerStart

Oklahoma's early intervention program for families with infants or toddlers ages birth to 3 with developmental delays and/or disabilities. Provides support and resources to enhance learning and development. For more information or to apply, go to oklahoma.gov/education/services/soonerstart.html

Tulsa City-County Health Department: Child Health and Guidance

Promotes and supports healthy family relationships and child development. Provides prevention, education, screenings, diagnostics and treatment to children and families. Children First offers home-based services by registered nurses to help first-time mothers prepare for parenthood at no cost. Many of the services and classes are for a minimal fee. **918.582.9355**; tulsa-health.org/services/family-health-services/child-health-and-guidance

WIC Women, Infants and Children's Nutrition Program

WIC is a supplemental nutrition program that helps protect the health of income eligible women, infants and children up to age 5 who are at nutritional risk. Families who qualify may receive nutrition education, social service referrals, breastfeeding support and benefits, and food benefits to be used for healthful foods. **918.582.9355**; tulsa-health.org/WIC

INFANT LOSS

The Tristesse Grief Center

Support and counseling services for bereaved parents who have suffered the loss of an infant or child, regardless of any family's ability to pay. Support groups, training and professional grief counseling for adults, children and teens in one-to-one, couple and family settings. **2502 E. 71st St., Suite A; 918.587.1200**; thegriefcenter.org

First Candle

Provides comfort and promotes healing for families who have lost an infant. Works to eliminate SIDS and other sleep-related infant deaths through education and research, while providing bereavement support

for grieving families who have suffered a loss. Support groups, bereavement library and a 24-hour grief line. **800.221.7437**; firstcandle.org

American Sudden Infant Death Syndrome (SIDS) Institute

A health care organization that works to prevent sudden infant death while promoting infant health through research, education and family support. **239.431.5425**; sids.org

Mommies Enduring Neonatal Death

For moms, dads and families (adults only) who have lost a baby due to miscarriage, stillbirth or infant death. mend.org

SAFETY & HEALTH

American Association of Poison Control Centers

24-hour poison emergency information, tips for prevention at home, daycare. Safe medicine disposal. Poison helpline **800.222.1222**; aapcc.org; poisonhelp.org

American Red Cross

Provides life-saving information and training, including CPR, babysitting courses, swimming instruction, safety information, first aid and more. **918.831.1166**; redcross.org

Auto Safety Hotline

Information on infant car seats and recalls: **888.327.4236**; www.nhtsa.gov/recalls

Car seat safety info: nhtsa.gov/vehicle-safety/car-seats-and-booster-seats

Safe Kids Tulsa Area

Led by Saint Francis Children's Hospital, Safe Kids Tulsa Area helps families prevent child injuries with a wide range of safety information. Provides car seat checkup events, call **918.494.SAFE (7233)**; safekids.org/coalition/safe-kids-tulsa-area

Consumer Product Safety Commission

Information on safety standards and product recalls for cribs, toys and other children's accessories. Safety

education section with a variety of topics pertaining to children's products and safe environments for infants and children. **800.638.2772**; cpsc.gov

InfantSEE

A public health program that ensures infants between 6 and 12 months of age begin life with essential eye and vision care. American Optometric Association member optometrists provide free eye and vision assessments for infants between 6 and 12 months old, regardless of income or insurance coverage. infantsee.org

Baby Safety Alliance (formerly JPMA)

Information about product quality, safe usage and product recalls as well as educational information about safety. babysafetyalliance.org

Oklahoma Caring Van

Provides all immunizations required by Oklahoma law for enrollment in schools or childcare facilities. Services provided at no charge to children 6 weeks to 18 years who qualify; includes children who are uninsured, Medicaid eligible or American Indian. **918.551.3397**; oklahomacaringfoundation.org/caring-van; Text **TULSAVAN to 33633** to receive a van schedule.

Oklahoma Mothers' Milk Bank

Provides donor breast milk to meet the needs of infants, specifically those who are preterm or ill. **405.297.5683**; okmilkbank.org

Save Babies Through Screening Foundation, Inc.

A nonprofit foundation dedicated to making sure every newborn baby in the U.S. undergoes comprehensive and effective screening for a variety of diseases that are usually hidden at birth. **888.454.3383**; savebabies.org

Tulsa Health Department Immunizations

Information about immunizations and vaccines for children, including vaccine safety and a printable vaccine guide. Children through the age of 18 are eligible to receive vaccines at no charge through the Vaccines for Children program

if they are uninsured, Native American Indian, Native Alaskan, or their insurance policy does not cover vaccines. **918.582.9355; tulsa-health.org/services/testing-and-immunizations/vaccines**

DISABILITIES

Ability Connection Oklahoma

Provides programs and services for Oklahomans with physical disabilities and their families, helping to advance independence, productivity and full citizenship. **405.759.3562; acok.org**

Autism Resources

Autism support and information: **autismoklahoma.org; peakbh.org; okautism.org; autismfoundationok.org**

CHADD

Seeks to improve the lives of children and adults with attention-deficit/hyperactivity disorder (ADHD); online support communities for parents and caregivers. **1.866.200.8098; chadd.org**

Down Syndrome Association of Tulsa (DSAT)

Provides families and communities by with educational events and connections while increasing awareness and an attitude of inclusion within the community. **918.804.3728; dsat.org**

Little Light House, Inc.

Tuition-free, Christian education and therapeutic services for children age birth to 6 with special needs and their families. Resources, tools and hands-on training to help parents and guardians become confident caregivers. **5120 E. 36 St.; 918.664.6746; littlighthouse.org**

March of Dimes

Advocates for healthy moms and babies and seeks to end preventable maternal health risks and deaths, preventable preterm birth and infant death while closing the health equity gap. March of Dimes provides education on pregnancy, breastfeeding, birth defects, nutrition and more. **888.663.4637; marchofdimes.org**

The Arc of Oklahoma

Provides information about intellectual and developmental disabilities, legal rights, available programs and services for individuals with disabilities. **2516 E. 71st St., Suite A; 918.582.8272; thearcok.org**

ADOPTION & SUPPORT

AdoptUsKids

The mission of AdoptUsKids is to recruit and connect foster and adoptive families with waiting children throughout the United States. Supports and guides families with the adoption process. National photo listing. **888.200.4005 (English); 877.236.7831 (Spanish); adoptuskids.org**

Oklahoma Department of Human Services (DHS)

Find foster care and adoption information and resources, including post-adoption resources. **918.794.7575; okdhs.org**

Eastern Oklahoma Catholic Charities Adoption Services

Adoption services and support for pregnant women looking into adoption for their baby and for adopting parents; pregnancy care resources; post-adoption search. **918.984.3507; cceok.org/adoption**

Gladney Center for Adoption

Support, guidance and resources for those considering adoption. Post-adoption services for families as well as children or adult adoptees. **405.477.1063 (Oklahoma office); 817.922.6000; gladney.org**

Oklahoma Fosters

Information on foster care for prospective foster parents, current foster parents, those wishing to adopt through foster care or those who have already adopted a child in foster care. Support groups, help finding an agency, online training, and more. **1.800.376.9729; okfosters.org**

PELVIC HEALTH

Owasso Physical Therapy & Pelvic Health

Headed by Dr. Darla Bell, Owasso Physical Therapy & Pelvic Health can help with bladder leakage, pelvic produce and pelvic pain. **8283 N. Owasso Expy., Suite C, Owasso owassopelvichealth.com**

Pelvic Health Specialists

Provides compassionate, evidence-based pelvic floor physical therapy in a calm and private medical setting. **pelvichealthspecialists.com 5986 S. Yale Ave., Tulsa**

Vitality Pelvic Health

Areas of service include pelvic prolapse, sexual pain, Diastasis Recti, urinary incontinence, postpartum and perimenopause/ menopause. **8988 S. Sheridan Rd., Tulsa; vitalitytulsa.com**

Women's Health and Physical Therapy

Specialized pelvic floor and orthopedic physical therapy for

women across every stage of life. Personalized, one-on-one care in a welcoming clinic or telehealth format designed to fit your busy schedule. **7631 E. 126th St. S., Suite 211, Bixby; womenshealthandpt.com**

HOSPITAL CLASSES & INFORMATION

Visit websites for a list of available childbirth and other relevant classes.

