

AUGUST 2012 • Free

What Every Parent's Talking About

parentingOC



THE BACK-TO-SCHOOL ISSUE

- **COWABUNGA!** Cover Kids Shred in OC-Native Threads
- **BABIES to Strangers:** Ready for Child Care or Preschool?
- **LAST BLAST** Summer's not Over Yet. 75 Things to Do

SPECIAL SECTIONS: Preschool, After-School Activities & Baby Guides

contents

AUGUST 2012



26



34



70

Features

25 SHOPPING FOR BACK-TO-SCHOOL CLOTHES

By Denise Yearlan

25 COWABUNGAI! BACK-TO-SCHOOL FASHION

Photography by Ana Brandt

34 BABY PLAY

By Sandra Gordon

39 PRESCHOOL READINESS

By Sandra Gordon

OC Woman

10 WHAT'S HOT

Compiled by Amy Leadbetter

32 M2W

What Do You Pack in Your Kids' Back Lunch

Compiled by Madeline Dwyer

Compiled by Madeline Dwyer

go oc

58 EDITOR'S PICKS

Compiled by Danielle Smith

59 RECOMMENDED AROUND OC

departments

6 FROM THE PUBLISHER

Randal Temeey, Editor-in-Chief

9 POC COMMUNITY

Win Sipako Designs Family Tree Charm • Win Safety Web Membership • Win Family 4-pack to The Children's Discovery Museum • Win DVD Bundle

13 HEALTH HEADLINES

Compiled by Madeline Dwyer

14 ASK THE EXPERTS

The Right Milk • Success Through Failure • Scissors • Etiquette For Teens

70 2 KIDS & A \$20

Compiled by Chyd Morgan

74 IN THE MOMENT

Dis'N Tell

special sections

36 MOM'S CLUB LISTINGS

42 PRESCHOOL LISTINGS

50 AFTER SCHOOL ACTIVITIES LISTINGS

advertising

71 CLASSIFIEDS

72 AD INDEX

on parentingoc.com

READ THE ENTIRE ISSUE ON OUR E-MAGAZINE

LOOK UP CALENDAR LISTINGS BY DATE OR CATEGORY

USE OUR RESOURCE DIRECTORIES

on the cover



Cover shot of Aliso Creek Beach in Laguna. Cover models (from left to right): Julianne, 4, February 2011 cover model; Ava, 7, first time cover model; Mary Ellen, 5, January 2011 cover model. Flip to page 26 to find the freshest back-to-school OC fashions.

Cover photography by Ana Brandt
www.AnaBrandt.com

health + wellness

Some young dancers and athletes undergo surgery to allow them to continue a high level of participation in their sport; this is a decision that should not be taken lightly. Surgery to correct scoliosis is immensely complicated and should only be performed by the top orthopedic doctors that specialize in scoliotic surgeries.

Since the high majority of Adolescent Idiopathic Scoliosis cases barely progress and are self-limiting (stop the cessation of skeletal growth that occurs at an average age of 17-years-old) parents should keep their child active to promote joint motion; special exercises for scoliosis are not necessary as they do not show significant positive effects. If a child with scoliosis is not already playing a sport, it is best to enroll the child in a balanced whole body sport activity, such as dance, martial arts, or even yoga classes. Being active in a sport is one of the best recommendations a doctor may make in regards to a child with scoliosis. It is also recommended for the child to obtain chiropractic treatments. Chiropractic treatments will induce motion to the specific joints that are affected by the scoliosis and alleviate the occasional aches and pains that are associated with scoliosis and increased physical activities or sports. —*Jack R. Giangilio, D.C.*

Etiquette Education for your Teen



My teenage son does not understand why knowing basic business etiquette skills should matter in today's high-tech world. What can I do to wake him up to its importance for college and his future career?

As a college and career strategist, I tell students business etiquette is not about doilies, drinking tea, or cotillions. Instead, I stress business etiquette is about knowing how to make a good first impression, being careful about personal appearance, and having good communications skills. No matter how brilliant you are, a lack of business and social skills can hold you back from academic, social, and career opportunities.

Don't show your future boss or college dean your nervous habits, show them your maturity and poise.

Many teens do not realize there are proper ways to sit, stand, and walk when they are in public, otherwise known as deportment, body language, or poise. Teens are typically unaware of their nervous habits, like tapping pencils, fidgeting and twitching, which do not convey confidence and make other people uncomfortable. Make teens aware of their nervous habits and urge them to suppress the need to fidget.

