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# Tumbleweeds

**MAGAZINE**

Summer 2023 | FREE

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**New Parent  
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Pg. 17  
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# Posted

## Cover Kid Q&A

On the Cover: Susanna Maurice with her 6 day old daughter, Simone Emilia Maurice

### Give us the CliffNotes version of your birth story.

Simone came ten days before her due date. She was a planned home birth with our wonderful midwife. I started getting regular contractions as I was putting our toddler to bed, but because Damek (my partner) was supposed to work at the Emergency Room the next morning at 6am, I delayed waking him up until I knew for certain that I was in labor, around 11pm. Labor was intense, progressed quickly and it only took one push for Simone to come out! By 2:43 that next morning we were able to welcome her into our world. Luckily, my husband was able to get his shift covered but I told him jokingly that he would have made it to work on time!

### What advice do you have for other moms navigating the healthcare system in Northern New Mexico?

Ha, good luck! Persistence and patience are always helpful, and don't be afraid to reach out to both your inner and extended community circle.

### What part of pregnancy will you miss, or not?

I love maternity pants and those belly shirts! Won't miss the insomnia.

### If you had to choose one parenting mantra for yourself, what would it be?

Be kind and gentle.

### What's the most useful baby product you have? Why do you love it?

Most used—the Haaka breast pump! Saves all that extra milk! Most loved—the Ollie swaddle. They are like luxury sheets in the swaddling game.

### Any tips for the new dads and partners? How can they best support new moms?

It makes such a big difference to have support with the mundane housework (laundry, cleaning, breakfast), baby things (diapering, rocking, changing), and morning/bedtime routines (for the toddler) while they are home. And often, the most meaningful thing he can do is just sit with me and be present.



## Tumbleweeds

MAGAZINE

Volume 29

Number 1

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### THE PUBLICATION

#### Distribution

Tumbleweeds Magazine is a quarterly print and online publication. It is Northern New Mexico families' best resource. Thanks to our advertisers and community partners, seasonal issues are distributed FREE throughout Santa Fe, Española and Los Alamos.

#### Discount Bulk Orders

If you or your organization would like to purchase copies of Tumbleweeds Magazine, bulk orders of 10 copies or more may be requested via email at: Hello@TumbleweedsMag.com

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#### Family Directory

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#### Tumbleweeds Magazine

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## Be a Part of Tumbleweeds Magazine!

### Fall 2023 Issue Deadlines

Are you interested in contributing an article?  
Or do you have a story idea?

Contact Jen at  
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Article Submissions Deadline: August 1, 2023

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The Tumbleweeds Magazine Fall 2023 Issue will be published September 1, 2023.

**ON THE COVER:** Mother, Susanna Maurice with her 6 day old daughter, Simone Emilia Maurice. Photo Kitty Leaken.

**ARTWORK IN THIS ISSUE:** Tumbleweeds Magazine partnered with Art School Santa Fe, Dragonfly Art Studio, JF Mazur Studio and Santa Fe Public Schools (SFPS) to share children and teen artwork. Art School Santa Fe offers courses in numerous genres including illustration, creature design, fantasy art, comic book drawing, animals, landscapes and cartooning. Dragonfly Art Studio is a place where kids and adults develop their creative talent in a fun and stimulating environment. JF Mazur Studio offers children's art workshops and private painting classes. SFPS has a dedicated Arts Education Department that offers a comprehensive, culturally responsive, standards-based program of art education to K-12 students. See more artwork on our website, TumbleweedsMag.com

Tumbleweeds  
MAGAZINE

Summer 2023

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# Notes from Jen

## Becoming a



## Parent

By Jen Paul Schroer

### I've shared before

with readers that I had my two kiddos a little later in life. Not by choice, but by circumstance. I got married in my early thirties, and we could not get pregnant for years. Infertility is tough to go through, and I had few friends that understood the emotional rollercoaster. I had one acquaintance that went through a similar experience and supported me as I did the taxing fertility treatments. But eventually, after years, I threw my

hands in the air. Justin and I decided to accept that we would not have kids, and we committed to dream up a new vision for our marriage and future.

Late 2016, we planned to focus on our careers and international travel. It was exciting to dream and create a plan for this new reality. It lifted our spirits as we booked our travel. I bought a cute little sports car because why not. Justin accepted an incredible job offer that took us out to California. We signed a condo lease on the 14th floor in downtown

Sacramento, so we could fully enjoy everything city living offered. We were planning our move from Rio Rancho to Sacramento when I suddenly got really, really sick.

I swore I was dying. I was exhausted but couldn't sleep. I felt like my stomach was turned inside out. I remember my head pounding as I wrapped myself in my fuzzy robe, crawled under the comforter, and called for Justin in the darkness. I told him there was something seriously wrong and to get me to the doctor. He calmly asked me a few questions and then recommended I take a pregnancy test. I can't recall if I laughed or snapped at him, but I took the test knowing that a doctor would most likely ask me if I had ruled out pregnancy.

I put the pregnancy test on the counter and watched the testing windows. I waited and thought about all the decisions we had made over the last year—sports car, travel, moving, new job, downtown living. Our lives were committed (both financially and contractually) to this new direction. Two blue lines appeared clear as day. I sighed and crawled back under into the darkness.

Was I happy? Yes! Was I terrified? Yes! Was I completely confused about the change I was going through? Yessssss! I had just spent an entire year convincing myself that our future didn't have

children in it, and I was OK with it. We were moving to a city without any family or friends. I didn't know how I would navigate and frankly make it through.

Late summer 2017, Justin and I packed our belongings. We moved to Sacramento. We started a new chapter, Justin at his new job and I continued with my Albuquerque job working remote. Seven months later, we welcomed Ryker to this world. We made new friends. We found great child care through Cultural Care au pairs. Just as Ryker turned nine months old, around Christmas 2018, I got offered my dream job back in New Mexico, which required me to start January 1, 2019, just a few days away.

Without hesitation, Justin said, "Go for it." I looked at Ryker and he said, "Jen, I got this." My eyes welled up because I knew that I would have to go back to New Mexico, first, alone. To make it work financially, we both had to have jobs so we would be apart for a while. I had to leave Ryker with his dad because we knew I would have unpredictable work hours for the first three months.

In the building's parking garage, I stuffed as many clothes as possible into my little sports car. I went back up to the 14th floor to say my final goodbyes. I rocked Ryker and sang him a few songs. Even though my eyes poured and my heart broke, I knew I was leaving him in good hands. Justin was and is a strong partner. From day one, he fed and changed and cared for Ryker. Justin was more than capable of taking care of Ryker without me. But all the confidence in the world couldn't stop my tears.

I left my baby boy with his father for three months. I saw them twice when they came out to visit. I cried alone a lot, but we made it through. We were all together in Santa Fe by the end of March. Justin got a great job. We found someone to sublease our downtown condo, releasing us from the financial burden. We found a "reasonably priced" home to rent in Santa Fe, and we started yet another chapter.

By May 2019, we felt settled. We reconnected with friends and family. Our jobs were going well. Just before Memorial Day Weekend, I suddenly felt really, really sick. That's right, I was pregnant again, with Aviva. Needless to say, I sold the sports car and got something more practical.

This is my journey to motherhood. I feel beyond blessed to have two beautiful children and to live here in Santa Fe near family and friends. My motherhood



2019 Memorial Day Weekend, we found out I was pregnant with Aviva, and we enjoyed a Cumbres and Toltec Scenic Railroad adventure.





Ryker, Aviva and I enjoyed many laughs and silliness on Mother's Day this year.

journey did not start off easy, and we've had our fair share of challenges along the way. I am grateful that Justin loves being a dad and takes on many of the parenting duties. We work really hard on parenting together.

*Tumbleweeds* is as much my parent resource as I hope it is yours. This issue features a new special section, New Parent Survival Guide, and includes articles about baby safe sleep (pg.20) new mothers' mental health (p.22). It also includes an article that particularly resonated with me about fatherhood, given Justin's significant role in parenting, "It's Time for the Dad Talk" (p.10). Additionally, there are articles on nature, getting outdoors with Scouting SBA, and more.

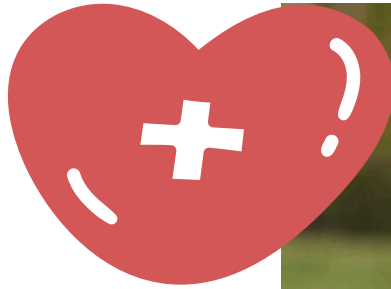
Empowering every family to be the best they can be, so New Mexico is the best place to be a kid is our mission. Justin and I appreciate the support from our readers, and the collaboration among our contributors, community partners and advertisers. Together, we continue to increase access to family resources and strengthen our community. Thank you for supporting every parents' journey!

**Happy Summer!**

*Jen*



# HONORING GRAYCE ZAYAS AS MOTHER OF THE YEAR 2023!



NURSE

In celebration of motherhood, we asked our followers on social media to nominate a special woman in their lives as "**Mother of the Year 2023**" and tell us why she deserves pampering.

Many applied and we were so touched by all the stories shared with us! Ultimately, **Grayce Zayas** was chosen as the winner.

In addition to her new title, Grayce will receive a \$150 gift certificate from *Tumbleweeds Magazine* to Ojo Santa Fe Spa & Resort.



*My mom is the **best**. She is graduating from nursing school and is working very super-duper hard. She is very loving.*

*– Maxine Zayas, 6 years old*



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#### Join the Conversation

Connect with us on social media or write to us at [Hello@TumbleweedsMag.com](mailto:Hello@TumbleweedsMag.com). Letters, artwork, and articles from our readers on personal and professional experiences with children are welcome. *Tumbleweeds Magazine* strives to connect families to resources and to each other.

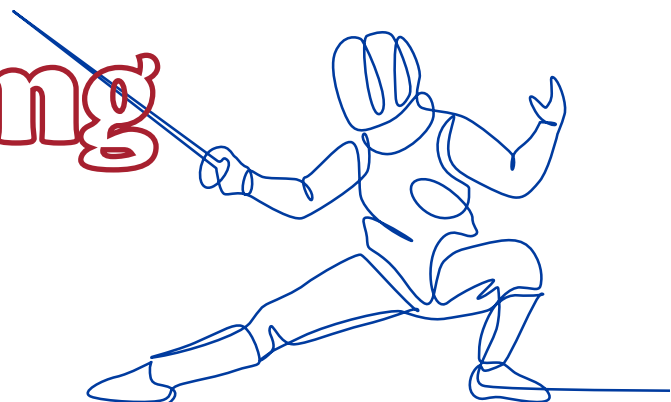


# Sports

## Sword Fighting as Community Building

New Mexico Fencing Foundation provides a welcoming atmosphere to learn an ancient sport, but it's the people who make it so unique

By Lily Alexander



### It wasn't the first time

I walked into New Mexico Fencing Foundation that I knew it would be one of my favorite places. Rather, the realization came when my Thursday-afternoon classes there became as much of a comfort as collapsing onto the sofa after a long day at school. In fact, the first time I walked into the club—situated just off Cerrillos Road with an eye-catching red logo—I was so jittery with nerves I barely registered my surroundings. Now: the irregular buzz of fencers scoring points and the metallic clinking of weapons against each other sounds like catharsis. Every sports facility surely has a unique environment; NMFF has a *feeling*. It is something so specific it is hard to articulate. Parents of fencers, who can always be found mingling around a few tables downstairs, get pretty close to the action.

