

WATCH:

NOURTURE

PARENTING IN THE WESTERN SAN JUANS FEBRUARY 2012



ICE SKATING IN RICO ANYONE? – Thanks to resident Dick Lanning for building and maintaining an ice skating rink in Rico, youngsters like Rico Elementary School students (top, left-right) Lydia Hagan, Addie Jones and Ava Hagan can get outside for some winter skating fun during recess. (Photos by Brett Schreckengost)



FREE MOVIE AT THE PALM – Telluride Film Festival's Sunday at the Palm series presents a free screening of the animated feature *Eleanor's Secret*, Feb. 12, 4 p.m. at Telluride's Michael D. Palm Theatre. When 7-year-old Nathaniel goes to spend his summer holiday at the seaside villa bequeathed to his parents by his Aunt Eleanor, he discovers a library of old children's books. Young Nat's ability to read sets his imagination free inside his aunt's magical attic library, where characters like Captain Hook, Alice in Wonderland and the Wicked Fairy literally come to life. The movie is rated G and runs 80 minutes.

FIVE WAYS TO INTRODUCE YOUR CHILD TO THE WORLD

BY GINGER HELLER

When was the last time you had a discussion with your youngster about events taking place in the news: the oil wells that blow up in Libya, a gold mine strike in South Africa, the political turmoil in Somalia? Have you ever asked your child what he/she thinks about any of these events and how the events might have an effect on him or her?

Here are five things you can do with your children so that they'll understand what's going on in the world:

FIND AN ARTICLE IN THE NEWS

Show the news article to your youngster and read it together. Newspapers, magazines and information from radio and television that is streaming into your house provide wonderful starting points for discussions, too.

LOCATE WHERE THE EVENT IS TAKING PLACE

Use a map, or better yet, a globe to show the child where in the world a news story is occurring. Each time you locate where a current event takes place, you are helping your child explore the world.

DISCUSS WHAT'S HAPPENING

Ask questions about a news story such as: Why do you think this happened? What could be going on? How do you think the people involved in the situation feel? Why? In other words, discuss the possible "back story"--what could be happening behind the scenes?

Inquire with your youngster what else might be happening.

If you can find a news story that involves children, you might ask whether these youngsters have the same opportunities and prospects for the future as your child does. What can you do that might, in some small way, make a difference now or years down the road?

ASK OPEN-ENDED QUESTIONS

Based on a news story, ask your child questions that can lead to further discussion. For example, you might probe a bit: How does learning this make you feel? What did you think about when ...? What makes you say that? If you were one of the people involved in this event, what would you do? Did you find this article interesting? Did it make you wonder or worry? Why? How does the news story affect the world and the people in it?

Make sure to also give your own opinion after you hear from the child. Young people need to know what you think and why. They may disagree with you, and that's okay. Also ask what piece of information in the article or in their own lives leads them to believe as they do.

TRY TO MAKE THIS A WEEKLY EVENT

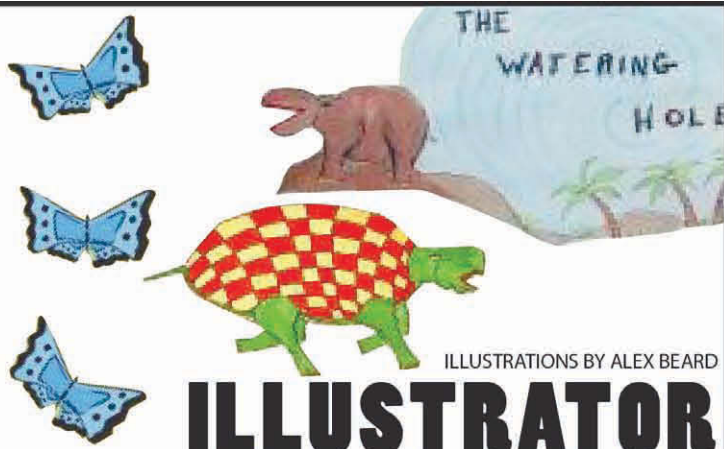
This is perhaps the most important point. Talk to your children frequently about news events and places in the world. Ask them for their opinions. Show them that these occurrences affect them now, and can affect them in the future, as well. If you do this on a regular basis, you will be amazed at the improvement in your child's vocabulary, critical thinking, and global understanding.