Ascension St. John Medical Center

Tulsa: 1923 S. Utica Ave.; 918.744.3131

Owasso: 12451 E. 100th St. North; 918.274.5000

healthcare.ascension.org

Oklahoma State University Medical Center

744 W. 9th St.; 918.599.1000; 918.599.5355; osumc.com

Peggy V. Helmerich Women's Health Center

Women's Center @ Hillcrest: 1120 S. Utica Ave.; 918.579.8000

Women's Center @ Hillcrest South: 8801 S. 101st E. Ave.; 918.294.4000 helmerichwomenscenter.com

Saint Francis Health System

6161 S. Yale Ave.; 918.494.2200

South Campus: Hwy 169 & 91st Street; 10501 E. 91st St. S.; 918.307.6000

Saint Francis Children's Hospital, 6161 S. Yale Ave.; 918.502.6000

saintfrancis.com; 918.494.2200



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NO PLACE LIKE THIS PLACE: **Back-to-School with the YMCA**

1120 E. Pine St., Tulsa, OK 74106
918.382.9622 | ymcatulsa.org

Strong families build strong communities. That's why the YMCA of Greater Tulsa offers programs that support children at every stage, from quality early learning to after school care and enriching activities throughout the year, helping kids succeed while making life a little easier for parents.

The YMCA Child Development Center at the W.L. Hutcherson Family YMCA is a state-licensed, five-star accredited early learning program that provides a safe, nurturing environment where infants, toddlers and preschoolers learn, play and grow. Through caring teachers, hands-on learning and the Creative Curriculum, we help children build confidence, develop healthy habits and develop the skills they need for kindergarten and beyond. ymcatulsa.org/cdc

When school is closed for teacher workdays, fall break, or other scheduled days off, the fun doesn't stop. YMCA School's Out Camps keep kids active, engaged, and making memories while giving parents dependable care they can count on. ymcatulsa.org/camps

From the first day of school to the last, the YMCA is proud to support families and help every child reach their full potential.

DID YOU KNOW?

The YMCA meets students where they are! In addition to our nine full-service YMCA branches, we operate wellness centers at all four Tulsa Community College campuses, East Central High School, and the UMAC next to Union High School, available for students, staff, and Y members to stay healthy and connected.

What's Happening in August?

August 21: Try the Y FREE — Join and you get \$0 Joining Fee!

August 24: Fall Youth Sports Registration Closes

Swim Lessons Available Throughout the Fall

Afterschool Care Registration Open
ymcatulsa.org/goclub



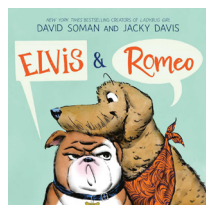
7 Books for the Dog Days of Summer

By **Kristina Acosta**



The temperatures are soaring, which means it's officially the dog days of summer. August also offers plenty of reasons to celebrate our four-legged friends, from the universal birthday for shelter and rescue dogs on Aug. 1 to National Dog Day on Aug. 26. What better excuse to curl up with a great book about dogs?

From silly stories about sausage-obsessed pups to Aztec mythology about the first dog, these seven books offer something for dog lovers of all ages.



Elvis & Romeo
by David Soman

Elvis loves to sleep and doesn't like running around or playing hide and seek. He can't wait to go to the dog park and have a nice, quiet nap. Romeo loves to rush and race around, howl and fetch sticks. He can't wait to go to the dog park and make a new friend. Elvis and Romeo's burgeoning friendship doesn't exactly get off to the most promising start when they meet. But little by little, these polar-opposite pooches may just become the closest of canines after all.



Dogs at Work: Good Dogs, Real Jobs
by Margaret Cardillo

This clever picture book describes all the real jobs that dogs do. From a therapy dog to a mayor dog and even a lobster-diving dog, the possibilities will surprise you!



Xolo: How One Good Dog Saved Humankind
by Donna Barba Higuera

Inspired by Aztec mythology, this beautifully illustrated story follows Xolotl, the often-overlooked twin brother of Quetzalcoatl, as he plays a heroic role in bringing humankind into the world.



If We Were Dogs
by Sophie Blackall

Two friends imagine life as dogs, exploring friendship, play and imagination through a series of delightful "what if" adventures.



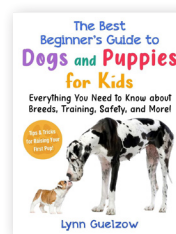
10 Dogs
by Emily Gravett

From dachshund to dalmatian, every dog wants a piece of the prize. Follow this high-stakes adventure as the scales tip from one dog with all the sausages and nine dogs with none to nine dogs with all the sausages and one dog with none. Will 10 hungry dogs ever find a way to share 10 tasty treats?



Tails Are Not for Pulling / La cola de las mascotas no es para jalarla
by Elizabeth Verdick

A bilingual book that teaches young children how to treat their furry friends with respect and kindness.



The Best Beginner's Guide to Dogs and Puppies for Kids: Everything You Need to Know About Breeds, Training, Safety, and More!
by Lynn Guelzow

Thinking about adding a puppy to the family? This kid-friendly guide covers dog breeds, training, safety and pet care with colorful photos, fun facts and practical advice for young animal lovers.

PAWS for Reading

Want to help your child become a more confident reader? The Tulsa City-County Library's PAWS for Reading program gives children the chance to read aloud to trained therapy dogs in a relaxed, encouraging environment. Research suggests reading to dogs can improve fluency, build confidence and make reading feel less intimidating for beginning readers.

PAWS for Reading is offered at select library locations throughout the year through the support of the Tulsa Library Trust. Learn more at tulsalibrary.org/kids/paws-for-reading.

Kristina Acosta, MLIS, is the Children's Services Coordinator for Tulsa City-County Library.



MILLER SWIM SCHOOL



There are so many activities for babies and toddlers.

Why should swimming come first?

While sports like soccer, gymnastics and dance are wonderful for development, swimming teaches something even more important — life-saving water safety skills. Drowning is the leading cause of accidental death for children ages 1–4, making swimming an essential life skill, not just another extracurricular activity.

At Miller Swim School, we believe every child deserves the confidence and skills to be safer in and around water. Our age-appropriate lessons focus on foundational water competency, including floating, breath control, safe entries and exits, and building confidence through consistent practice. We're also proud to be the National Drowning Prevention Alliance's exclusive Platinum Learn-to-Swim provider in their Commitment to Safer Waters program. Partnering together, our mission is to reduce childhood drowning through education and awareness.

Before signing up for another sport, consider making swimming your child's first. The skills they learn today can benefit them for a lifetime.

Want to learn more? Read our full blog, *Why Swimming Should Be Your Child's First Sport*, for expert tips on building lifelong water safety and confidence, strengthen safety skills and prepare children for a lifetime of safer experiences in and around the water.

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

MillerSwimSchool.com

DENTAL DEPOT



When should parents start flossing their child's teeth, and how can they make it easier?

Flossing should start as soon as two teeth touch. Floss picks can make it quicker and easier, especially for wiggly kids. Making it part of the nightly routine, right before brushing, helps build the habit.

Six Convenient Tulsa Metro Locations
DentalDepot.net

GRAND MENTAL HEALTH



What emotional preparation steps should be part of every back-to-school checklist?

Back-to-school preparation often focuses on supplies and schedules, but emotional readiness is just as important. Children face new expectations, social dynamics and academic pressures, all of which can impact mental health. Here's a helpful checklist to review before sending your student back to school:

- **Talk openly about what's coming.** Ask children what they're excited or nervous about and listen without minimizing their concerns. Normalizing mixed emotions helps kids feel understood and supported.
- **Re-establish routines before school starts.** Getting back into the routine of bedtimes, morning schedules and screen limits can ease anxiety by creating predictability.

- **Consider enrichment activities**, such as clubs or creative outlets, to support emotional balance. Be careful not to over-schedule, though. Allow time for your child to rest and decompress.
- **Remind your kids where support exists.** Let them know it's OK to ask teachers, counselors or family members for help.

Remember, the back-to-school supplies list isn't the only preparation needed this month. Emotional preparation is a key part of setting your students up for a healthy, successful school year.

844.458.2100
24/7 Crisis Line: 800.722.3611

GrandMH.com

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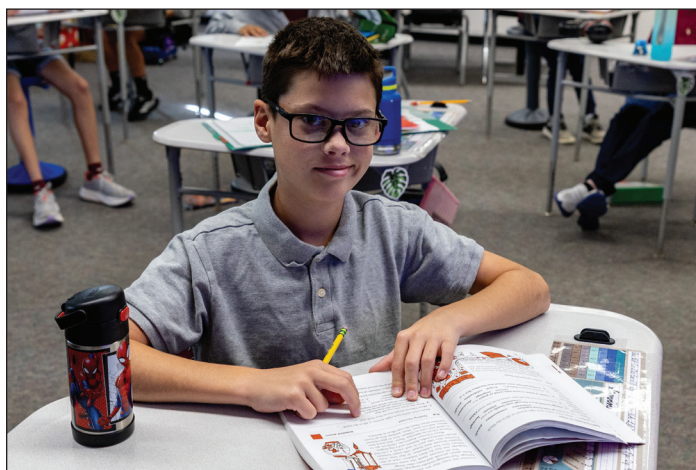
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Rooted in Family

For five generations, the Shelby family has passed down a tradition of farming and family.