I asked a few fencing moms what they thought made NMFF so special, as their kids gulped down water post-practice in April. One, whose kid has been fencing for around three years, described the palpable camaraderie and unwavering welcoming atmosphere that encourages families to stick around. There was never any desire to look elsewhere once they found the club, she added. Another mom said fencing seems to suit people who dislike aspects of other sports, which may explain the triumphant sense of community. It is like everyone at the foundation has a certain pride that can only come from finally finding the perfect-fit activity.

During these conversations, it dawned on me that even the situation I was in at that moment was special—the ability to waltz in on a random Monday and catch parents eagerly watching their kids in action. I thought back to my early childhood extracurriculars, the throngs of elementary-schoolers in pink tutus

and hairspray-stiff ballet buns waiting to be picked up outside. At no other pursuit of mine have parents been so keen to stay and hang out during. Before I could drive, Thursdays meant my own mom would haul her laptop up the stairs to sit and work, pausing every so often to cheer or take photos.

I voiced my revelation to Rich Strittmatter, a coach at NMFF and longtime fencer. He explained fencing's particular family dedication, which stems from both the desire to see the inherently interesting sport happening and the traveling that comes with competitions. He also mentioned the handful of family members who fence together; NMFF boasts a family membership specifically for them. I am proud to say I am one: my 12-year-old brother, Conley, started fencing when

I did in the summer of 2021. I think fencing can be partially credited with the retention of our positive relationship through my final year of high school. Every bout became a bonding activity we would discuss for hours after we left the club.

Though my brother and I are six years apart, we still rejoice in fencing each other. (And yes, there is something incredibly gratifying about stabbing your sibling with a flat-tipped sword.) Tournaments are separated into age categories, but bouting across generations happens regularly at NMFF. Open bouting four times a week sees young kids and older coaches engaged and enthusiastic. "Fencing is something you can do between eight and 80," Rich noted. He began his fencing career in 1967 at a local community center, and

soon after Syracuse University's varsity team. Rich became acquainted with New Mexico Fencing Foundation in 2005 when he met James (Jamey) Odom.

It is impossible to talk about NMFF without talking about Jamey, who sadly and unexpectedly passed away in April 2022. Jamey was—and I would argue still is—the driving force behind the club. He founded NMFF 20 years ago this year and was the head coach when I came to it. I speak for everyone who knew him when I say Jamey was the rarest sort of lovely person. He made the club feel like a home. He was full of jokes, of film references and recommendations, of signature fencing "rules" that regulars could utter in sync as he said them ("It's a mask, not a helmet!"). Conley and I insisted on bringing him his favorite Americano from Java Joe's every open-



Coach Rich and the author in action. Courtesy photo.





From left: Lil Chiquet, Jorge Chiquet, and Rich Strittmatter. Courtesy photo.

bouting Saturday. We made him a homemade card for Valentine's Day. He assembled an épée for me that I wield like a prized possession. I still hear him over my shoulder every time I step onto the strip and slip my mask over my face, giving me notes: "Stick your arm out." "Don't be afraid to attack." "You can get him."

"It was about the fencer, not the fencing," Coach Rich said of Jamey's coaching. "It wasn't about the win, it was about the learning." Current head coach Jorge Chiquet maintains that philosophy, but also encourages fencers to work to win. Chiquet's coaching has historically taken teams to the Olympics. Since 2019, his daughter, Lil, has been coaching alongside him.

Despite a bit of a language barrier, Lil and I spoke through a translator app about NMFF and its qualities. When I asked what she likes most about the foundation, she was quick to respond with "the people". There's a good family within the club, she said, and everyone is willing to listen and improve. It's a good place to work too, she added.

A young fencer described the foundation as akin to a social network, and I think in a way they were right. It is composed of coaches from all backgrounds who came to the sport in different ways, fencers of varying ages who bond over the toil of their math homework and compare fun-patterned socks, and families who fondly spectate and help kids who aren't their own into their uniforms. The club would not be the same without any of these categories

of people. Everyone is integral.

So I think I can articulate it like this: after I finished asking Rich my questions for this story, he excused himself to coach two young children that could not have been older than my brother. It was their second of two private lessons that new fencers are required to have before they join the beginner class. I lingered where the parents typically sit and closed my computer—an observer for the first time. A couple of the kids' friends or siblings were there to watch and Rich beckoned them to join in. I could not help my grin when he began animatedly explaining the three types of weapon, getting the jargon out of the way. He then retrieved several foam swords from the closet, switching to explaining the rules of a game. He passed the swords around. The kids expressed their excitement. It was humming in the air. I, an outsider then, wanted to play too.

New Mexico Fencing Foundation is holding summer camps for kids and teens in June, July and August. For more information, visit [nmfencing.org](http://nmfencing.org) or email Rich Strittmatter at [rstritt505@gmail.com](mailto:rstritt505@gmail.com).

*Lily Alexander moved to New Mexico from North Carolina in 2018. She loves sharing stories, especially about places and people that have impacted her life. She is currently a student at UNM pursuing a degree in multimedia journalism. She can be reached at [lilymarinaalexander@gmail.com](mailto:lilymarinaalexander@gmail.com).*

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# Fatherhood

## *It's Time for the* **Dad Talk**

Considering family systems and whether dads belong

By Johnny Wilson



**“Fathers are biological necessities, but social accidents.”**

**—Margaret Mead**

“The most important task of any civilization is to teach its young men how to be fathers”

That second quote has also been attributed to Margaret Mead, but the internet isn’t so sure. However, it is a good one. Let’s get to those later, after an introduction. And an invitation.

I’d like to introduce to you the idea that it is an important time to engage in conversation about fathers and fatherhood. Why? Several reasons, but the first are the numerous sources of data and research clearly indicating that the involvement of loving fathers is of enormous benefit to their children. Additionally, even in families where the parents live separately, the father’s involvement has profound positive effects on the financial and parenting stresses of mom.

These things being true, social policy and practice should reflect a focus on engaging and supporting dads who are inclined to care for their children. And yet, social policy and practice does NOT have a focus on supporting dads and their dedication to their children. In reality, the vast majority of fathers are desperately hoping to be able to care for their children.

Many (I would suggest that most) professionals within the children and family support systems do recognize the importance of dedicated fathers. What

does not appear to be widely recognized is the persistence of biased perspectives toward men and the expectation that men are willing to abandon the responsibility of child rearing. These professionals have seen the horror of abuse and neglect and associate them primarily with men (not unfairly), but make the mistake of assuming it is a prevalent characteristic among men instead of the anomaly that it is.

The institutions for children and families evolved within times in which moms assumed disproportionate amounts of child care responsibilities. Moms showed up, so services became adept at serving them and their needs. If you are interacting with staff from these services, you often hear “moms” as a synonym for “parents.” These staff also happen to be almost exclusively women.

There’s much more that could be touched on to illustrate the “mom-focused” marketing, physical spaces, unconscious signaling, registration processes, language, etc. of family/child support services. These realities have the effect of communicating to dads that these spaces are not for dads. This “mom-focused” messaging (conscious and unconscious) communicates a socially constructed message to boys and men. That message? “You are a secondary, incidental, and possibly even disposable element in the lives of children.”

Again, the people managing and staffing these agencies and programs do not typically subscribe to—or wish to perpetuate—a perspective that diminishes dads. These realities have evolved over time and generations, and fathers themselves have no small responsibility for the way these systems evolved. Turning this around will require community efforts and some hard conversations. I’m inviting you to engage in this conversation.

Will mass media help us to shift cultural perspectives? Maybe. But it isn’t looking promising yet. Here are some prominent stereotypes we see in ads, shows, films and even memes: the male who is looking to bail when he finds out he’ll be a dad; the bumbling dad who loves his kids but cannot manage their needs; the abusive dad; the hero single mom who does absolutely everything (I’d argue that this harms both moms and dads), and there are SO many more.

Meanwhile, dads as the single head of household (with children) is one of

the fastest growing family make-ups. Families are reporting more stay at home dads and dads who have taken on significant portions of childrearing obligations. Dads are reporting a deep desire to be integrally involved in their children’s lives and are, in fact, doing it.

Please note this truth: women continue to take on the vast amount of child rearing responsibilities. Full stop.

And this one: involved dads contribute to more socioemotionally resilient children and significant reductions in teen pregnancy, criminal justice



Father and son participating in a Fathers New Mexico event. Courtesy photo.



involvement, and suicide ideation amongst their adolescent children.

Moms should have more support for their welfare and health. Dads should be taking on more, for their health. A reduction in the inhuman pressure put on moms is good. Increased dad engagement will contribute to improving the mental health of men. There is a simultaneous crisis of welfare for boys and men (this is not just a United States phenomenon, it is global) and love, care, and devotion to family and children can be a mitigating factor for that array of challenges.

We at Fathers New Mexico have the unfortunate opportunity to observe a disproportionate number of fathers who are sidelined from the lives of their children. The courts do it, moms and families do it, schools and child care and home visiting programs support it. We want to invite these systems, and YOU, to enter into a conversation about addressing these challenges to our families and our children.

Remember our quotes? The first one, dads contribute needed biological material but the continued role of a dad is socially constructed. Fathers New Mexico is arguing that our social construct needs a reassessment. A purposeful inquiry and conversation. Even changes to law and policy and procedures within relevant

government agencies, the courts, and child/family programming (including agency name changes—that means you WIC, “Women, Infants and Children”).

And the quote attributed to Margaret Mead: “the most important thing” is to teach boys to be dads. That references the profound value of caring, compassionate, and devoted dads (and dad figures) and how to be that person. It also recognizes that without such training, you will have men disconnected from an essential element of their best selves. Men need to care for children, partners and/or their community in order to live healthy lives. All of us need boys and men to learn that they are valued caregivers. That involves seeing themselves as caregivers, being supported in becoming caregivers and being included in the settings designed for children and families.

Let’s talk....

.....  
*Johnny Wilson, Executive Director of Fathers New Mexico, an organization prioritizing the wellbeing of children by recognizing the value of dads and providing guidance in support of dads being the best parents they can be. A father of two adult children, a partner to an amazing human and an enthusiastic songwriter, singer and rhythm guitarist for True Story House, a band with music on streaming sites, to which y'all should give a listen.*



Featuring Art School Santa Fe’s student artwork from this spring.