These five suggestions will help you bring your youngster

CONTENTS

ASK AN EXPERT	2
NOURISH - RECIPES FOR FOOD AND FUN	3
CALENDAR	4

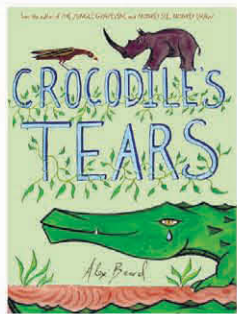
see **CURRENT EVENTS** on page 2



ILLUSTRATIONS BY ALEX BEARD
ILLUSTRATOR WITH A CAUSE

Picasso, Rudyard Kipling, Roald Dahl, Aesop, Henry David Thoreau. What do these artists and writers have in common? Meet Alex Beard, a children's book illustrator who specializes in the whimsical and finds inspiration in the classics.

The son of a philanthropist, Beard longs to share his love of art with children of all ages. He expressed this idea in an interview with the Times Picayune when he said, "Art should be fun for kids...I work with kids to teach them that they should not be afraid to express themselves, and that artists are not all two-headed monsters dripping in angst and poverty." This is the philosophy Beard will bring to Telluride when he reads from his latest book "Crocodile's Tears" at the Wilkinson Public Library on Wednesday, February 22 at 11:00 a.m. He will also make two presentations at Telluride Elementary on February 21 and at the Mountain School on February 22.



For those unfamiliar with the work of Alex Beard, you may have seen his whimsical style on display after he created the poster for the MountainFilm Festival in 2010. That year the subject was species extinction, and Beard's unique portrayal of the animal kingdom was a natural fit. "As far as book authors go, we are extremely lucky to have Alex visit our community," concludes Elizabeth Tracy, Youth Services Manager at the library. For more information on Alex Beard watch for an article and interview to be published on Tellurideinside.com in the next few weeks.

FEBRUARY PROGRAMS

TEENS

- Cooking Club**
Mondays at 4:00
- Clowning and Theater**
Tuesdays at 4:00
- Video Game Club**
Thursdays at 4:00
- Director's Club**
Thursdays at 4:00
- Playing Outside in Winter**
Thursdays at 4:00
- Teen Wii**
Fridays at 4:00
- Valentine's After Hours**
Friday, Feb. 10 at 6:00
- Teen Book Club**
Friday, Feb. 24 at 4:00
- Stencils with Luis**
Wednesday, Feb. 29 at 3:30

CHILDREN

- Story Time**
Mondays, Wednesdays and Fridays at 11:00
Saturdays at 11:30
- Read to a Dog**
Mondays at 3:30
- Wiggle Dance Time**
Dance party for kids after story time
Friday, Feb. 10 & 24 at 11:30
- Tell Mama in Sign Language**
Communicate with your little ones every Sunday at 3:00
- Valentine's Day Teaser**
with Ah Haa's Amy Barber
Tuesday, Feb. 7 at 3:00
- Boys and Girls Club**
Read "The Golden Compass"
Thursday, Feb. 16 at 5:30
- Fabric Fun with Paula**
Make a pocket for your gear
Tuesday, Feb. 21 at 3:30
- Pinhead Institute**
No School Science Project
Tuesday, Feb. 28 at 3:30



ASK AN EXPERT:

My Child Hates Brushing His Teeth

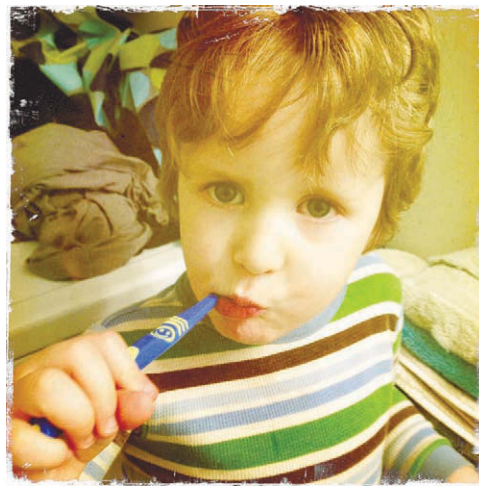
BY JAN HUNT

Dear Jan:
My son, Adam, will be 3 in a couple of months. I work outside the home as a teacher, but I am still nursing him, he sleeps with my husband and me, we try to be gentle with him during tantrum-like behavior, and my mom (a very loving grandma) watches him during the day. He is a wonderful child with a lot of personality. He, of course, will scream when he can't have something or do something he wants. Most of the time he is able to direct his play and activities during the day. I also know that children are ready for various things at different times. I am a bit worried about him not brushing his teeth since I have noticed a line of what I guess is plaque going across his teeth near his gums. He does put the toothbrush in his mouth and move it around and he sees us brush our teeth. He will not let me brush his teeth for him. I thought I might try to wipe or brush his teeth after he nurses to sleep in my lap sometimes (that is how I get his nose clean!). I wondered if you had any other suggestions for me.

- Wendy

Dear Wendy:

I know firsthand how challenging it can be when a child resists doing something that we want him to do or feel that he needs to



do. Even parents who understand the importance of respecting their child's autonomy will sometimes find a real conflict between what they feel the child needs to do and what the child wants to do, especially where there are health or safety factors. Because Adam is not yet verbalizing his feelings clearly, that makes it even harder to analyze the problem and to solve it.

If a child resists tooth brush-

ing, what is he saying? There are so many possibilities here. He may be saying that he doesn't like the look of the toothbrush, or the flavor of the toothpaste (he may even have a hidden allergy to one of its components). He may have swallowed toothpaste once and is afraid it will happen again. His gums may be hurting because a tooth is coming in (have they all come in yet?). Perhaps tooth brushing is becoming an issue and he doesn't like the feeling of being "on the spot." He may not understand why brushing is so important (this connection can be difficult to make at such a young age). He may simply not understand how to brush his teeth and feels confused about how to do it.

Before there is clear verbalization, it's all guesswork. Physical forms of communication, such as pointing and facial expressions, can be helpful, but there is a wide range here too as to how demonstrative a child will be when they don't know the words to use. One child will pull a parent to the front door and tug on the doorknob to let us know they want to go outside. Another child will look out the window with his hands in his pockets! Even the most closely bonded parent can be left to wonder what is being communicated.

So we are left with guesses and possible options to try. As I suggested earlier, you could try a new toothbrush or toothpaste, especially ones that he himself has chosen. To avoid possible allergy-related resistance, you could try a toothpaste that has no food color, sugar, or chemicals. One we like is called Dabur. Or try the new Soladey2 toothbrush from Japan (carried at some health

see **BRUSHING** on page 4



DISCUSS THE STORY WITH YOUR CHILD - Whether reading a book or a news article, ask your child questions that might lead to further discussion. Attending your library's story time hour is a great way to engage young readers. Many bring in special guests, such as acclaimed author and illustrator Alex Beard, who will present at Telluride's Wilkinson Library on Feb. 22. (Photo courtesy Wilkinson Public Library)

CURRENT EVENTS

from page 1
into a more grown-up place, and to be more seriously aware of the world.

A wonderful by-product of this

engagement, and perhaps its greatest gift, is that it provides a vehicle for communication. You will get to know your child better and your child will get to know you. It can be quite enlightening and satisfying, and hopefully, can become a

time that both of you look forward to spending together.

Ginger Heller is the author of Marco Polo Blackberry. For more information, visit www.MarcoPoloBlackberry.com.

WATCH NURTURE

Kid-Friendly Apple Crisp

Kids love apples, and why wouldn't they? Apples have a low calorie count (80 calories for a medium-sized apple) and phytonutrients that help regulate blood sugar. Not too surprisingly, the most popular apples are the sweetest – Red and Golden Delicious are the best-selling apples in this country. It's lucky that the skin is edible, because scientists now say that's where some of this fruit's most important nutrients lie. An apple is a good source of fiber, including the soluble fiber pectin, and of vitamin C. Eat them raw, with almond butter, for a nutritionally packed snack. Apple crisp is one of the simplest desserts to make. This recipe is made more nutritious by keeping the skin on the apples, using natural sugar, and adding nuts.