By **Macy Goodnight**



Spectacular sunsets, singing cicadas and roadside wildflowers make Oklahoma summers so special, but what would the season be without watermelon and sweet corn? The bounty is best shared with the ones we love, and for Shelby & Ross Produce, family is at the root of everything they grow. Their farm-to-table crops are harvested with generations of tradition behind them.

Owners Cristin and Bill Shelby built their business with their three children on their farm in Webbers Falls, where they grow several varieties of watermelon, cantaloupe and sweet corn on more than 2,000 acres. The rich, fertile farmland in the Arkansas River bottoms has been in Bill's family for five generations, dating to a pre-statehood Cherokee Nation allotment that originally consisted of 40 acres. Bill's grandfather, Robert Ross, began farming the land in the

1960s with sweet corn, soybeans and wheat. Today, the family is known throughout the region for the quality of its produce.

"Bill, my husband, remembers going around with his grandpa, with a trailer load of watermelons, selling them kind of door to door as a kid," says Cristin.

When they were old enough to drive, Bill and his cousins traveled to roadside stands, selling produce as far away as Branson, Mo.

"Both my grandpas were farmers; my dad was a farmer, and so it's all I ever really knew," explains Bill.

The Shelbys' three children, Eli, 16, Kate, 14, and Claire, 10, are being raised much the same way, with a legacy of hard work and community that continues to shape their lives.

The family not only farms together but also harvests

and sells together at the Tulsa Farmers' Market every Saturday morning throughout the summer. Rising at 4:15 a.m., the family loads up and drives from their home in Muskogee to share their watermelon and sweet corn with loyal customers. Since 2007, Shelby & Ross Produce has been a favorite at the Tulsa Farmers Market, often selling out before the end of the day.

"We see the value in farming, and in the kids learning how to do something that creates value; we see value in them," said Bill. "They are learning to work with their hands and also learning to talk and interact with customers, look people in the eye, show respect."

"It's honestly pretty incredible because we get to do this together, and the kids take a lot of pride in what they do and find a lot of joy in it, too," Cristin added. "Their friends aren't doing

that type of stuff. That's not how they're spending their summers. I think that's kind of hard, but I think they really do appreciate what they're doing."

An entrepreneurial spirit and the value of a dollar have been ingrained in the children, and all three agree they are benefiting from the experience.

Excessive screen time and social media have become a nonissue for the Shelby children, who have benefited from a simpler life rooted in the family business.

"I've learned to be social and talk to people politely, and I've learned good manners," said Kate. "My favorite part is eating the stuff we grow and being like, 'Wow, we did this!'"

Claire, the youngest of the three children, says the most important thing she has learned through the experience is "just how to treat the customers and



PHOTOS BY BRANDI SIMONS



LEFT Kate Shelby has been working the Tulsa Farmers' Market with her parents for years. **ABOVE** Claire Shelby and her siblings wake up at 4:15 a.m. on Saturdays to load their watermelons and corn for the market.

how to interact with people. And the watermelons are my favorite.”

In the future, Eli plans to continue working in the family business, while Claire hopes to become a dentist.

“I haven’t really decided what I want to do yet,” said Kate, “but one thing that sounds pretty fun to me would be opening a doughnut shop.”

At the heart of all the Shelby children’s future endeavors is an extraordinary work ethic.

“Honestly, seeing a product taken from the field, knowing how long it takes to develop, and getting to go and interact with customers one-on-one, there is something really, really valuable about learning how to show respect for your customer, and part of that looks like us producing a really great product,” Cristin said. “We are trying to build a community of people who trust us as their

watermelon, sweet corn and cantaloupe people, and they’ve been coming back year after year because we have a great product for them.”

For the Shelby family, the harvest is about more than watermelon and sweet corn. It’s about preserving a way of life, passing along lessons that can’t be taught in a classroom and ensuring the next generation understands the value of hard work, family and community. Long after the last watermelon of summer is sold, those are the traditions they hope will continue to grow.

Macy Goodnight is a freelance writer and photographer from Broken Arrow. She loves spending time with her family and friends, and has an interest in studying history, gardening, hiking and traveling.



The Shelby family, from left, Claire (10), Eli (16), Cristin, Bill and Kate (14) spend Saturdays selling at the Tulsa Farmers Market.

FIND THE SHELBYS AT THE TULSA FARMERS’ MARKET

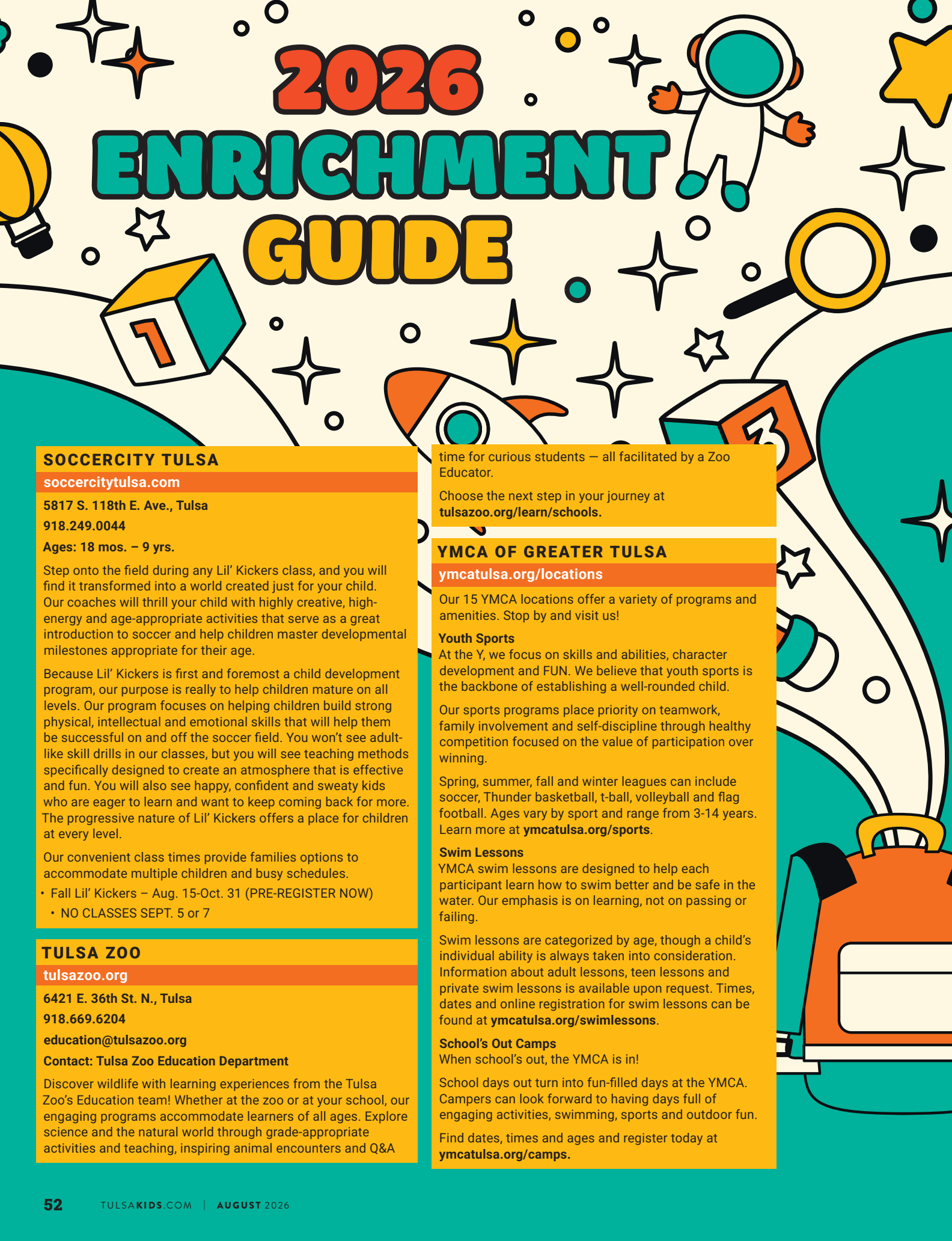
Looking for fresh Oklahoma-grown watermelon, sweet corn and cantaloupe? You’ll find Shelby & Ross Produce at the Tulsa Farmers’ Market every Saturday during the growing season.