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# Voces de la familia

*Es Hora para*

## **Hablar de los Papás**

Examinar los sistemas familiares y si los papás pertenecen a ellos o no

By Johnny Wilson



**“Los padres son necesidades biológicas, pero accidentes sociales.”**

**—Margaret Mead**

“La mayor tarea de cualquier civilización es enseñar a sus jóvenes varones a ser padres”. La segunda cita también se le atribuye a Margaret Mead, pero no por seguro. Sin embargo, es una buena cita. Hablemos de eso más adelante, después de una introducción y de una invitación. Me gustaría presentarles la idea de que éste es un tiempo importante para participar en una conversación sobre los padres y la paternidad. ¿Por qué? Por varias razones, pero las principales son las innumerables fuentes de información e investigación que indican claramente que la participación de padres amorosos es de gran beneficio para sus hijos. Además, aún en familias en las cuales los padres viven por separado, la participación del padre tiene efectos positivos profundos en las tensiones financieras y de crianza de la mamá. Siendo ciertas estas razones, las políticas y prácticas sociales deberían reflejar un enfoque en la participación y apoyo a los padres que se inclinan a cuidar de sus hijos. Aún así, la práctica y la política sociales NO tienen un enfoque en el apoyo a los padres y su dedicación a sus hijos. En realidad, la gran mayoría de padres esperan desesperadamente el poder cuidar de sus hijos. Muchos (yo sugeriría que la mayoría de) profesionales dentro de los sistemas de

apoyo para familias y niños reconocen la importancia de los padres dedicados. Lo que no parece ser ampliamente reconocido es la persistencia de perspectivas tendenciosas hacia los hombres y la expectativa de que ellos están dispuestos a abandonar la responsabilidad de criar hijos. Estos profesionales han visto el horror del abuso y la negligencia y lo asocian principalmente con los hombres (no injustamente), pero cometen el error de suponer que se trata de una característica prevalente entre los hombres en lugar de la anomalía que es. Las instituciones para niños y familias evolucionaron en tiempos en los cuales las mamás asumieron cantidades desmedidas de responsabilidades del cuidado infantil. Las mamás estuvieron presentes, así es que los servicios se volvieron expertos en servirles a ellas y sus necesidades. Si se interactúa con personal de estos servicios, con frecuencia se escucha hablar de “las mamás” como sinónimo de “padres de familia”. Ese personal también suele estar formado por mujeres exclusivamente. Hay mucho más que se podría mencionar para ilustrar ese enfoque en las mamás en el mercadeo, espacios físicos, señales inconscientes, procesos de registro, lenguaje, etc. de los servicios de apoyo para menores y sus familias. Estas realidades tienen el efecto de comunicarles a los papás que estos espacios no son para ellos. Estos mensajes (conscientes o inconscientes) “enfocados en la mamá” comunican un mensaje construido socialmente para chicos y hombres. ¿Cuál es el mensaje? “Ud. es secundario, casual y, posiblemente, hasta un elemento descartable en la vida de los niños”. Nuevamente, las personas que administran y que trabajan en estas agencias y programas no están de acuerdo típicamente con perpetuar —o desean perpetuar— una perspectiva

que hace de menos a los papás. Estas realidades han evolucionado con el tiempo y a través de generaciones y los mismos padres no han tenido poca responsabilidad por la forma en que estos sistemas evolucionaron. Cambiar esto requiere esfuerzos comunitarios y conversaciones difíciles. Le invito a participar en esta conversación. ¿Nos ayudarán los medios de comunicación a cambiar perspectivas culturales? Es posible. Sin embargo, por el momento no parece muy prometedor. He aquí algunos estereotipos notables que vemos en

anuncios publicitarios, en espectáculos, películas e, incluso, memes: El hombre que busca esfumarse cuando se entera que será papá; el papá informal que ama a sus hijos, pero no puede atender sus necesidades; el papá agresivo; la mamá soltera héroe que lo hace todo absolutamente (yo diría que esto le hace daño a ambos mamás y papás); y hay tantos ejemplos más. Mientras tanto, los papás solteros como jefes de familia (con niños) constituyen uno de los grupos familiares de crecimiento más rápido. Las familias reportan más papás



Padre e hijo participan en un evento de Fathers New Mexico.



de casa y papás que han asumido partes significativas de las obligaciones de criar niños. Los papás reportan un profundo deseo de estar totalmente involucrados en la vida de sus hijos y, de hecho, lo están haciendo. Por favor tomen nota de esta verdad: Las mujeres siguen llevando la mayor cantidad de responsabilidades de criar niños. Punto y aparte. Y ésta: Los padres involucrados contribuyen a que los niños sean más fuertes social y emocionalmente y a una reducción significativa en los embarazos en adolescentes, participación en la justicia penal e ideación suicida entre sus hijos adolescentes. Las mamás deberían recibir más apoyo para su bienestar y salud. Los papás deberían hacer más por su propia salud. Una reducción en la inhumana presión que se ejerce en las mamás es buena. Una mayor participación de los papás contribuirá a mejorar la salud mental de los hombres. Existe una crisis simultánea del bienestar para los chicos y hombres (no sólo en Estados Unidos sino globalmente) y el amor, atención y devoción a la familia y los niños puede ser un factor atenuante en esa serie de desafíos. En Fathers New Mexico tenemos la desafortunada oportunidad de observar un excesivo número de padres que han sido marginados de la vida de sus hijos. Los tribunales de justicia lo hacen, las mamás y las familias lo hacen, las escuelas y los programas de guardería y visitas domiciliarias lo apoyan. Queremos invitar a quienes forman parte de estos sistemas y a USTED para entablar una conversación sobre cómo tratar estos desafíos a nuestras familias y a nuestros niños. ¿Recuerda nuestras citas? La primera, los papás contribuyen material biológico necesario, pero el continuo papel de papá es construido socialmente. Fathers New Mexico dice que nuestro modelo social necesita una reevaluación; necesita una indagación

intencionada y una conversación. Incluso se necesitan cambios legislativos y de políticas y procedimientos dentro de las entidades gubernamentales relevantes, los tribunales de justicia y los programas de niños y familias (incluso cambios en los nombres de entidades — por ejemplo: “WIC”, las siglas en inglés para “Mujeres, bebés y niños”). Y la cita que se atribuye a Margaret Mead: “Lo más importante” es enseñarles a los niños a ser papás. Eso hace referencia a un profundo valor de padres (y figuras paternas) atentos, compasivos y dedicados y cómo ser esas personas. También reconoce que sin tal capacitación tendremos hombres desconectados de un elemento esencial de lo mejor de ellos mismos. Los hombres necesitan cuidar a los niños, parejas y otros miembros de su comunidad para poder tener vidas saludables. Todos necesitamos que los chicos y los hombres sepan que son cuidadores apreciados. Eso implica que ellos mismos se ven como cuidadores, personas a quienes se apoya en volverse cuidadores y se incluyen en lo relacionado a niños y familias. Hablemos...

.....  
*Johnny Wilson, director ejecutivo de Fathers New Mexico, una organización que prioriza el bienestar infantil al reconocer el valor de los papás y les ofrece orientación para que sean los mejores padres de familia posibles. Padre de dos hijos adultos, compañero de un increíble ser humano y entusiasta escritor de canciones, cantante y guitarrista para True Story House, una banda con música que se transmite en línea, la cual le va a gustar escuchar.*



Artwork from State of the Schools submitted by Santa Fe Public School’s Art Education Department.



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# Book Nook

## BABIES, BOOKS, AND MATH MAKE THREE

Paths to numeracy through books for infants and toddlers

By Judy Reinhartz

**If you have a preschooler,** School is not the only place to learn math. Learning begins during the earliest days, weeks, and months of our lives. Infants and toddlers take in everything like sponges, even math. They are born explorers and problem solvers who are relentless in investigating their surroundings. It is during this process of exploration that the fundamentals for numeracy are laid, forming some of the building blocks to create a hierarchy of thoughts based on information gathered over time.

Each adventure embodies the mathematical ideas of counting, recognizing shapes and relationships, making comparisons, sorting and sequencing objects, and learning about the special number zero. These experiences make mathematical ideas visible and “come alive.” Meaningful math connections result when children rummage through kitchen cabinets and play with spoons, pots, containers, and covers, blurt out numbers in sequence or randomly, express quantities (more than, less than, and same as/equal to), or come up with totals without counting. Children are playing, but also learning math, unconcerned about getting the “correct” answer! Wow, how freeing.

Math is all around them. When dressing, “one arm, two arms;” walking up and down stairs, “one, two;” eating, “one spoonful of meat, vegetable, and/or fruit;” offering choices during story time; announcing that it is breakfast, lunch, or bedtime; setting the table with

one plate, fork, cup; or even when saying “there is no more.” Math is present when children move and use their bodies, crawling across a room, taking “big” “small” steps, maneuvering around and through wide, narrow, curved spaces, hiding, and dancing with music. All these activities contribute to spatial awareness development while promoting logical reasoning and motor skills. So, let’s get moving!

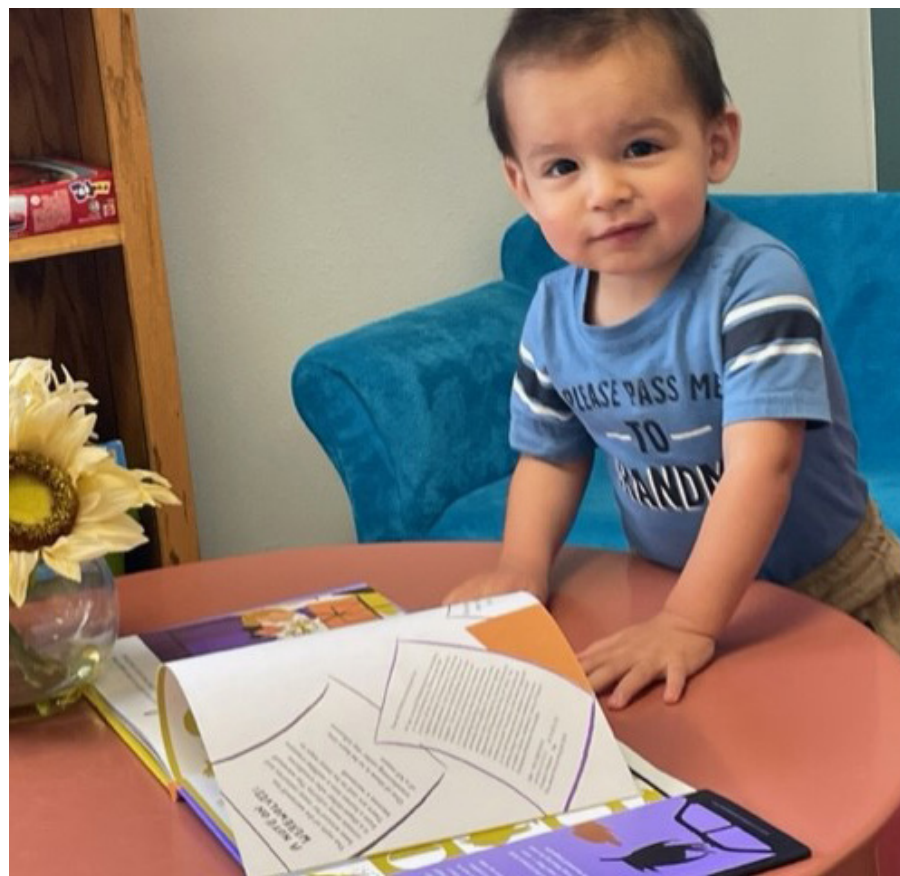
Accompanying these ordinary activities with “interactive talk,” describing what children are doing and seeing, gives language to the web of math skills that they are experiencing. By intentionally mathematizing children’s encounters, their meaning-making capacity grows exponentially.