When meeting someone for the first time, stand up and take notice of the person to demonstrate respect.

Good posture commands respect, even for a teenager. Standing up straight can attract people because it implies confidence. Have your teenager look in a full-length mirror to see if the image they project while standing shows that they are at ease in any situation.

Off and away is how to carry your cell phone when meeting someone with power over your future.

With the widespread use of hand held electronic devices teens are often seen walking with their heads held down as they text to friends. Ask your teen to put away their devices and pay attention

health + wellness

Pediatric Dentistry
for infants, children and adolescents

NEW WATER LASER TECHNOLOGY
NO Drills,
NO Shots,
NO Numbness
*In most cases

JOIN DR. TEDDY'S NO CAVITY CLUB- START YOUR CHILDREN WITH GOOD DENTAL HEALTH NOW

Dr. Ted I. Kim, DDS
Graduate of Johns Hopkins University and
Columbia University School of Dentistry

31920 Del Obispo St, Ste 165
San Juan Capistrano (behind BofA)
949-388-8181

3500 Barranca Pkwy, Ste 260
Irvine (across from Target)
949-786-1383

www.TeddyBearDental.com

to everything and everyone around them when they walk. Walking with purposeful steps and with confidence is a very simple way of commanding respect from others.

Clothes & makeup can make a statement about your attitude or work ethic, even if it is unintentional.

Stress to your teen that they only get one chance at a first impression so they should do their best to present themselves in the best possible light every time. They need to always be thinking about what their appearance says about them and present their best selves. Tattoos, body piercings, heavy make-up, baggy pants, tight or revealing clothing have no place at upscale university events or in today's workforce.

A real smile, face to face, beats an emoticon every day of the week.

As teens transition from high-school to college to the workforce they will soon realize that slang is not a language; people do not speak in sound bites or write with emoticons, and cursing is never acceptable. Good communication skills require eye contact, paying attention, listening, and really thinking about what others are saying. Look people right in the eye and make a genuine connection with a smile that speaks volumes about your confidence.

Now, more than ever, students should realize they will no longer just be applying for college or for a job after graduation—they will be competing for them. Knowing good manners and basic business etiquette can give students the winning edge in an increasingly competitive college admissions process or job market.

—*Elizabeth Venturini, M.Ed.*

About the Experts



Jack R. Giangulio, D.C. is a chiropractor considered to be one of the leading authorities in the field of dance injury and youth sports. For more information about Dr. Giangulio and his practice in Newport Beach, CA, go to www.danceinjurydoctor.com



Ashley Rosales, RD, is a Registered Dietitian for the Dairy Council of California located in Irvine. www.dairyCouncilofca.org



Susan Kelsey is a licensed Marriage and Family Therapist and Registered Play Therapist Supervisor in Costa Mesa. www.susanKelseyMFT.com



Elizabeth Venturini, MBA, is a college career strategist who helps OC and LA students gain admittance to select colleges, create a favorable career path, and learn the social skills they need to truly succeed after college. For more info go to: www.Scholasticus.net.

All Children's Dental

It's an adventure, not a visit!
DENTAL CARE FOR CHILDREN OF ALL AGES

ADULT		CHILDREN
<ul style="list-style-type: none">•GENERAL DENTISTRY•COSMETIC BONDING•ROOT CANALS•CROWNS & BRIDGES•DENTURES•ORTHODONTICS•TEETH WHITENING		<ul style="list-style-type: none">•NURSING BOTTLE DECAY•ORTHODONTICS•PEDIATRIC SPECIALTY CARE•EMERGENCY CARE•FULL RANGE OF SEDATIONS•WHITE CROWNS & FILLINGS FOR "BABY TEETH"•GAME ROOM & MOVIE THEATRES FOR KIDS•DIGITAL X-RAYS WITH 80% LESS RADIATION

New Patients Always WELCOME

OFFICE HOURS:
Mon, Wed, Fri 9am-6pm
Tues, Thurs 10am-7pm
Saturday 8am-3pm

<p>NEW PATIENT SPECIAL \$35</p>	<p>FREE Orthodontic Consultation</p>	<p>NEW ADULT SPECIAL \$55</p>
--	---	--