WHEN: Saturdays, 7 to 11 a.m. (or until sold out)

WHERE: 1 S. Lewis Ave.

The Shelbys have been a favorite vendor at the market since 2007, and many customers make their stand one of the first stops of the morning. Arrive early for the best selection, especially during watermelon season.





2026

ENRICHMENT GUIDE

SOCCERCITY TULSA

soccercitytulsa.com

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918.249.0044

Ages: 18 mos. – 9 yrs.

Step onto the field during any Lil' Kickers class, and you will find it transformed into a world created just for your child. Our coaches will thrill your child with highly creative, high-energy and age-appropriate activities that serve as a great introduction to soccer and help children master developmental milestones appropriate for their age.

Because Lil' Kickers is first and foremost a child development program, our purpose is really to help children mature on all levels. Our program focuses on helping children build strong physical, intellectual and emotional skills that will help them be successful on and off the soccer field. You won't see adult-like skill drills in our classes, but you will see teaching methods specifically designed to create an atmosphere that is effective and fun. You will also see happy, confident and sweaty kids who are eager to learn and want to keep coming back for more. The progressive nature of Lil' Kickers offers a place for children at every level.

Our convenient class times provide families options to accommodate multiple children and busy schedules.

- Fall Lil' Kickers – Aug. 15-Oct. 31 (PRE-REGISTER NOW)
- NO CLASSES SEPT. 5 or 7

TULSA ZOO

tulsazoo.org

6421 E. 36th St. N., Tulsa
918.669.6204

education@tulsazoo.org

Contact: Tulsa Zoo Education Department

Discover wildlife with learning experiences from the Tulsa Zoo's Education team! Whether at the zoo or at your school, our engaging programs accommodate learners of all ages. Explore science and the natural world through grade-appropriate activities and teaching, inspiring animal encounters and Q&A

time for curious students — all facilitated by a Zoo Educator.

Choose the next step in your journey at tulsazoo.org/learn/schools.

YMCA OF GREATER TULSA

ymcatulsa.org/locations

Our 15 YMCA locations offer a variety of programs and amenities. Stop by and visit us!

Youth Sports

At the Y, we focus on skills and abilities, character development and FUN. We believe that youth sports is the backbone of establishing a well-rounded child.

Our sports programs place priority on teamwork, family involvement and self-discipline through healthy competition focused on the value of participation over winning.

Spring, summer, fall and winter leagues can include soccer, Thunder basketball, t-ball, volleyball and flag football. Ages vary by sport and range from 3-14 years. Learn more at ymcatulsa.org/sports.

Swim Lessons

YMCA swim lessons are designed to help each participant learn how to swim better and be safe in the water. Our emphasis is on learning, not on passing or failing.

Swim lessons are categorized by age, though a child's individual ability is always taken into consideration. Information about adult lessons, teen lessons and private swim lessons is available upon request. Times, dates and online registration for swim lessons can be found at ymcatulsa.org/swimlessons.

School's Out Camps

When school's out, the YMCA is in!

School days out turn into fun-filled days at the YMCA. Campers can look forward to having days full of engaging activities, swimming, sports and outdoor fun.

Find dates, times and ages and register today at ymcatulsa.org/camps.



SUMMER BREAK CAMP
AUGUST 10-14

FALL LIL KICKERS
AUGUST 15 - OCTOBER 31
No classes September 5th or 7th

**OPEN ENROLLMENT
SIGN UP TODAY!**

email kendall@soccercitytulsa.com
for details or register at
www.soccercitytulsa.com



THANK YOU, READERS, FOR VOTING US
THE BEST SOCCER PROGRAM/ATHLETIC
LEAGUE IN GREATER TULSA SINCE 2013!

Northeastern Oklahoma's Only State-of-the-Art
Summer Camps | Indoor Soccer Facility
Birthday Parties | Lock-ins | Adult & Youth Leagues

5817 S. 118th East Ave. | 918.249.0044
www.soccercitytulsa.com




**Youth Sports
Swim Lessons
School's Out Camps**

ymcatulsa.org

CLARK YOUTH THEATRE

clarkyouththeatre.com

4825 S. Quaker Ave., Tulsa

918.596.1412

clarkyouththeatre@gmail.com

Come be a part of Tulsa's award-winning youth theatre program! Clark Youth Theatre is Tulsa's longest-running youth arts program outside the public schools and is entering its 48th season, and 12th season as a nonprofit entity. We are so grateful to the City of Tulsa for the continued use of our facility, as well as the many volunteers and students who donate their time and energy to our program. Clark is the winner of 13 TATE awards and was selected as one of SIX outstanding youth theatres in the nation to perform at AACT's Youthfest in June 2025!

Clark offers a full season of main stage, free-to-participate productions, a full lineup of improv, acting and musical theatre classes on Saturdays, homeschool weekday classes, TPS after-school clubs, as well as 11 weeks of camps. Youth ages 8-18 can participate, and all skill levels are welcome. Clark is also Oklahoma's home for the Penguin Project!

DISCOVERY LAB

discoverylab.org

3123 Riverside Dr., Tulsa

918.295.8144

info@discoverylab.org

Year-round family fun comes with every membership to Discovery Lab, and it pays for itself in as little as four visits! Memberships also make great gifts.

GIRL SCOUTS OF EASTERN OKLAHOMA

gseok.org

4810 S. 129th E. Ave., Tulsa

918.749.2551

customercare@gseok.org

Through programs from coast to coast and overseas, girls of all backgrounds and abilities come as they are and create their own paths. Each step becomes a part of the journey, and along the way, they explore their passions, develop hands-on skills and discover the tools they need to lead with joy, on their own terms.

Challenges don't stop Girl Scouts. They discover their strengths in science labs and on hiking trails, at cookie booths and in front of city councils. Backed by volunteers, mentors and millions of alums, they are part of a lifelong sisterhood of powerful change-makers who are always on their side.

Girl Scouts. Because the world deserves to see their full potential—and they deserve to experience it.

GOLDFISH SWIM SCHOOL

goldfishswimschool.com

Tulsa Hills: 7514 S. Olympia Ave., Tulsa

539.265.3109

swimtulsaahills@goldfishss.com

Broken Arrow: 2308 E. Hillside Drive, Broken Arrow

918.818.2916

swimbrokenarrow@goldfishss.com

Goldfish Swim School provides indoor, year-round swim instruction to children ages 4 months to 12 years old in a safe, fun and family-friendly setting with highly trained instructors, small class sizes (max 4:1 student to teacher ratio), a shiver-free 90-degree pool, and a state-of-the-art water purification system. Goldfish offers convenient scheduling options, and families can easily book makeup classes when necessary.

In addition to swim lessons, Goldfish Swim School offers frequent family swims and party packages for their members. Facility highlights include an air-conditioned viewing gallery for parents to watch lessons,

2026 ENRICHMENT GUIDE

warm showers, individual/private changing rooms, hair drying station, snack bar, retail shop and warm, tropical décor.

Use the Promo code **TKKIDS** to get your first two classes free when you enroll in swim lessons. Visit goldfishswimschool.com for more information!

INDIAN NATIONS COUNCIL SCOUTING AMERICA

beascout.scouting.org

Graves Scout Reservation

2800 E. New Orleans St., Broken Arrow

Join us on Saturday, September 12, 2026, from 10 a.m.-3 p.m. at Jack Graves Scout Reservation, 2800 E. New Orleans St., Broken Arrow. This free event requires no registration—just come ready for a fun day outdoors!

Green Country Adventure Day is a free community event for families with children in kindergarten through fifth grade. Whether you're interested in Scouting, simply curious about it or just looking for a fun family outing, everyone is welcome. There is no pressure to join—our goal is to give families an exciting day together while experiencing what Scouting is all about in a relaxed, welcoming environment. Local Scout troops and packs will host hands-on activities including archery, BB guns, wrist rockets, fishing, a climbing wall, pedal carts, LEGO Pinewood Derby racing, obstacle courses, games and more. Families can meet Scouts and leaders, ask questions and discover how Scouting helps youth build confidence, leadership, teamwork and a love for the outdoors. Food trucks will be on-site, and don't forget to bring clothes for the slip and slide!