But learning math is incomplete without books. Their power lies in capitalizing on children’s natural inquisitiveness. Books invite readers and listeners to “mine” the math from stories about imaginary and fascinating places, characters, and situations that appeal to the five senses and sense of well-being. Books serve as robust math “talking starters” with their attention-grabbing illustrations and captivating repetitive dialogue that make sounds and math words and symbols fun.

Children are quick to chime in when numbers, symbols, and shapes are pointed out. Whether they are determining the total number of cupcakes, toys, and/or snacks, they are counting and when starting with the whole, “you have four,” and say the



Figuring things out. Courtesy photo.



Taking a closer look. Courtesy photo.





Enjoying some book time. Courtesy photo.

parts “one, two, three, four,” children are learning not only whole to parts and vice versa, but numbers in ascending and descending orders.

Let’s start our math-themed book hunt with Karen Katz’s adorable *Counting Kisses* book. She weaves counting into a story of a tired baby and the number of kisses she needs before saying good night. This interactive counting down from ten to one lift-flap book takes us on a kissing journey of a baby’s body, starting with her tiny ten toes, then chubby two knees, one belly button, and finally to the top of her head before falling asleep. With its lovely illustrations, *Counting Kisses* will be a hit with infants as the reader stops and points to the names and number of body parts kissed. There will be much giggling and laughter. This book is an excellent starting point for number sequencing in different settings as children play with toys, get ready to go out using a count of one, two, three, being pushed on swings, and/or going on scavenger hunts to identify a specific number of things under ten.

The love theme with math continues with *More More More Said the Baby* by Vera William, a Caldecott Honor book. It brings smiles to children’s faces as they chant “more more more” when listening to the three parallel stories of Little Guy, Little Pumpkin, and Little Bird. This colorfully illustrated book with its repetitive “catch and caught” sequences spark opportunities for children to be active listeners.

Other books that deserve a look are Teagan White’s sturdy cardboard *Counting with Barefoot Critters* that includes making pancakes, going camping, and swimming by the numbers; *Hippos Go Berserk!: A Wild Counting Story*

by Sandra Boynton; and *How do Dinosaurs Count to Ten?* by Jane Yolen and Mark Teague.

And don’t miss Keith Baker’s *Quack and Count*; like Lois Ehler’s book *Fish Eyes*, it seamlessly connects counting with simple addition. Both take advantage of nature—the first placing the reader and listener in a lush green setting of vegetation, and the second in the deep blue sea swimming with intriguing looking fish with different shapes and bursts of color.

*The Icky Bug Counting Book* by Jerry Pallotta is just in time for summer; the color palette is a sure pleaser for toddlers. What makes his book rather unique is that it starts with zero and goes to 26, and each page includes the number symbol and word and information about the insect and its history.

To round out the animal themed math books, there is Eric Carle’s classic picture book, *10 Little Rubber Ducks*, which is based on a true story of ten rubber ducks that fall overboard and end up on shores around the world. He imagines their voyages, complete with creatures they meet as they drift in the ocean. The book opens with an assembly-line of workers who paint the ducks that are loaded on a freighter, and during a storm ..., you guessed it. The book sets the stage for counting from one to ten, pointing out and naming odd and even numbers, and using directional words up/down, north/south, water/sky. You can water play in the bathtub and make ocean inspired crafts, beginning with sea creature counters made out of sponges that move on number lines to solve simple addition and subtraction problems. Happy sailing!

In this deceptively easy to read book, *Ten Black Dots* by Donald Crews kids

are given opportunities to think about numbers in different ways. In effect, one to ten takes a back seat as the focus shifts to the simple narrative that accompanies each number. “What can you do with one dot, you can make a sun;” “with two dots you can make the eyes of a fox;” and “with ten dots you can make balloons.” Children hone their visual skills and use their creativity, all while learning the meaning of numbers and practicing counting.

Let’s see what *Counting with – Contano con—Frida* by Patty Rodriguez and Ariana Stein (has to offer. It is a bilingual book that is inspired by one Mexico’s most famous painters. It beautifully integrates art with math using a variety of colors, shapes, and paintings as a tribute to her.

The title of *Round is a Tortilla: A Book of Shapes* by Roseanne Greenfield Thong gives the story away. A feast for the eyes, this bilingual shape book offers a playful lesson featuring colorfully rich illustrations with a rhyming text. It is sure to bring bright smiles to everyone’s faces. So get cooking—measuring, pouring, stirring, and the good part, eating.

The last and perhaps one the best is *Ten on a Twig* by Lo Cole, a beautiful engaging interactive picture book for children to learn how to count as they watch birds take pieces of the twig with them as they fall when the book pages

are turned for interested little hands. The charming die-cut pages of different sizes complete with tactile and repetitive phrases present counting in descending order and introduce subtraction in an unusual way. Turning the pages is one of the best parts of reading this book.

Well, our story Babies, Books and Math Make Three is at an end, but keep reading math-themed books and use mathematizing complementary activities as children play “peek-a-boo,” do finger play, sing songs, count when bounced gently on laps, and clap a beat.

Books celebrate and nurture children’s natural curiosity and sense of adventure, and remember math is everywhere. You only have to look for it to share it with your children. Just as early language and literacy are essential for lifelong success, so too is early numeracy through books.

*Judy Reinhartz is a professor emeritus at the University of Texas at El Paso, a board member of the Santa Fe Alliance for Science and co-lead of its Adopt-A-School program, and lead for MathAmigos and director of its literacy and math coaching program. She is a retired elementary and secondary STEM educator. Reach her at [jreinhartz@utep.edu](mailto:jreinhartz@utep.edu).*



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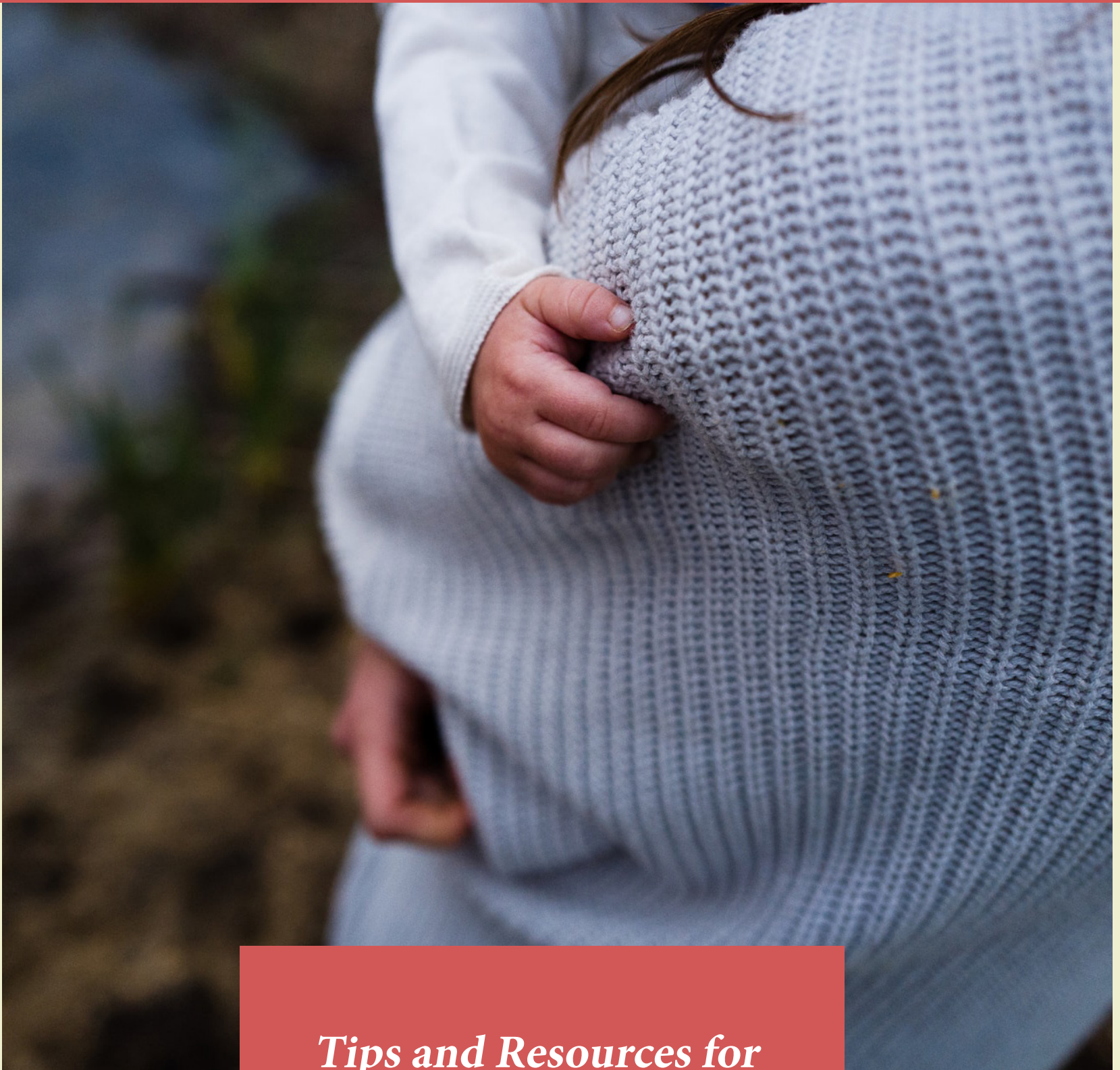


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### REBECCA PALAK MIDWIFERY

I am a mother, a NM licensed midwife and a Certified Professional Midwife and Lactation Consultant. I began my midwifery journey at a high-volume birth center in El Paso, Texas where I attended over 400 births as student, staff, and then clinical director. I am honored to walk alongside each pregnant person, to provide counseling and support, and to share in the childbearing cycle from pre-conception through postpartum. I strive to provide safe, client-centered care to all genders and family structures.