INGREDIENTS

10 cups apples, cored and sliced (leaving the skin on adds nutrition and fiber)

- 1/2 cup raw honey
- 1/2 cup hot water
- 1 Tbs. whole wheat flour
- 1 tsp. ground cinnamon
- 1 cup oats
- 1 cup whole wheat flour
- 1/2 cup Sucanat (or packed brown sugar)
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 cup butter, melted
- 1/4 cup chopped pecans or walnuts

Preheat oven to 350 degrees. Place the sliced apples in a 9x13 inch pan. In a separate bowl, mix together the honey, hot water, 1 Tbs. flour and cinnamon. Pour honey mixture evenly over the apples.

In a bowl, combine the oats, 1 cup flour, brown sugar, baking powder, baking soda, melted butter, and nuts. Crumble evenly over the apple mixture and place in the pre-heated oven. Bake at 350 degrees for 45 minutes.



Dylan D. Brooks
Financial Planner
Dylan.Brooks@axa-advisors.com
Tel: (970) 728-8116

AXA Advisors, LLC
220 South Pine Street Mailing Address: PO 2292
Telluride, CO 81435

- Education Planning (529)
- Disability Insurance
- Life Insurance
- Estate Planning

AXA ADVISORS
redefining / standards®

AXA Advisors, LLC (NY, NY (212) 314-4600), member FINRA, SIPC. GE-54844 (4/10)

Children's Sermon and Sunday School weekly

Christ Presbyterian Church
www.christchurchtelluride.com

Sunday Service 10 AM

Christ Church located across from the Elementary School

The Natural Child Project

Articles, books, resources, children's art and more.

naturalchild.org

give: naturalchild.org/donate

GIRLS JUST WANNA HAVE FUN!

Drop off the kids, pick up your skis and get in gear, girl!

THIS WEEK'S REAL DEALS

UP TO 30% OFF SELECTED

- Patagonia
- UGGS
- Sorel
- Costa Del Mar
- Nordic gear
- 2011 bikes

PARAGON ON MAIN:

- FREE HEELS and WHEELS
- Nordic demos
- Pugsley Snow Bike rentals

BOOTDOCTORS AT OAK AND MOUNTAIN VILLAGE:

Awesome women's skis on sale NOW

GUARANTEED TO INCREASE YOUR FUN QUOTIENT!

MV BOOTDOCTORS OPEN DAILY 8AM-7PM 728.8954
 OAK STREET BOOTDOCTORS OPEN DAILY 8AM-6PM 728.4581
 MAIN STREET PARAGON OPEN DAILY 8AM-8PM 728.4525

KIDS' CALENDAR

JAN. 27

Educators' Forum – A full-day forum on renewable energy for educators, sponsored by the New Community Coalition; Norwood School, 8:45 a.m.-5 p.m. Intended for regional middle school teachers and 1-3 students, if desired. Fee: \$50 per teachers; no charge for students. Visit newcommunitycoalition.org or call 970/728-1340.

FEB. 1-21

Fun with Food – At Wilkinson Library, Telluride, 3:30-4:30 p.m. Kids grades 3-5 create fun, nutritious hot and cold snacks.

FEB. 3-4

Ouray High School Theatre Dept. Rummage Sale – 8 a.m.-2 p.m. both days. All proceeds go to improve Multi-Purpose Room.

FEB. 3, 4 & 6

Sheridan Arts Foundation/Young People's Theater: 13 – A musical about the life of 13-year-old Evan Goldman, who relocates from the Big Apple to tiny Appleton, Indiana around the most critical time of his life so far: Bar Mitzvah; Sheridan Opera House, 6 p.m. More info., sheridanoperahouse.com.

FEB. 7

2nd Mt. Sneffels Education Foundation/San Miguel Power Trivia Bowl Challenge – Ridgway Elementary School, 6:30-8:30 p.m. Soup supper, 5:45 p.m.; trivia 6:30 p.m. Admission: \$7 (children \$5, family of four, \$20). Team entry deadline is Feb. 1. Visit mtsneffels.org or call 970/325-0967.

Valentine's Day Teaser – With Amy Barber and Ah Haa School, for all ages, 3:30 p.m., Wilkinson Library, Telluride.