Whether you come to explore Scouting or simply enjoy a day of outdoor fun, we hope you'll leave with great memories and a new adventure to share.

JENKS COMMUNITY EDUCATION

jenksps.ce.eleyo.com

951 W. Main St., Jenks

918.298.0340

Contact: Ellica Spjut

Jenks Community Education (JCE) is committed to strengthening our District and community by providing lifelong learning opportunities to educate, enrich and inspire. We open the doors of our facilities beyond the school day to provide innovative and affordable opportunities to encourage learning, fitness and personal growth.

You do not have to attend or live in JPS boundaries to take classes with JCE, plus there are no out-of-district attendance fees! Check out classes in arts, athletics, STEM, swim and more, with new classes added regularly. From infants to seniors, JCE provides enrichment opportunities for the whole family.

MILLER SWIM SCHOOL

millerswimschool.com

Tulsa: 6415 S. Mingo Rd., Tulsa

Jenks: 525 W 91st St. S., Jenks

Owasso: 10001 N. 127th E. Ave., Owasso

Tulsa South: 7820 E. 101st St. Suite A, Tulsa

Miller Swim School has been in the unique business of teaching swimming for over 60 years. At Miller, our mission is to build a safer community, one family at a time, through swim lessons, water safety education and drowning prevention.

Swimming lessons are one of the best activities to keep a child active while providing them with a valuable set of life skills. Through participating in water activities, students are able to gain self-discipline, coordination and balance. Studies have also shown that swimming lessons help children grow socially and intellectually.

At Miller Swim School, students are grouped according to both age and swimming ability in the water. Classes are offered at four convenient



LEARN TO SKATE
FIRST CLASS IS
FREE!

WeStreet
ICE CENTER
4143 S YALE AVE TULSA, OK

LITTLE OILERS
LEARN TO PLAY HOCKEY

SUMMER SKATING MEMBERSHIP
Looking for endless fun this summer?
Come to WeStreet Ice Center for unlimited skating and special monthly perks!

15% OFF!!!
For August!

SCAN HERE
FOR MORE INFO



Join Girl Scouts today
and become part of a welcoming community that helps you grow and discover what's already within.

- Speaking up, making choices, and leading in your own way
- Building confidence one step at a time
 - Making real friends who cheer you on
- Boosting your curiosity to try new things
- Exploring with caring leaders by your side
- Having fun while helping others and your community

New memories are waiting to be made, don't miss out!

Scan the QR code to learn more.

girl scouts
of eastern oklahoma



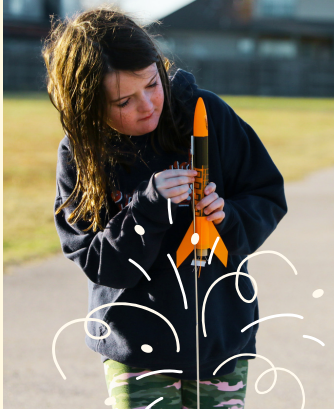
TULSA KIDS
Family Favorites
2026
WINNER

CLARK YOUTH THEATRE

Thanks, Tulsa!
(You're our favorite, too!)

2026 ENRICHMENT GUIDE

NEVER STOP LEARNING



We provide lifelong learning opportunities for all ages to educate, enrich, and inspire.

- Swim Lessons
- Gymnastics
- Karate
- ACT Prep
- Babysitting Safety
- Drivers Ed
- Mahjong
- & so much more!



JENKSPS.CE.ELEYO.COM | 918-298-0340

SWIM LESSONS SAVE LIVES



SWIM LESSONS CAN REDUCE THE RISK OF DROWNING BY UP TO 88%

And practice makes progress. Our proven curriculum is designed to create strong, safer kids quickly and effectively.

ENROLL WITH CODE "TKKIDS" TO RECEIVE YOUR FIRST 2 LESSONS FREE!



Tulsa Hills



Broken Arrow

Broken Arrow | 918.818.3949
Tulsa Hills | 539.233.6295

Tulsa-area facilities – Tulsa, Jenks, Owasso and Tulsa South. Year-round lessons are offered 7 days a week, with morning, afternoon and evening options to work around your busy schedule!

Miller Swim School also offers party packages and open swim times, water aerobics, swim team and triathlon training.

Check out our website for a comprehensive list of programs at millerswimschool.com and follow us on Facebook and Instagram for the latest news and specials!

OKLAHOMA AQUARIUM

okaquarium.org

300 Aquarium Dr., Jenks

918.296.3474

education@okaquarium.org

Contact: Teagan Smith

At Oklahoma's Only Ocean, adventures and discoveries await. Right here in Jenks, Oklahoma, you can spend the day with the world's largest collection of bull sharks and 10,000 other amazing aquatic animals who call the aquarium home!

The aquarium's priority is education for all students and children. During the summer, the aquarium hosts one-day and week-long camps that immerse our campers in everything aquatic! The aquarium hosts school groups year-round, offering self-guided tours and visits that include classroom programs on topics ranging from sharks and turtles to seahorses.

The aquarium offers an in-depth view into our underwater world and why it is so important. Come visit us today and splash into a world where curious minds of all ages find wonder above and below.

TULSA BALLET CENTER FOR DANCE EDUCATION

tulsaballet.org/classes

Brookside Campus: 1212 E. 45th Pl., Tulsa

Broken Arrow Campus: 1901 W. New Orleans St., Broken Arrow

918.712.5327

education@tulsaballet.org

Contact: Brooke Dossett

At Tulsa Ballet Center for Dance Education, we offer classes for ages 2.5–adult from beginner to pre-professional. With two convenient locations, Tulsa (Brookside) and Broken Arrow, you are sure to find a class that fits your schedule. TBCDE offers training in Ballet, Pointe, Conditioning, Variations, Repertoire, Character, Jazz, Tap and Modern/Contemporary.

Come try our newest program: First Steps classes are designed for our youngest students (2.5-3 years) to experience their first steps in the dance studio environment, with the support and participation of their parent/guardian.

With a close connection to the Tulsa Ballet professional dancers, our students have unique opportunities to observe rehearsals and sometimes even perform alongside them.

Don't miss out! Connect with @tulsaballetcde on IG+FB.

WESTREET ICE CENTER

westreeticecenter.com

4143 S. Yale Ave., Tulsa

918.252.0011

Discover the fun at WeStreet Ice Center! Whether your child is taking their first steps on the ice with Learn to Skate or is ready to join our Little Oilers Learn to Play Hockey program, there's a place for everyone to get started. Plus, your first Learn to Skate class is FREE!

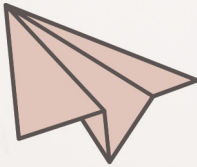
Looking for even more ice time? Our Summer Skating Membership offers unlimited skating, exclusive monthly perks and 15% off during August. It's the perfect way to stay active, build confidence and have fun all summer long.



BROOKSIDE | BROKEN ARROW

Now Enrolling!

DANCE CLASSES FOR AGES 2½-ADULT



Fall Classes Start
AUGUST 31ST

You're invited to our upcoming open house in Broken Arrow on **August 29** so you and your little dancer can take a peek inside the studio before making the leap!

@TULSABALLETCD | TULSABALLET.ORG | 918.712.5327

DIVE INTO FUN



with the
whole family.
this weekend.

At Oklahoma's Only Ocean, adventures and discoveries await. Right here in Jenks, Oklahoma, you can spend the day with the world's largest collection of bull sharks and 10,000 other amazing aquatic animals who call the aquarium home! Splash into a world where curious minds of all ages find wonder above and below.



OKLAHOMA
AQUARIUM





COMMUNITY CALENDAR

AUGUST 2026

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



Tulsa Zoo Summer
Camps continue
through Aug. 9.

PHOTOS COURTESY TULSA ZOO

BROUGHT TO YOU BY



TULSAZOO



Ruby Shadley as Laurey Williams
in TPAC's production of Rodgers
& Hammerstein's *Oklahoma!*

PHOTO CREDIT JOSH NEW

August 1 Saturday

SATURDAY MORNING BIRDING **F**

All ages, 8-9:45 a.m.

Oxley Nature Center

oxleynaturecenter.org

Meet in the parking lot for a community birding walk. Bring binoculars if you have them.

CAMP-A-PALOOZA **F**

All ages, 10 a.m.-12 p.m.

Guthrie Green

guthriegreen.com

Enjoy a variety of activities inspired by art, history, STEM, literacy and community.

RODGERS & HAMMERSTEIN'S OKLAHOMA!