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elenasheltonbirthwork.com

#### FULL-SPECTRUM COMMUNITY DOULA

My name is Julia Martinez, and I'm a granddaughter, daughter, sister, auntie, and a multi-community member from Northern NM. I'm a full spectrum community doula who supports all bodies and reproductive health choices for those who live or receive services in Albuquerque and Northern NM. I practice free, prior, and informed consent to help people make the best decisions for themselves during their reproductive experiences.

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Placitas, NM 87043  
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# Sweet Dreams: an Infant Sleep Guide for Parents

Creating a safe sleep environment for your baby

By Rach Ralya

## Whether you're still

pregnant or a new parent, you might be spending time thinking about how you'll get your baby to sleep, among other challenges new parents experience. Of course, you want your baby to sleep well, but it is also important that your baby sleeps safely.

Every year, approximately 3,500 infants die in the United States from sleep-related causes, with the largest share of infant deaths from 1 to 11 months of age. In New Mexico, there were 137 sleep related infant deaths from 2015 to 2020, an average of one every 23 days. The unfortunate reality of these deaths is that most were preventable. (86% were identified as preventable.)

To reduce the risk of sleep-related infant deaths, here are safe sleep recommendations issued by the American Academy of Pediatrics to help you create a safe sleep environment for your baby. Please note, all recommendations included are for babies up to one year of age. Talk with your pediatrician if you have questions about safe infant sleep recommendations.

### Put your baby on their back for every sleep

- Side sleeping is not safe and is not advised because your baby can roll easily onto their stomach.
- Your baby will not choke when they're on their back because their anatomy and gag reflex will prevent that from happening.

### Use a firm, flat sleep surface

- A crib, bassinet, portable crib, or play yard that meets the safety standards of the Consumer Product Safety Commission is recommended, along with a firm, tight-fitting mattress and fitted sheet designed for that product. Nothing else should be in the crib except for your baby.
- A firm surface maintains its shape and will not indent when the infant is placed on the surface.
- The sleeping environment should be free of hazards, such as dangling cords, toys, electric wires, or other cushions and bedding to avoid the risk of strangulation or suffocation.

### Do not sleep with your baby

- The AAP does not recommend bringing your baby into your bed under any circumstances. This includes twins and other multiples.
- If you bring your baby into your bed to feed or comfort them, place them in their own sleep space when you're ready to go to sleep.
- If there is any possibility that you might fall asleep while your baby is in your bed, make sure there are no pillows, sheets, blankets or any other items that could cover your baby's face, head, or neck or overheat them. As soon as you wake up, be sure to move your baby to their own bed.
- Avoid falling asleep with your baby in other spots, too. The risk of sleep-related infant death is up to 67 times higher when infants sleep with another person on a couch, soft armchair, or cushion.



Elijah's slumber brings peace of mind to his parents, knowing they have provided a safe sleep space, free of hazards. A peaceful sleep for Elijah means a peaceful night for the whole family. Courtesy Photo.





Amanda cradles her baby girl in her arms, watching her dream and grow. She cherishes these peaceful moments with Teddi. Courtesy Photo.

- It's extra important not to share your bed with your baby if:
  - You have been smoking, vaping, drinking alcohol, taking any medicines or substances. The risk of sleep-related infant death is more than ten times higher for babies who bed share with someone who is fatigued or has taken medications that make it harder for them to wake up; has used substances such as alcohol or drugs.
  - Your baby is very young, small, or was born prematurely. The risk of sleep-related infant death while bed sharing is five to ten times higher when your baby is younger than four months olds. And the risk of sleep-related infant death is two to five times higher when your baby was born preterm or with low birth weight.

**Share the room with your baby, ideally for at least the first 6 months**

- Place your baby's crib, bassinet, portable crib, or play yard in your bedroom, close to your bed.
- Only bring your baby into your bed to feed or comfort. Place your baby back in their own sleep space when you are ready to go to sleep. If there is any possibility that you might fall asleep, make sure there are no pillows, sheets, blankets,

or any other item that could cover your baby's face, head, and neck, or overheat your baby. As soon as you wake up, be sure to move the baby to their own bed.

**Keep soft objects, such as pillows, pillow-like toys, quilts, comforters and any other loose bedding out of your baby's sleep area to avoid risk of suffocation, strangulation and wedging/entrapment**

- Infant sleep clothing, such as a wearable blanket, is preferable to blankets and other coverings to keep the infant warm while reducing the chance of head covering or entrapment that could result from blanket use.

**Don't let your baby get overheated**

- Check your baby for signs of overheating, such as sweating, flushed skin, or a hot chest.
- Once you're home from the hospital, don't put a hat on your baby while indoors.

**Give your baby tummy time**

- Supervised, awake tummy time is recommended to promote infant development and to minimize the chances of flat head syndrome (positional plagiocephaly).
- Parents and caregivers are encouraged to place the infant in tummy time while awake and supervised for short periods of time beginning soon after hospital discharge, increasing incrementally to at least 15 to 30 minutes total daily by 7 weeks of age.

If you plan to swaddle your baby, it is important to follow guidelines to make sure you are doing it safely. Your baby should always be placed on their back when swaddled. The swaddle should not be too tight or make it hard to breathe or move their hips. When your baby looks like they are trying to roll over, you should stop swaddling due to the risk of suffocation.

**Cradleboarding Your Baby**

- The National Institute of Child Health and Human Development suggests cradleboards as a culturally appropriate infant safe sleep surface. If you plan to cradleboard your baby, care should be taken so that your baby does not overheat due to over bundling. The following steps can be taken to prevent hip dysplasia:
- Consult with tribal elders and community members. Different Native American communities have unique cultural practices and traditions, and it is important to seek input from elders and community members to understand the appropriate way to cradleboard infants safely.
- Use a cradleboard that allows for movement. Infants should not be kept in a single position for

prolonged periods of time. The cradleboard should be designed to allow for movement and changes in position.

- Avoid tight swaddling. Tight swaddling can restrict movement and increase the risk of hip dysplasia. Instead, use a soft, breathable material to line the cradleboard.
- Monitor the baby's development. Parents and caregivers should be aware of the signs of hip dysplasia and should have their baby's hips checked regularly by a healthcare provider.

In addition to having knowledge and awareness of safe sleep practices for infants, it is also important to be cautious when buying or inheriting certain products. If you're not sure if a product meets required safety standards or has been recalled, visit Consumer Product Safety Commission website at [cpsc.gov](http://cpsc.gov).

There are many ways to ensure your baby's safety when they are sleeping. Whether using a bassinet beside your own bed, a crib in their own room, a cradleboard nearby, or a pack and play, keeping your baby safe while sleeping is possible with these recommended approaches.

Learn how to create a safe sleep environment for baby in your home by exploring an Interactive Safe Sleep Environment Tool from Safe to Sleep. [safetosleep.nichd.nih.gov/resources/caregivers/environment/room](http://safetosleep.nichd.nih.gov/resources/caregivers/environment/room) For more information on safe infant sleep, as well as resources and more, visit [safesleepNM.org](http://safesleepNM.org).

*Rach Ralya is a passionate advocate for infant safety. As a new mom, she fell prey to misinformation about infant sleep practices, leading her to cosleep with her first child. When she had her second, she followed safe sleep as recommended by the American Academy of Pediatrics (AAP). Today, she works in the Office of Injury and Violence Prevention at the New Mexico Department of Health. She is an active member of the New Mexico Safe Sleep Collaborative and involved in the Safe Sleep New Mexico Campaign. For additional questions you can reach her at [rachel.ralya@doh.nm.gov](mailto:rachel.ralya@doh.nm.gov).*

**One mom's story: Tori Solano and baby boy Elijah**

*Before becoming a mom, what did you know about infant sleep?*

Before becoming a mom, I had read the baby books and information on my baby apps about how to prepare once baby came. But there's always so much information to digest. We knew that safe sleep was important and made sure we had a safe crib in his room but wanted a pack and play in our room so we could easily check on him during the night for those first few months. We wanted to make sure we had a safe place for him to sleep since we knew as a newborn, he would be sleeping a lot.

*Who did you learn about safe sleep from? Who do you trust for reliable information about your baby's health and safety?*

We learned about safe sleep from our baby books as well as talking to other parent friends and our own parents. Being first time parents, it was overwhelming with all you have to learn before having a baby, but we knew that safe sleep was important to make sure Eli could sleep safely and we could also get some rest, too, without having to worry.

*Has the way you've practiced safe sleep changed over time?*

Yes! We transitioned him from a swaddle into a sleep sack once he was able to roll over. We also have moved him from a pack and play to his crib in his own room. We have always made sure to place him on his back when putting him down for sleep and have nothing else in the crib with him.

*What would you say has been most rewarding?*

Just knowing that he is in a safe place while he sleeps gives us peace of mind to actually be able to get sleep of our own. Following safe sleep practices and knowing he is able to safely sleep gives us a happy baby after naps and not stressing every time we put him down to sleep.





## LACTATION CONSULTANT

I provide in-home and virtual lactation consultant services to families across northern New Mexico. My passion lies in working with breast/chest feeding families to help support new roles as the journey of parenting unfolds. My work is inspired by the magic and mystery of birth and I strive to bring breastfeeding and postpartum support to families in a way that holds loving space.

Santa Fe, NM 87505  
505-490-1549  
lilliejoy@gmail.com

## NEW MEXICO DOULA ASSOCIATION

The New Mexico Doula Association is an inclusive, birth-justice-focused organization that works to make doula care more accessible throughout the state of New Mexico. We believe the benefits of doula care greatly enhance the outcomes and experiences of our clients. We believe that all New Mexican families have the right to affordable, non-judgmental, and culturally-competent support through six life experiences including fertility and conception, pregnancy, birth and postpartum, miscarriage, stillbirth and loss, adoption and surrogacy, abortion, death and end-of-life transition.

4367 Calle Amarilla Arc  
Las Cruces, NM 88011  
575-520-0795  
info@nmdoula.org  
nmdoula.org

## ONE HEART DOULA SERVICES, LLC

Wrap around services for families including fertility and preconception, pregnancy, labor and birth, postpartum care, miscarriage and infant loss, breastfeeding, development, and parent education.

P.O. Box 609  
Santa Cruz, NM 87567  
505-9297-229  
oneheartdoula@gmail.com

## ROOTED BIRTH SERVICES

Personalized childbirth education, customized to your needs. Birth and postpartum planning and postpartum doula services. In-person and virtual services available.

505-557-5561  
rootedbirthabq@gmail.com

## THE BIRTHING TREE

The Birthing Tree provides compassionate, high-quality classes and doula support services for labor, birth, and postpartum. Our classes provide practical, real-life tools to help build your confidence as new parents. We offer evidence-based and family-centered doula support: labor doulas guide you, support you, and advocate for you during labor and birth. Postpartum doulas help with newborn care, parent education, and postpartum recovery (days and overnights).