FEB. 8

Special Story Time With Melanie Milburn, author of *I Love You More Than Chocolate*, 11 a.m., Wilkinson Library, Telluride.

FEB. 12

Telluride Film Festival's Sunday

at the Palm – The animated adventure *Eleanor's Secret* (1:20; G); Palm Theatre, 4 p.m. This event is free.

MONDAYS, FEB. 13-MAR. 12

Tiny Tumblers – A class for the little ones at Hypoxia Gym, Ouray, 9:30-10:15 a.m., weehawkenarts.org.

THURSDAY, FEB. 16

Boys and Girls Book Club – At Wilkinson Library, Telluride, 5:30-6:30 p.m. Third-sixth graders discuss first book Winter Book Club Trilogy, *The Golden Compass Pizza Party*.

FEB. 17

Art Wars – A night of performing and visual arts by Montrose High School students to benefit the Rotary Youth Exchange Scholarship Fund; MHS, 6-9 p.m. Submissions due by Feb. 7. Email andreaohooever@q.com or call 970/209-5513.

FEB. 21

Fabric Fun Pockets – At Wilkinson Library, Telluride, 3:30 p.m. Third-sixth graders sew an extra pocket to carry their phone, gear, etc., with Paula.

FEB. 22

Special Story Time With Alex Beard, acclaimed author and illustrator, 11 a.m., Wilkinson Library, Telluride.

FEB. 28

Pinhead No-School Science Project: Density Divers – At Wilkinson Library, Telluride, Create Your Own Cartesian Creation.

ONGOING:

WEDNESDAYS THROUGH APRIL 4

Kindermusik Our Time: Away We Go – For ages 1-3, Ah Haa School, Telluride, 10 a.m. Call 970/728-3886 or go to ahhaa.org.



ON STAGE – Young thespians Jessi Solomon, left, and Willy Hess rehearsed '13,' the latest production of the Sheridan Arts Foundation Young People's Theater. The show premieres Friday, Feb. 3 at 6 p.m. at the Sheridan Opera House in Telluride. (Photo by Brett Schreckengost)

THURSDAYS THROUGH MARCH 23

Climbing Wall, Child & Family Night – Ages 7-14, Montrose High School, \$5 per night drop in, 6:30-8:30 p.m. Call Montrose Rec, 970/240-7705.

THURSDAYS THROUGH APRIL 26

Commercials & Improv Comedy II – Reading age through 13, 4 p.m., Montrose Rec District Apex Room. Call 970/240-7705.

ANNOUNCEMENTS:

Reading to Rover – Fridays through March 17, 1:30-2:30 p.m. (appointments recommended), Montrose Regional Library, 320 S. Second St.

Montrose Library Classes Through Mid-March, Montrose Regional Library, 320 So. Second St.: **Jingles** (children of all ages), Tuesdays, 10 a.m.; **Gems** (ages 3-5), Thursdays, 10 a.m. and 1:30 p.m.; **Rhyme Time** (birth to age 3), Fridays, 10 a.m.

Child Find Free Developmental Screenings – Montrose School District RE-IJ, for children from birth to age 5. Written parent or guardian permission required; 970/249-2405.

Weehawken Dance & Karate Classes – Go to weehawkenarts.org or call 970/318-0150.

Weehawken Arts Scholarships Available – Deadline for applications is midnight Feb.

8. Visit weehawkenarts.org/scholarships.

Mommy and Me Support Group

– For mom/baby issues, third Wednesday of each month, Montrose Memorial Hospital, 645 S. 5th St. Call Jenifer, 970/417-1852 or 970/252-2542.

Nurturing Fathers – Free with enrollment in Empowering Dads, Montrose County Health and Human Services, 970/252-5000.

Ridgway Story Time – Mondays/Fridays, 11 a.m.-noon; Craft Time for ages 3-6, Wednesdays, 1:30 p.m.; Ridgway Library

Craft Time – For ages 3-6, Wednesdays, Ridgway Library, 2-3 p.m.