7:30 p.m.

Tulsa PAC

tulsapac.com

Rodgers & Hammerstein's *Oklahoma!* bursts to life in a sweeping celebration of love, rivalry and the untamed promise of the American frontier. Additional showtimes through Aug. 16.

August 2 Sunday

SENSORY-FRIENDLY MORNING

All ages, 9-11 a.m.

Philbrook

philbrook.org

Enjoy the Villa and Gardens when there's less of a crowd. There will be a designated quiet space.

IT HAPPENED ON ROUTE 66

All ages, 2-3:30 p.m.

Spotlight Theater

tulsaspotlighttheater.com

This affectionate tribute to the golden age of diners is guaranteed to warm your heart and tickle your funny bone. Presented by Spotlight Children's Theatre. Additional showtimes Aug. 1, 7-9.

August 3 Monday

SUMMER ZOO CAMPS

Grades 3-4, 9:30 a.m.-4 p.m.

Tulsa Zoo

tulsazoo.org/camps

Explore the Zoo in every color! Register soon, spaces are filling up!

August 4 Tuesday

WATER WEEK

Aug. 4-8, during museum hours

Discovery Lab

discoverylab.org

From giant bubbles to squirt gun tie dye, Discovery Lab will provide activities for the whole family to enjoy!

STORY TIME AT THE FLOWER MEADOW **W**

All ages, 10:30 a.m.

The Flower Meadow

theflowermeadowupick.com

A relaxed morning of stories, flowers, and friendly farm animals. Repeats weekly on Tuesdays, Wednesdays and Saturdays.

SENSORY NIGHT

All ages, 6-8 p.m.

Oklahoma Aquarium

okaquarium.org

Visit the aquarium when there's less of a crowd. Complete a self-guided scavenger hunt for a prize!

August 5 Wednesday

INSPIRAL CIRCUS JAM **F**

All ages, 6-8 p.m.

Guthrie Green

guthriegreen.com

A free, community jam open to anyone interested in circus arts.

August 6 Thursday

THE CHECKMATE CHALLENGERS: YOUTH CHESS CLUB **F**

For teens and tweens, 3-4 p.m.

Collinsville Library

tulsalibrary.org

Join fellow chess enthusiasts for friendly competition. Registration encouraged.

August 7 Friday

SUMMER DISCOVERY WALKS **F W**

All ages, 9-10 a.m.

Oxley Nature Center

oxleynaturecenter.org

A free, informal walk guided by Oxley staff naturalists. Meet at the message board. Also occurs Sundays, 2-3 p.m.

**FIRST FRIDAY
HORTICULTURE TOUR****10:30-11:30 a.m.****Tulsa Botanic Garden****tulsabotanic.org**

Join a Garden horticulturist for a guided walking tour exploring plants of seasonal interest. Space available on a first-come, first-served basis.

**ASTRONOMY CLUB OF
TULSA GUESTS AND
MEMBERS NIGHT** **F****All ages, 7:45 p.m.****Astronomy Club of Tulsa
Observatory, Mounds****astrotulsa.com**

Enjoy a night under Oklahoma's darker rural skies. Donations welcome.

August 8 Saturday**SECOND SATURDAY
ART: MAKE YOUR
OWN 5X5!** **F****All ages, 10 a.m.-1 p.m.****Arts@302****arts302.com**

Drop in the second Saturday of each month for a free art-making activity.

**TREE FORT STORY TIME
WITH TULSA OPERA****All ages, 10:30 a.m.****Tulsa Botanic Garden****tulsabotanic.org**

Meet at the Tree Fort in the Children's Garden for a musical storytime. Today is also Dog Day at Tulsa Botanic Garden. See website for details.

THE LITTLE MERMAID, JR.**All ages, 1 and 6 p.m.****Herron's Crown Theater****mainstproductions.com**

This classic tale comes to life on stage. Additional showtimes, Aug. 7-15.

OKLAHOMA COMIC CON**All ages, 10 a.m.-6 p.m.****Arvest Convention Center****oklahomacomiccon.com**

A weekend full of celebrities, creators, gaming, cosplay and fun. Repeats Aug. 9, 11 a.m.-5 p.m.

FC TULSA HOME GAME**All ages, 7:30 p.m.****ONEOK Field****fctulsa.com**

Cheer for FC Tulsa as they play Detroit City FC!

August 9 Sunday**SENSORY-FRIENDLY
FAMILY HOURS****All ages, 9:30-11:30 a.m.****Discovery Lab****discoverylab.org**

These early hours are designed for families with children on the spectrum and other sensory needs.

August 10 Monday

Find more at

tulsakids.com/calendar**August 11 Tuesday****FITNESS ON THE GREEN:
YMCA YOGA** **F W****All ages, 6-7 p.m.****Guthrie Green****guthriegreen.com**

Stretch and sweat through a sequence of seated and standing positions.

MERMAIDS' NIGHT OUT**All ages, 6 p.m.****Oklahoma Aquarium****okaquarium.org**

Pamper yourself with a night of shopping, exclusive goodies and fun with friends, plus all 10,000 of Oklahoma Aquarium's amazing animals!

August 12 Wednesday**STORYTIME AT
TULSA ZOO** **W****All ages, 10-10:30 a.m.****Tulsa Zoo****tulsazoo.org**

A weekly storytime held at the Oklahoma Central Credit Union Nature Exchange inside the Life in the Cold building.

August 13 Thursday**BORED GAME
AFTERNOON** **F****For teens, 3:30-5 p.m.****Maxwell Park Library****tulsalibrary.org**

Join the library for card and board games.

**THURSDAY EVENINGS
AT THE GARDEN** **W****All ages, till 8 p.m.****Tulsa Botanic Garden****tulsabotanic.org**

Tulsa Botanic Garden is open late on Thursdays in August so guests can cool off in the sunset hours, and kids can enjoy water play in the Children's Garden.

August 14 Friday**FAMILY NATURE WALK** **W****All ages, 10-10:30 a.m.****Philbrook****philbrook.org**

Explore the gardens and learn about the natural world through your five senses.

Drillers **TM****Cheer for
Tulsa Drillers!**

The following games take place at ONEOK Field. Visit tulsadrillers.com for tickets and information about additional game-day promotions.

Plus, sign up for the Kilwins Kids Club for kids ages 14 and under! Your \$30 membership includes tickets to select games, birthday party discounts, team store discounts and other great perks!

***Fireworks games **FUNday Sunday**

8/1, 7 p.m.
vs. NW Arkansas
(Back to School Lunch
Box Giveaway)

8/2, 12:05 p.m.
vs. Springfield

8/11, 7 p.m.
vs. Arkansas

8/12, 7 p.m.
vs. Arkansas

8/13, 7 p.m.
vs. Arkansas

8/14, 7 p.m.
vs. Arkansas*

8/15, 7 p.m.
vs. Arkansas

8/16, 7 p.m.
vs. Arkansas
(Kids get in FREE!)

8/18, 7 p.m.
vs. Amarillo

8/19, 7 p.m.
vs. Amarillo

8/20, 7 p.m.
vs. Amarillo

8/21, 7 p.m.
vs. Amarillo*

8/22, 7 p.m.
vs. Amarillo

8/23, 12:05 p.m.
vs. Amarillo**



Head to The Flower Meadow in Coweta Tuesdays, Wednesdays and Saturdays for stories, animals and more.

PHOTOS COURTESY THE FLOWER MEADOW

BUILDVILLE SOCIAL PLAYGROUP

Ages 3-8, 10-11 a.m.

Building All Children

buildingallchildren.org/buildville

A playful experience designed to support child development, build communication and social-emotional skills, and create joyful family memories. Pre-register online.

ART CRAWL ON 66 F

All ages, 6-9 p.m.

Red Fork District

Facebook: Art Crawl on 66

The Historic Red Fork District comes to life with people, local art and music.

August 15 Saturday

TULSA FARMERS' MARKET F W

All ages, 7-11 a.m.

Kendall Whittier Square

tulsafarmersmarket.org

Shop a variety of locally grown and produced goods.

WILDFLOWER WALK F

All ages, 10:30 a.m.-12 p.m.

Oxley Nature Center

oxleynaturecenter.org

Oxley staff and volunteers lead a walk focused on the plant life on the trails.

COMMUNITY MOVIE NIGHT: THE SUPER MARIO GALAXY MOVIE F

All ages, 6:45-10:15 p.m.

Redbud Festival Park

facebook.com/redbudfestivalpark

Before the movie begins, enjoy a character meet and greet, face painting, balloon art and more.