4001 Office Court Suite #207  
Santa Fe, NM 87507  
505-552-2454  
info@thebirthingtree.com  
thebirthingtree.com

## MATERNAL FETAL MEDICINE

### PERINATAL ASSOCIATES

Every once in a while a pregnancy takes an unexpected turn and more than routine prenatal care is needed. Perinatal Associates of New Mexico provides the best high-risk pregnancy care in the Southwest in a comfortable, soothing environment. Whether you're expecting more than one baby, experiencing premature labor, need care for diabetes or any other maternal medical condition, we work closely with your doctor to help you every step of the way.

201 Cedar SE Suite #405  
Albuquerque, NM 87106  
505-764-9535  
info@panm.com  
panm.com

## FERTILITY MEDICINE

### FERTILITY OF NEW MEXICO

Dr. Thompson and the staff at the Fertility Center of New Mexico are known across the state for its expertise in helping patients start families, but we're also known for providing compassionate care, at a time when patients need it most. Although our office is located in Albuquerque, we have patients who travel from all over New Mexico for our high-quality care.

201 Cedar St SE, Suite S1-20  
Albuquerque, NM 87106  
505-248-0000  
info@nmfertility.com  
fertilitysantafe.com

### CAPERTON FERTILITY INSTITUTE

Our fertility specialists are proud to serve the Santa Fe, NM community at the Albuquerque fertility clinic. If you're based in Santa Fe, NM and are starting your search for a fertility specialist, surrogate, and/or a sperm donor, Caperton Fertility Institute can help. The experienced team of fertility specialists at Caperton Fertility Institute has successfully turned thousands of patients with infertility issues into parents with our combination of compassionate care, deep clinical expertise and the Southwest region's most advanced medical technology.

6500 Jefferson Suite, Suite #250  
Albuquerque, NM 87109  
505-702-8020  
capertonfertility.com

## HOME VISITING

### FIRST BORN LOS ALAMOS

First Born Program® of Los Alamos (FBPLA) is a nonprofit organization that provides parents and primary caregivers with education and support to encourage normal growth and development. FBPLA provides free home visitation services to all families in Los Alamos County. Services may be requested at any time during pregnancy, at the birth of the baby, or until the baby is two months of age, and continue until the child is five years of age, or until the family no longer requests program services.

190 Central Park Sq, Suite #216  
Los Alamos, NM  
505-661-4810  
welcome@firstbornla.org  
firstbornla.org

# Why Mothers Need Matrescence

A developmental approach to maternal mental health  
By Allison Davis, PhD

## When I became a mother

I was an adolescent psychotherapist supporting young people in the often disorienting process of becoming an adult. I understood adolescence as a time when young people face physical, psychological, behavioral, social, and ecological challenges as they mature into adulthood. I also understood this developmental

standing of a woman. Matrescence was later applied to the field of maternal mental health to emphasize its psychosocial aspects and to give primacy to mothers' felt experiences, particularly changes in their identity and worldview. Yet another way to describe matrescence is to understand it as a holistic change across many interrelated domains, or the bio-psycho-social-ecological-



*To ask mothers who they are becoming, rather than what they are doing to or for a child, is an important shift in perspective. Centering mothers in their own experience helps mothers develop the knowledge, skills, and confidence they need to more effectively support their mental health in a vulnerable life transition.*

period as a vulnerable time requiring specialized support that, if lacking, could lead to significant problems later in life. What I did not understand, however, was that my transition into motherhood was a comparable transitional process.

In 1973, Dana Raphael, a medical anthropologist who studied breastfeeding and birth, coined the term matrescence and described this life stage as fundamental to the physical and social

spiritual realities of an individual, to name a few. Matrescence is the process of becoming a mother: a developmental passage encompassing pre-conception, pregnancy, birth, surrogacy, adoption, and the postnatal period and beyond and everyone who cares for a child within the social construction of motherhood.

After I gave birth the first time, I needed mental health support. I experienced a range of symptoms similar to perinatal



Jenna via Unsplash



mood and anxiety disorders (PMADs) such as sadness, anger, guilt, lack of interest and motivation, worry and hypervigilance, and self-doubt. So it made some sense that my therapist focused on helping me adapt to my new role. Unfortunately, conventional perinatal mental health models left me feeling disempowered, overwhelmed, and a bit lost. When I went searching for a developmental way to understand my postpartum experience in alignment with the work I did with young people, I realized just how much matrescence shares with adolescence, including the disorientation and reorientation experience of a major life transition. Bringing a developmental approach to my own life, I could see that matrescence was a time ripe with potential for personal growth if understood as such and provided with specialized support to help navigate the transition.

Matrescence centers mothers' experiences, challenging the child-centeredness that has problematically defined many maternal health interventions. Upon reflection as a new mother, I realized that I had objectified mothers in my adolescent work, as mothers are often reduced to objects in their children's psychological history as the cause of mental health challenges. To ask mothers who they are becoming, rather than what they are doing to or for a child, is an important shift in perspective. Centering mothers in their own experience helps mothers develop the knowledge, skills, and confidence they need to more effectively support their mental health in a vulnerable life transition. At the same time, attuning to who a mother is becoming more deeply honors the ways that both mother and child dynamically shape one another through their intimate relationship rather than imagine that development is only ever happening from adult to child.

Matrescence represents a significant departure from conventional clinical approaches to perinatal distress, as it focuses on how mothers develop as they take on caring for children. Research is fast highlighting the transformations in brain structure, cognitive strengths, relational thinking, core values, and even spiritual experience that occur through the transition into motherhood. The changes happen quickly and reshape a person in foundational and often surprising ways. However, if unrecognized as such, these rapid changes can contribute to a



Jenna via Unsplash

distressful and disorienting postpartum experience. I've had mothers tell me their values seemed to change so much in a matter of weeks that they could not return to the work they did prior to becoming a mother. Alternatively, naming the transitional experiences and accompanying distress as a part of the developmental process can open up strategies to work with the growth inevitable in this period.

Matrescence approaches the perinatal and postpartum period as one ripe with opportunities for personal growth. From the dynamic neural changes in mothers' brains that supports caregiver-infant relationships to a broadened

spiritual perspective as a result of the commitment to caring for a child through adoption, marriage, or conception, we are just beginning to understand the psychological transformation mothers experience. A focus on biomedical symptoms divorced from the underlying development happening can undermine this potential by leaving out the deeper underpinnings of early parenting. While I was initially avoidant of exploring my grief around dramatic lifestyle changes because of a taboo to explore sadness in motherhood, matrescence helped me to understand the growing pains I was experiencing were meaningful—actually attuning me to exciting changes in my relationships.

Matrescence helps us better understand distress as existing along a continuum. Motherhood is often presented as extremes of soap opera happiness or pathologized as “postpartum,” a term used as shorthand for a clinical diagnosis rather than a period after giving birth. However, maternal distress can be better understood along a bell curve, with

mothers on one end meeting criteria for clinically significant perinatal mood and anxiety disorders, those in the middle experiencing average and manageable stress, and on the other end, psychological flourishing. Indeed, exciting research in maternal mental health demonstrates that a high level of stress and emotional intensity may actually be a prerequisite for the positive, growth-producing impact of this transition.

Recognizing the specialized support mothers require in matrescence can empower mothers as they are rapidly becoming new versions of themselves. Unfortunately, the parenting industry tends to focus on children's needs and wellbeing while relegating mothers' desires, needs, and experiences to the background. As a result, all too often motherhood represents a loss of agency and self expression for people along with the difficulty of self-recognition that can happen when social identity subsumes individual identity. Rather than expert-driven, external, and prescriptive ideas of mothering, with matrescence mothers can lean into the developmental drive of their transition to create the mothering role as unique reflections of their most authentic selves in relation to the needs of their children.

Having matrescence theory transformed my experience of becoming a mother. This mother-centered psychological interpretation offered me a vital shift from the perspective of “something is wrong with me” to “what I'm feeling is a valid response to the transition into motherhood.” It helped me recognize that challenging emotional experiences were already adaptive to the disorienting attempt to transform myself into a completely new way of being without the same recognition and support we offer other developmental life events like adolescence. And with this reframe, matrescence continues to help me better identify and advocate for the holistic support I need on my developmental path towards becoming the mother I want to become.

.....  
*Allison Davis, PhD, is a counselor, educator, and researcher of maternal mental health. She's in private practice in Santa Fe where she specializes in treating perinatal and postpartum environmental distress, teaches in the masters clinical counseling program at Alliant International University, and is the matrescence research fellow in the maternal psychology lab at Teachers College, Columbia University. For questions and inquiries you can reach Allison at [allisondavisphd@gmail.com](mailto:allisondavisphd@gmail.com).*



*This mother-centered psychological interpretation offered me a vital shift from the perspective of “something is wrong with me” to “what I'm feeling is a valid response to the transition into motherhood.”*



GROWING UP NEW MEXICO

Covering the most critical developmental period in a child’s life, Growing Up New Mexico’s Home Visiting program delivers an integrated curriculum of support and resources that inform a confident, healthy, and stable family life. Open to all families in Santa Fe and Rio Arriba Counties, our Home Visiting program can begin prenatally and continue until age five. During initial visits, trained home visitors help parents, caregivers, and families master feeding, caring for, and bonding with a new baby. Once healthy growth and development are established, Home Visiting expands to build a foundation for early learning, literacy, and social emotional growth.

440 Cerrillos Road  
Santa Fe, NM 87501  
505-982-2002  
info@growingupnm.org  
growingupnm.org

LAS CUMBRES

Las Cumbres runs the Family Infant Toddler Program (FIT) for Santa Fe, Los Alamos, and Rio Arriba County. Our team of therapists and home visitors serves children 0-3 years old who may be at risk for developmental delays. It is important that all families know about these services as they are free to all with young children.

Multiple NM Locations  
505-901-7227  
lascumbres-nm.org

MANY MOTHERS

Our long-standing Maternal Support Program\* provides practical, hands-on support to all families in Santa Fe, Rio Arriba or Los Alamos counties with infants 0-6 months. By connecting families to trained volunteers, we are able to ensure parents have guidance and an extra pair of hands when caring for new babies. Families will receive at least 36 hours of in-home support for a 12-week period within the baby’s first six months.

4001 Office Court Drive, Suite #207  
Santa Fe, NM 87507  
505-983-5984  
manymothers.org

PB&J FAMILY SERVICES

Our programming empowers and assists families in creating and implementing frameworks that lead to improved parent-child relationships, positive parenting practices, optimal child development, family safety, and increased knowledge of and access to community programs and services. PB&J family services serves children and families across Bernalillo, Sandoval, and Valencia counties. The stories of the children and families that work with pb&j are an inspiration of hope, perseverance, and resiliency.