Artrageous After School Days, Wednesdays/Thursdays, 3:15-5 p.m., Ah Haa School, Telluride, ahhaa.org

Ridgway Secondary School Climbing Wall – Open Tues./Thurs., 6-9 p.m., \$5 adults/\$3 students, children. Contact Jill Huesgen, 970/626-4279.

Casting Call: Coyote Tails – Hawks, rattlesnakes, horses, badgers ...all Southwestern animal-portrayers in grades 2-12 welcome to try out for Mar. 16-17 production at The Livery, Norwood. Rehearsals, Thursdays, 3:30-5:30 p.m. Stagehands and other volunteers needed. Call 970/729-1681 or visit aceofnorwood.org.

Telluride Choral Society KidSing Rehearsals begin week of Feb. 6

for grades 3-12, call 970/729-0082 or email rlmuckerman@yahoo.com.

Creative SpACE and My SpACE – Arts and Crafts for youngsters, and karaoke and movies for older kids. More info., aceofnorwood.org.

Telluride Figure Skating Club – Lessons on Wednesdays, 3:45-4:45 p.m., at the Hanley Ice Rink. Visit tssc.org or call 970/729-0913.

Tell Mama, in Sign Language – At Wilkinson Library, Sundays, 3 p.m. Communicate with your infant or toddler with Kathryn Frazee.

Regular Storytime – At Wilkinson Library, Mon., Wed., Fri., 11 a.m.; Sat., 11:30 a.m.

Bilingual Storytime – At Wilkinson Library, on break until March

Yoga Storytime – At Wilkinson Library, Wednesdays, Feb. 1, 15, 29, 10:10 a.m.

Read to a Dog – At Wilkinson Library, Mondays, 3:30 p.m.

Wiggle Dance Time – At Wilkinson Library, Fridays, Feb. 10 and 24, 11:30 a.m.

Story Time, Cortez Public Library – Theme: Winter Activities. Story Time convenes every other Friday at 10:30 a.m. for preschoolers; older children are welcome to join in the craft at 11:15 a.m.

To submit a listing for the monthly Watch:Nurture calendar, email jessica@watchnewspapers.com.

BRUSHING from page 2

food stores) that we have also used; it doesn't require toothpaste and is marketed as "the most efficient plaque-reducing toothbrush."

Adding fun to a job always makes it easier for a child. Have you tried a dentist's kit? He could be the dentist with you as the patient, and then you might be able to switch roles and brush his teeth. It really is

better in some ways for the parent to do the brushing for a young child, because it will be more thorough, and therefore can be done less often.

Some families make the job more fun by using an egg timer: They and their child brush until the sand runs out. I've read of one family who played "decay detective" by bringing several kinds of food into the bathroom and eating one at a time, then inspecting their teeth in the mirror. They would then brush and re-inspect their teeth. When a child more clearly understands the reason for brushing, it is usually easier to motivate them.

Some families find a friendly dentist willing to have the child visit with no dental work, and no

pressure on the child, just a demonstration of brushing that he can watch. Finding such a dentist now, and introducing him/her to Adam could be a big help later in case any urgent work is needed. But be very careful here. Do a lot of research first (La Leche League leaders may be one good resource), visit the dentist by yourself before bringing your child, and if you arrange a visit, make it absolutely clear that you will be present at all times and that no work is to be done on this visit even if the dentist happens to notice something. That way you can make Adam the promise that the dentist will not be doing any work, and keep that promise.

Here are a few suggestions:

Brushing Well, by Helen Frost

Show Me Your Smile: A Visit to the Dentist, by Christine Ricci

Also, dental tools (like the little mirror used for examining teeth) can help a child to become comfortable with some of the items he'll see at the dentist's office. Look for real ones, not toys. Real tools are always more highly prized and used than toy ones.

– Jan

Jan Hunt is the director of *The Natural Child Project* and author of *The Natural Child: Parenting from the Heart* and *A Gift for Baby*, and the co-editor of *The Unschooling Unmanual*.

Recycling is easy!

Teach your children to recycle. The Earth will thank you.

Recycling Questions?
(970)462-6595
M-F: 8-5, Sat: 8-noon



Trash Pick-up
(Residential & Commercial)
Loghill to Olathe
(970)249-6234

Cornerstone Waste & Recycle • 1150 N San Juan • Montrose