JAZZ ON THE GREEN F

7-11 p.m.

Guthrie Green

jazzonthegreentulsa.com

An evening of live jazz music featuring local, regional, national and internationally acclaimed jazz musicians.

August 16 Sunday

ROADSIDE ABSTRACTIONS: ROUTE 66 & AMERICAN MODERNISM F

All ages, during Museum hours

Philbrook

philbrook.org

This exhibition invites viewers to experience American art the same way they'd experience the open road: with a sense of adventure. On view through Jan. 3, 2027.

August 17 Monday

CITIZENSHIP 101 F

For adults, 10:30-11:30 a.m.

Kendall-Whittier Library

tulsalibrary.org

Practice for the United States citizenship test. Repeats Aug. 24 and 31.

AUDITIONS FOR MURDER AT THE RUE ELEMENTARY F

All ages, 6-8 p.m.

Herron's Crown Opry Theater

mainstproductions.com

Main Street Spotlight holds open auditions for its upcoming production. All ages and skill levels welcome.

August 18 Tuesday

ROSE DISTRICT FARMERS MARKET F W

All ages, 4-8 p.m.

Rose District Plaza

brokenarrowok.gov

Shop the popular Rose District Farmers Market on Tuesday evenings.

August 19 Wednesday

HOMESCHOOL DAY

For homeschool families, 10 a.m.-2 p.m.

Science Museum Oklahoma

sciencemuseumok.org

Designed for homeschool families, this special day features hands-on activities exploring dinosaurs, fossils, plate tectonics and more. Registration encouraged.

August 20 Thursday

BUILD A READER STORYTIME: BILINGUAL F

10-10:45 a.m.

Kendall-Whittier Library

tulsalibrary.org

Enjoy stories, songs and activities in English and Spanish.

GREEN THUMB CLUB F

For adults, 4-5 p.m.

Central Library

tulsalibrary.org

Gather with other gardeners to exchange tips and pack seeds in support of the TCCL Seed Library.

August 21 Friday

MUSKOGEE HOT AIR BALLOON FESTIVAL

All ages, 5 p.m.

Hatbox Field

visitmuskogee.org

Two nights of spectacular hot air balloons, tethered balloon rides, live music and more. Repeats Aug. 22.

MEMBER MOVIE NIGHT: TROLLS F

For Discovery Lab members, 6-8 p.m.

Discovery Lab

discoverylab.org

Enjoy museum play without the usual crowds and a movie with a view.



Watch a classic film in the Will Rogers Theater. Admission and popcorn are free; doors open at 6.

August 29 Saturday

WELLSPRING WEEKEND

For adults, Aug. 29-30

wellspringweekend.com

Parenting through adoption or foster care comes with unique joys and challenges. This special weekend is designed to help you recharge, connect, and grow alongside other parents who understand the journey. RSVP online; space limited.

MAKER FAIRE TULSA F

All ages, 10 a.m.-5 p.m.

Expo Square

tulsa.makerfaire.com

A full day of hands-on activities, learning from local makers, and more. Attendance is free, but please RSVP online.

TULSA BALLET CENTER FOR DANCE EDUCATION OPEN HOUSE F

1-3 p.m.

Tulsa Ballet Broken Arrow Campus

tulsa.ballet.org

You and your little dancer can take a peek inside the studio and meet the teachers before making the leap!

FC TULSA GAME

All ages, 7:30 p.m.

ONEOK Field

fctulsa.com

Cheer for FC Tulsa as the team plays Rhode Island FC! It's Back to School Night, with a lunch bag giveaway!

August 30 Sunday

Find more at
tulsakids.com/calendar

August 31 Monday

LITTLE LAB W

Ages 0-4, 11-11:30 a.m.

Discovery Lab

discoverylab.org

Activities focus on learning shapes, colors, working on fine motor skills, identifying emotions and more.

August 22 Saturday

FORAGING WORKSHOP

9-11 a.m.

Philbrook

philbrook.org

Learn the basics of foraging, discover what people forage for locally and understand why foraging sustainably is so important. Pre-register.

SATURDAY NIGHT LAB: DISCO LAB

All ages, 5-8 p.m.

Discovery Lab

discoverylab.org

Dance the night away with a disco DJ, glow sticks, neon lighting and delicious food and drinks.

ON THE CUSP BIG EVENT F

All ages, 6-9:30 p.m.

ONEOK Field

facebook.com/onthecusppediatricdentistry

Join On the Cusp for an evening full of prizes, laughter, good times and more. Register on Eventbrite to receive your free ticket.

August 23 Sunday

FITNESS ON THE GREEN: ZUMBA WITH ARIANE F W

All ages, 10:30-11:30 a.m.

Guthrie Green

guthriegreen.com

This information is correct to the best of our knowledge. However, check with the organizer before attending events, as information can change.

An electrifying workout experience that seamlessly blends dance, music and fitness.

August 24 Monday

MISSION IMPOPSICLE F

All ages, June 20-Sept. 7

Tulsa Zoo

tulsazoo.org/popsicle

Giving is a treat, and your donation to Mission ImPopsicle presented by Renewal by Andersen benefits Tulsa Zoo's operating fund.

August 25 Tuesday

GENERATION GREEN F W

All ages, 9 a.m.-12 p.m.

Teaching Garden at Woodward Park

facebook.com/tulsagardenclub

Meet in the Teaching Garden Barn for chill crafts.

BUILDVILLE SOCIAL PLAYGROUP

Ages 3-8, 10-11 a.m.

Building All Children

buildingallchildren.org/buildville

A playful experience designed to support child development, build communication and social-emotional skills, and create joyful family memories. Pre-register online.

August 26 Wednesday

TEEN CONNECTIONS F

For grades 6-12, 4:30-6 p.m.

The Arc of Oklahoma

thearcok.org

This is a group for middle and high school youth with autism. Please contact Sherilyn at swalton@thearcok.org prior to attending for the first time.

August 27 Thursday

BUILD A READER STORYTIME: BILINGUAL F

10-10:45 a.m.

Kendall-Whittier Library

tulsalibrary.org

Enjoy stories, songs and activities in English and Spanish.

August 28 Friday

SUMMER DISCOVERY WALKS F W

All ages, 9-10 a.m.

Oxley Nature Center

oxleynaturecenter.org

A free, informal walk guided by Oxley staff naturalists. Meet at the message board. Also occurs Sundays, 2-3 p.m.

MOVIE NIGHT F

All ages, 7-9 p.m.

Will Rogers Memorial Museum

willrogers.com

Back-to-School Events

TOUCH-A-TRUCK BRISTOW

Aug. 1, 9 a.m.-12 p.m.

Bristow Rodeo Grounds,
499 Weatherwood Way, Bristow

An annual touch-a-truck event featuring free school supplies, face painters, bounce houses and more. facebook.com/touchatruckbristow

BACK TO SCHOOL BASH

Aug. 4, 5-7 p.m.

OSU-Tulsa

Free school supplies (while supplies last), free immunizations from Tulsa Health Department, community resources and more. events.tulsa.okstate.edu

CUTS FOR KIDS

Aug. 5-6, 10 a.m.-8 p.m.

Clary Sage College, 3131 S.
Sheridan Rd.

Free haircuts for school-aged children, on a first-come, first-served basis. Vendors will be on-site as well with information about local community resources. clarysagecollege.com

TEEN CLOTHING SWAP

Aug. 8, 11 a.m.-2 p.m.

Hardesty Regional Library, 8316
E. 93rd St.

Bring your clean, gently used clothing and accessories to swap them out for something more your style. Attendees will be entered into a drawing for a brand-new backpack. For tweens and teens. tulsalibrary.org

BACK TO SCHOOL BLOCK PARTY

Aug. 8, 11 a.m.-2 p.m.

Lacy Park,
2134 N. Madison Pl.

Join Tulsa Parks will be giving out free school supplies (while

supplies last), plus there will be music and family fun! tulsaparks.recdesk.com

BACK-TO-SCHOOL AT TULSA PREMIUM OUTLETS

Aug. 8, 1-3 p.m.

Tulsa Premium Outlets

Tulsa Premium Outlets will host giveaways, music and special promotions coinciding with Tax Free Weekend. premiumoutlets.com/outlet/tulsa

BACK TO SCHOOL BASH

Aug. 15, 1-3 p.m.