Multiple NM Locations  
505-877-7060  
pbjfamilyservices.org

PRESBYTERIAN MEDICAL SERVICES (PMS)

PMS offers a home visiting program that serves expectant, adoptive, and teen parents with the goal of providing educational services and childrearing guidance to ensure babies are born healthy and grow into physically, emotionally, and mentally healthy children. It helps parents learn how to better nurture their children, as well. Parents and caregivers are connected to formal and informal supports in the community so children are prepared to start school when they are of age.

4801 Beckner Road  
Santa Fe, NM 87507  
800-477-7633  
pmsnm.org

TAOS FIRST STEPS HOME VISITING

First Steps is a free program for families who are expecting and/or with children up to the age of 5. We provide resources and support to help you raise a strong, happy family. We discuss parenting triumphs and trials, listen to joys and concerns, and connect you to resources within your community. We want to ensure you have access to the services that will help your family not only survive, but thrive!

413 Sipapu Street  
Taos, NM 87571  
575-751-8938  
jimberger@taoshospital.org  
taoshospital.org

MENTAL HEALTH SERVICES

ARTESANA COUNSELING

Isabel Ribe is a licensed therapist certified in maternal mental health, EMDR, Art Therapy and more. A former doula, she love supporting parents through pregnancy, post partum and beyond. Www.IsabelRibe.com for more info

1629 State Road, Suite #502  
Santa Fe, NM 87506  
505-819-9966  
ceryndipity@gmail.com

FATHERS NEW MEXICO

Our focus is on the role of the father, and developing the strategies for supporting healthy fatherhood.

Most of our outreach is directed at young fathers, folks who become fathers in their teens. These young men have inspired us with countless stories illustrating profound dedication, perseverance through challenging circumstances and consistent support for their children.

P.O. Box 22254  
Santa Fe, NM 87502  
505-377-8950  
johnny@fathersnewmexico.org  
fathersnewmexico.org

GERARD'S HOUSE

Gerard’s House is a safe place for grief support groups serving children, teens and families, where healing happens through acceptance and peer support. Our services are offered free to any family with children ages 3-21 who have experienced the death of a close family member or friend.

P.O. BOX 28693  
Santa Fe, NM 87592  
505-424-1800  
info@gerardshouse.org  
gerardshouse.org

PRENATAL MASSAGE AND PHYSICAL THERAPY

THE BALANCED MOMTALITY

After you receive an "all-clear" from your OB-GYN or midwife for exercise around the 6-wk mark, it is necessary to also get cleared by a Pelvic Health Physical Therapist. We will evaluate the function of your pelvic floor and core system, and it's ability to perform during your daily demands. Your therapist will examine your tissues for appropriate healing, strength, control and presence of scar tissue/trigger points/pain/prolapse/DRA/hemorrhoids/hernias. This will make sure that you safely return to sports and exercise to avoid any injury, pain or incontinence.

190 Central Park Square, Suite #214A  
Los Alamos, NM 87544  
505-803-2142  
balancedmomtality.com

BODY

Choose from the best massages and facials in Santa Fe at BODY wellness center. Tailored to reduce stress, promote relaxation during pregnancy and decrease inflammation and discomfort. Only after the first trimester.

333 W Cordova Road  
Santa Fe, NM 87505  
505-986-0362  
guestservices@bodyofsantafe.com  
bodyofsantafe.com

MASSAGE OF SANTA FE

Pregnancy can be a time of great stress. Many women experience back pain, neck pain, and headaches during pregnancy. Prenatal massage can help you get the relief you need to enjoy your pregnancy and prepare for childbirth. Our prenatal massages help reduce the stress and tension accompanying pregnancy. We have found that many of our clients who have received prenatal massages report feeling fewer aches and pains and sleeping better.

1441 S. St. Francis, Suite C  
Santa Fe, NM 87505  
505-428-0336  
info@massageofsantafe.com  
massageofsantafe.com

RHYTHM OF TOUCH WELLNESS

Pregnancy is a time when a woman's body endures tremendous stress due to dramatic physical and emotional changes. Using various techniques specially developed for the expecting mother, Pregnancy Massage helps release the pain and discomfort experienced throughout pregnancy. The benefits are profound, including emotional support, the relief of joint pain due to extra weight and postural imbalance, and improved breathing and relaxation.

3228 Richards Lane, Suite A  
Santa Fe, NM 87507  
505-690-0788  
santa-fe-massage.com

STILLWATER MASSAGE AND BODYWORK

Prenatal massage therapy can help reduce anxiety, decrease symptoms of depression, relieve muscle aches and joint pains, and improve labor outcomes and newborn health. Please schedule once you are out of your first trimester.

460 St. Michaels Drive, Suite 1205  
Santa Fe, NM 87505  
505-490- 6160  
stillwater@stillwaterbodywork.com  
stillwaterbodywork.com

HIGH DESERT HEALTHCARE & MASSAGE

Swedish Massage, combined with other techniques, can create deep relaxation and ease while helping relieve the discomforts and pains of pregnancy. Many expectant mothers find that by receiving massage their connection to their baby deepens and they have an easier time adjusting to the constant changes that pregnancy creates. Treatments can be received either side lying with supporting pillows, or face down on a specially designed body pillow.

Multiple Santa Fe Locations  
505-984-8830  
feelbetter@highdesertsantafe.com  
highdesertsantafe.com

SPECIAL IMAGING

New Mexico Sonographics

New Mexico Sonographics provides Obstetrical and Gynecological 3D/4D ultrasounds throughout the state of New Mexico and Arizona. Ultrasounds (sonograms) are performed by Registered Diagnostic Medical Sonographers in accordance with the American Institute of Ultrasound in Medicine guidelines. Ultrasounds are interpreted by highly specialized physicians: Perinatologists who are Board Certified in Maternal Fetal Medicine and OB/GYN specialized Radiologist. Maternal Fetal Medicine physician specialists are available for consults of your condition. Genetic Screening and Diagnostic Services when indicated and/or requested.

Multiple NM Locations  
505-938-2229  
nmsonographics.com

Santa Fe Imaging

We are a team of board certified radiologists, registered technologists, and patient-focused administrative staff committed to providing Northern New Mexico’s highest level of radiologic imaging services for diagnosing disease and injury.

Multiple NM Locations  
505-983-9350  
santafeimaging.com

FAMILY PLANNING AND RESOURCE CONNECTION

DESERT ROSE

In addition to free pregnancy services, we help you put a plan together for your future. By presenting you with all of your pregnancy options, you will have the information necessary to make a confident decision. Our goal is to give women the peace, strength, and confidence to make informed decisions concerning their bodies.

4001 Office Court Drive, Suite #705  
Santa Fe, NM 87507  
505-995-1998  
info@desertrosewrc.com  
desertrosewrc.com

FAMILY STRENGTHS NETWORK

A private, non-profit organization that has served the families of Los Alamos and Northern New Mexico since 1989 through our Family Resource Center and programs. FSN's mission is to provide education, support groups, and activities to all types of families, parents, teens, and children. FSN improves the quality of family life for generations. Scholarships are available for all programs. Childcare for all classes is available on request at no additional charge.

3540 Orange Street  
Los Alamos, NM 87544  
505-662-4515  
lafsn.org

LA FAMILIA HEALTH

La Familia Medical Center is a community health center providing high quality comprehensive medical, dental, and health-education services to everyone, with special emphasis on the uninsured and underserved. It serves residents of Los Alamos, Mora, Rio Arriba, San Miguel, and Santa Fe. Services include prenatal care.

1035 Alto Street  
Santa Fe, NM 87501  
505-982-4425  
lafamiliasf.org



## NEW MEXICO EARLY CHILDHOOD EDUCATION AND CARE DEPARTMENT

New Mexico Early Childhood Education and Care Department's (ECECD) mission is to optimize the health, development, education, and well-being of babies, toddlers, and preschoolers through a family-driven, equitable, community-based system of high-quality prenatal and early childhood programs and services. ECECD can connect your family to numerous resources and services.

P.O. Drawer 5619  
Santa Fe, NM 87502  
800-832-1321  
nmececd.org

## PLANNED PARENTHOOD

Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. With or without insurance, you can always come to us for your health care.

730 St. Michaels Drive, Suite 4B  
Santa Fe, NM 87505  
505-982-3684  
plannedparenthood.org

## PARENT GROUPS

### MANY MOTHERS

The purpose of this group is to connect, hold space for one another, and to strengthen the new caregiver network within Santa Fe. This group is for Many Mothers past and present participants of our Maternal Support Program with babies 0-1 years old.

4001 Office Court Drive, Suite 207  
Santa Fe, NM 87507  
505-983-5984  
marissa@manymothers.org  
manymothers.org

## REEL FATHERS

REEL FATHERS' work is inspired by a vision of communities where fathers are valued and respected. They enjoy being vibrantly engaged with their children and work with their partners as skilled and nurturing co-parents. Children grow up in close-knit families, succeed in school, and become healthy, productive members of a flourishing community.

6 Torneo Court  
Santa Fe, NM 87508  
505-466-2295  
deborah.reelfathers@gmail.com  
reelfathers.org

## THE HORME STUDIO

This is a space for caregivers and their children to learn and explore together in the comfort of a developmentally appropriate Montessori environment.

3022 Cielo Court, Suite B  
Santa Fe, NM 87507  
505-395-6390  
julia@hormemontessori.org  
hormemontessori.org

## MISCELLANEOUS PREGNANCY CARE

### MOONFLOWER BIRTH AND BOTANICALS

Moonflower Birth and Botanicals crafts small batch, organic and locally sourced herbal medicines, lotions, salves and teas that support pregnant and postpartum people. It is our intention to make a product that is beautiful, accessible and contributes to our community.

180 Las Estrellas  
Santa Fe, NM 87507  
207-798-9788  
moonflowerbirthandbotanicals@gmail.com

# QUEEN BEE music association

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Free Weekly Kids Sing Along Classes  
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queenbeemusicassociation.org



## Dedicated to our youngest neighbors

We believe the health and vitality of our community starts with supporting our youngest neighbors. Through our Santa Fe Baby Fund, we advance early childhood health, education, and high-quality affordable care. Join our dedicated community today.

FOR OUR SHARED HOME

santafecf.org/early-childhood | 505.988.9715



## MY LIFE IN SCOUTING

Scouting SBA provided me with access to adventures and life skills in leadership, planning and more.

By Lucas Greene

### I have been a member

of the scouting organization since I was six years old. I joined as a tiger in cub scouts, and now I am a star scout at 17. After spending more than half my life in scouting, I thought other people should know why it is an organization that they should think about joining.