Woodland Hills Mall

A fun event for the whole family featuring tables from your favorite mall stores and other organizations. Plus, there will be a school supply drive for Union Public Schools. simon.com

TULSA TECH ANNUAL BACK TO SCHOOL BARBER BASH

Aug. 16, 1-3:30 p.m.

Tulsa Tech Sand
Springs Campus

Free haircuts for school-age children, walk-ins only. First-come, first-served. Please arrive with child's hair washed, dried and ready to be cut. facebook.com/tulsatech

SET SAIL FOR SCHOLARSHIPS

Aug. 22, 10-11 a.m.

Martin Regional Library

Aug. 29, 10-11 a.m.

Zarrow Regional Library

The event will include a brief presentation aiming to empower and support teens and parents seeking scholarship resources. Following the presentation, there will be time for hands-on exploration of scholarship resources and applications. tulsalibrary.org/events





Little Garden Explorers.

PHOTO COURTESY
PHILBROOK



Little Seedlings.

PHOTO COURTESY OXLEY NATURE CENTER

Activities for Babies & Toddlers

Looking for something to do with your littles? These regularly occurring events can add both adventure and a nice routine to your weeks/months. Some require registration and may fill up quickly, so be sure to check websites in advance for details.

ART BABIES

When: The first full weekend of the month/Seasonal

Where: Philbrook

Art Babies sessions are a special time for you and your pre-walking baby to spend time with artwork in an entirely new way. Sessions will include hands-on sensory exploration, singing, stories and more in the Philbrook galleries. Learn more and register at philbrook.org/calendar

LITTLE GARDEN EXPLORERS

When: Wednesdays, 9:30-11:30 a.m./Seasonal

Where: Philbrook

Designed for children under 5, this come-and-go playtime invites little hands to dig, splash, build and discover the wonders of the season. Drop in and explore at your own pace. Meets through TPS Fall Break. philbrook.org

LITTLE LEAPERS

When: Weekly

Where: Sky Zone

A high-energy play adventure for parents and children ages 6 and under. skyzone.com

BUILD A READER STORYTIMES, TULSA CITY-COUNTY LIBRARY

When: Weekly

Where: Tulsa City-County Library branches

Tulsa City-County Library hosts regular storytimes focused on building early literacy skills. There are options for babies, toddlers, preschoolers and the whole family! tulsalibrary.org/events

LITTLE LAB: EARLY LEARNERS PROGRAM

When: Mondays, 11-11:30 a.m.

Where: Discovery Lab

This weekly event is for guests ages 4 years and younger. Activities focus on learning shapes, colors, working on fine motor skills, identifying emotions and more! discoverylab.org

LITTLE SEEDLINGS

When: The second Friday of each month, September-May

Where: Oxley Nature Center

Curious nature-lovers (ages 1-5) and their caregivers work on a themed craft and take a guided trail walk. Registration will open August 1 at oxleynaturecenter.org/calendar

NATURE BABIES

When: Monthly

Where: Chandler Park

Young ones (ages 0-5) will learn about the environment around them by engaging in hikes, activities, games, song/dance, crafts and stories. Pre-register at tulsacountyparks.recdesk.com

NATURE BUDDIES

When: Monthly/Seasonal

Where: Tulsa Zoo

Enjoy some creative playtime with your toddler (ages 0-3 years) as you meet with a zoo educator to start building a connection with nature in this fun and interactive sensory experience. Cost: \$10 per child registered

Visit tulsazoo.org/learn to see a list of upcoming events and registration details.

NATURE TOTS

When: Monthly

Where: Ray Harral Nature Center

A three-part monthly series for ages 2-3 and 4-5. Each month features a different theme designed to engage your child's curiosity and wonder. See upcoming dates at facebook.com/rayharralnaturecenter, and pre-register at secure.rec1.com/OK/broken-arrow-ok/catalog

TINY TOTS

When: Thursdays, 10 a.m.-1 p.m.; Saturdays, 9-11 a.m.

Where: Wheels and Thrills

Kids ages 0-6 can jump, ride and play at this special playtime just for them. Saturdays are character days, where kids can meet their favorite characters! wheelsandthrills.com

Ruby Anton:

Growing a Love of Nature Through Girl Scouts

By **Natalie Mikles**



LEFT Ruby Anton in the garden at Christ Church Episcopal, where she completed her Girl Scout Gold Award project. ABOVE Ruby teaches younger Girl Scouts about gardening and pollinators during one of her workshops.

An aging pavilion outside her church inspired Ruby Anton's Girl Scout Gold Award project.

For the award, which is the Girl Scout's highest honor, Ruby transformed the area into an outdoor gathering place complete with restored picnic tables, electricity, a revitalized butterfly garden and educational activities that will continue serving younger Girl Scouts for years to come. She also wrote curriculum and led workshops that teach girls about pollinators, gardening and caring for nature.

A Girl Scout for 13 years, Ruby will be a senior at Augustine Christian Academy this fall. We met Ruby at the garden space at Christ Church Episcopal to see her project and find out what inspired it.

TK: Tell us about your Gold Award project.

Ruby: Ever since I've been at this church, there's always been this pavilion that was broken down, and nobody used it. At one point, they even had caution tape around it because they thought it might

fall down. I realized it could be used in such a better way. There was also a butterfly garden that wasn't being taken care of, even though it's a certified Monarch Waystation. So I restored the pavilion, built picnic tables, revitalized the butterfly garden and created workshops to teach younger girls about pollinators and gardening.

TK: It's amazing seeing everything you've accomplished. Which part of the project are you most proud of?

Ruby: Definitely the process of creating and writing curriculum and then using that curriculum to put on workshops for younger girls. I'm so glad I had a chance to reach out to those younger girls and teach them about planting, pollinators and many other things!

TK: If a younger Girl Scout visited your project five years from now, what would you hope she takes away from it?

Ruby: I hope if a younger girl or anyone visits my project, they would be able to see how important the nature is around us and why we need to care and tend for it.

TK: You transformed a neglected space into something beautiful and useful. What did that experience teach you about making a difference in your community?

Ruby: I feel like you always hear how important making a difference in your community is, but once you actually see the impact your time and effort has made toward your community, it really does encourage you to step out and make a difference more regularly.

TK: What has surprised you most about yourself through this project?

Ruby: My love for community service. My whole Gold Award has really started my love for serving others and my community. One of my biggest goals before I graduate high school is to get as much community service as possible. I'm pretty sure I have passed 300 hours so far! Serving provides you with so many different experiences, skills and opportunities to help your community.

TK: You've been a Girl Scout since kindergarten. What has Girl Scouts meant to you?

Ruby: It just opens up so many different doors and opportunities for you, and it gives you so many

opportunities to try new things. Several of my hobbies now have come from Girl Scouts. I discovered my love of traveling through Girl Scouts. I realized I love gardening and helping younger girls through Girl Scouts. It's such a positive community that encourages you to go out and try new things.

TK: You've had some amazing travel opportunities through Girl Scouts. Tell us about those.

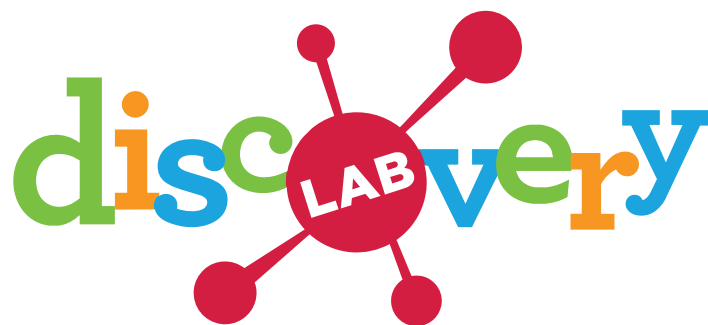
Ruby: I've traveled to England, Scotland, New York, Washington, D.C., Los Angeles and Iceland through Girl Scouts, and this summer I'm going to Vancouver and Seattle. It's really fun, and I've made friends from all over the country through those trips.

TK: What do you enjoy doing when you're not busy with Girl Scouts?

Ruby: I love playing tennis. I also play electric guitar, acoustic guitar, bass and piano. I'm involved with worship teams at my church and at school, and I enjoy art, too.

TK: What are your plans after high school?

Ruby: I hope to play tennis in college and major in either kinesiology or sports medicine. **TK**



Year-round family fun comes with every membership to Discovery Lab and it pays for itself in as little as four visits! The benefits of membership include:

- Unlimited, free admission for a year
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Time is running out! Help us meet our summer fundraising goal, then join us for the final
Operation ICE SPY when our animals receive their **special ice treats SEPTEMBER 7th!**