First, Scouting SBA teaches leadership skills that are incredibly helpful in life. As scouting is a youth-led organization, we have a layout of leadership that promotes problem solving among the youth. Older scouts mentor younger scouts through various roles in the troop, which provides leadership development opportunities for all scouts. For example, we have a senior patrol leader who is in charge of everyone and as the name suggests, is usually a senior scout. And then we have the assistant senior patrol leader, who helps with the senior patrol leaders' jobs. We have troop guides who are usually senior scouts; the troop guide is in charge of helping the youngest scouts and the scouts that just joined the troop figure out how the troop runs, what they are expected to do on trips and at meetings, etc. Then we have the patrol leaders and assistant patrol leaders who are in charge of managing the patrols. Patrols are breakout groups who are usually decided by either age or rank. After the patrol leaders, we have the quartermaster; the quartermaster is in charge of managing the supplies that the troop has access to, taking inventory, managing the place we store equipment, etc. And then after the quartermaster there are several other



Building lasting skills and friendships on epic hiking adventures. Courtesy Photo.

miscellaneous leadership positions you can take on in your troop. With so many opportunities to lead, scouts learn organization, scheduling, inventory, planning, meeting management, and other life-long skills.

Moving on from leadership and mentorship opportunities, there are many things I have gotten to experience thanks to scouting that I likely never would have gotten the chance to otherwise. For example, my troop went to the Grand Canyon over spring break one year, and that was an amazing trip. We spent the entire week exploring all the facilities and the canyon itself. As another example, in 2021 I went with

a group of scouts from a few separate troops and we all hiked roughly 67 miles of the Continental Divide Trail over 11 days. We got to catch and eat fish from the streams. My favorite part of the trip was when we got to the top of a peak and there was an absolutely magnificent view of the surrounding forest. I also got to try rock climbing on a separate trip, in which I tagged along on an expedition that my little sister's troop planned.

Which leads well into a BSA new development, girls in scouting. I'm actually really happy that girls are allowed in scouts BSA now, because it allows my aforementioned little sister to experience a lot of the things I

have. For example, she got to go on the backpacking trip down the continental divide trail. As I already mentioned, her troop did a rock climbing trip. I'm sure there are more examples, but girls and boys are largely separated for youth safety reasons, so I haven't been with her the entire time. The only thing I can think of that I don't like with the inclusion of girls is the name change. We went from Boy Scouts of America to Scouting BSA, or in other words we are now the Scouting Boy Scouts of America.

Another thing you can do in scouting, although this is not quite so simple, is join the OA—the Order of the Arrow. The OA is the national honor society of scouting



Reaching the top of a trail always seems worth it because of the views. Courtesy Photo.





Learning teamwork through rock climbing creates lasting memories and life lessons. Courtesy Photo.

and to join you need to both meet certain prerequisites and be nominated by your unit leader. The OA provides even more opportunities in scouting for both youth and adults than you would get otherwise. For example, you can meet scouts from all over the country who are a part of the OA when you attend any of the national events. In the OA, we also promote service. The OA is known as the Brotherhood of Cheerful Service because we try to do service projects that help people in the surrounding area of wherever we host an event.

Returning to the subject of scouting, it has helped me succeed outside the organization as well. I currently work as a lifeguard, and I never would have realized it was something I was interested in until I was working at a scout camp. They needed lifeguards, so they put me through the training and sent me out. It was some of the most fun I've ever had. It also helped me decide on a plan for the future. I have always loved nature, and scouting helped me realize that I wanted to work in the outdoors, possibly as a forest ranger, maybe something else. I

haven't decided for sure yet, but scouting at least helped point me in the right direction.

In conclusion, I believe that Scouting BSA as a whole is an amazing organization and if you are a parent reading this you should ask your child if they would be interested. If you are a child, you should ask your parents to sign you up. It is an experience you will be happy to have for the rest of your life.

.....

*Lucas Greene was born in West Virginia but moved to North Carolina at seven and then New Mexico at 13, where he has lived ever since. He has been a member of scouting for as long as he can remember (so, at least five minutes) and has been having fun with the various activities the program offers. His favorite scouting activities were always the aquatic activities, and as such he now works as a lifeguard while he goes to college.*



Artwork from State of the Schools submitted by Santa Fe Public School's Art Education Department.

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## FOSTERING: IT'S STILL BANANAS

Foster Momma Kiki shares her journey as a new foster parent and all that comes with caring for children who have experienced more than most of us ever will

By Momma Kiki

**A new year, a new** beginning—that was my hope when the clock struck midnight. There we were, our newly formed “family,” my boyfriend of seven weeks, a rambunctious seven year old (we will call him Big Brother), a quiet and scared two year old (Little Guy), a shy and closed-off teenage girl (Sissy), and myself. We spent the weekend getting to know each other, figuring out what activities the kids might like, and in reality trying to just have some fun.

Week 1: Winter break was over, and I needed to head back to work. Monday

morning was a shuffle of getting three kids ready, fed, and dropped off at three different locations, all by 8:30 in the morning. Big Brother returned to a public elementary school in a first grade classroom, Sissy was a freshman at a local public high school, and Little Guy was enrolled by CYFD into a daycare facility. Within that first week, I received a phone call from Big Brother’s principal that they had moved him from his first grade classroom into a second grade classroom based on his behavior. “What does that mean?” I asked. Her answer:

“Well, the teacher was unable to control him, and so we thought it would be best for him to be moved into a classroom with a teacher who can manage him better.” I was furious. Not only did they not give me a heads up or consult with our CYFD case worker—as foster care regulations state—but they also did not consider how that would affect him. I picked him up from school that day, and the first thing he asked was, “Why am I in a classroom with second graders, and why is my teacher so mean?” My heart dropped. I had to now explain to him that all because of his so-called behavior, he would be in a classroom where the teacher was more structured. Regardless of his grade level, she would be his teacher. He did not understand.

Week 3: Parent teacher conferences at Sissy’s high school meant taking a half day off of work to meet seven different teachers and a school counselor. Come to find out she had missed 60% of the last semester and failed all of her classes. Now in the second semester, she was going to have to pass all her classes with a minimum grade of a C, or she would need to enroll in summer school to retake the classes. As we drove home from school, I asked how she was feeling about her classes and being able to pass. She did not seem too worried or concerned.

Week 5: “I can’t do any of this work, because I’m dumb and my teacher doesn’t care that I don’t know.” This was the actual start to my conversation with Big Brother as we sat down to start his homework. I could see the disappointment and the confusion on his face, as I came to find out that his schoolwork was all second grade material. “Hey, you are not dumb. This is work that you have not been prepared for yet, and I will have a talk with your teacher about what we can do to get you help.” He slumped down in his chair

and began to play a math game on his Chromebook. That night I wrote an email to both his teacher and the principal. I wanted to explain how unfair it was for them to give him second grade material when he was technically still a first grader. Their response was that he was given first grade work, but the teacher did not have enough time to give him directions one on one. So basically, they placed him in this class so he wouldn’t disrupt another and now they were not going to help him where he was at. As upset as I was, I, being a foster parent, had no legal right to request a change in his teacher, or school for that matter. CYFD and his biological parents were the only ones who could request such a change. This felt like a personal failure, but all I could do was commit to helping him with homework and making sure he progressed with his numbers and sounding out the alphabet.

Week 11: It seemed like we settled into a routine. I started a new job that I was excited about, and we were heading into spring break in a few days. A phone call in the middle of the day; it’s Little Guy’s teacher. “Hi, so he has a cough and I think it might be best if you can come and pick him up. He can’t return until you have a negative COVID test result.” In a panic I picked up all three kids, and we all went to a COVID testing site that afternoon. We waited at home in separate rooms. Less than six hours later, we received three negative tests and one positive. I read through my message and found it surprising that it wasn’t Little Guy who was positive but in fact Big Brother. I knew I had to keep the other two from getting COVID, so I called my boyfriend to take Little Guy and my mother to take Sissy. I decided I would stay with Big Brother at the house alone.

Week 15: Our first birthday was just a few months into the kids’ arrival, and



Birthday Boy. Courtesy photo.





Spring Activities. Courtesy photo.

I felt so overwhelmed with pressure. Would this be his first big birthday party? Should I invite their biological family? How do I introduce our relationship to those who aren't aware of our situation? Will my family make this awkward? Will he be overwhelmed? So many questions ran through my head as I began to plan for the big day. Invites, party games, food, gift bags for kids, decorations, so many things to do. For a person who plans events for a living, I was still nervous. The day came and went faster than the amount of time I spent worrying about getting it right. Little Guy ran around with other kids, he stuffed his face with cake, and he had the biggest smile that showed off his adorable dimple. I felt a huge sense of relief as I successfully put on a third birthday party. The one thing I made sure to do was print an image of him, and wrote on the back, "To my mom and dad, I love you, three years old." I handed that to our CYFD caseworker to give to their parents.

Week 19: School was coming to a close, and the pressure of finding summer camps that fit the kids' needs and—most important—my work schedule was overbearing. I had to find a program that would start and end according to the school dates, and that was a CYFD certified program. Now you're asking, what does that mean? Yes, you can send your foster child to any program, but not all programs are financially covered through CYFD. Those expenses can be extremely high. I spent a lot of time researching certified programs, then trying to meet my scheduling needs, and meeting the needs of the children. Being that it was our first summer together, I also wanted them to experience sports camps and receive support through educational programming. In the end, it was a modge podge of mornings at the

local Boys & Girls Club, lunch hour with a reading tutor, and afternoons with a program that focused on support for kids with behavioral issues. It was a lot of time spent driving the kids from one place to another, but it felt worthwhile.

School was out, and summer was upon us. Looking back, it was an eventful five months: Sissy passed all her courses except for one, Big Brother was accepted into a charter school for the new year, and Little Guy had a birthday, was potty training, and would start Pre-K at a Head Start in the fall. Sure, Sissy would have to take summer school to make up credits, Big Brother had to go to a reading tutor once weekly, and Little Guy peed his pants more than not, but we all reached a milestone. Things were changing for the better, and we were moving forward. But that's the thing about foster care, it's about experiencing life and getting through both the good and the bad, the normal and the unusual. Foster care is ever changing, and you have to learn to adapt. You have to learn to ride the rollercoaster.

This was another look at my foster care journey, and I am happy to continue to share with you. Next Issue, we will dive into the court appearances, parental visits, therapy sessions, doctors appointments, home visits, and all the people and organizations involved in this foster care life we find ourselves in.

*Foster Momma Kiki grew up in a loving home right here in Northern New Mexico. A home that openly took in children and teens throughout her upbringing. She learned from her parents the selfless act of caring for others. She currently lives with her husband and three foster children, ages 16, 8, and 4. You can reach her at [fostermommakiki@gmail.com](mailto:fostermommakiki@gmail.com).*



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# Conversations

## Conversations in Castle Park

### Part 2: Navigating Child Care and the Star System

By Annabelle Black Delfin

**In recent decades,** many more people have become aware of the important role that child care plays in a healthy and productive society, as well as the foundational benefits for children’s development. As a young mom in the nineties, I didn’t know much about child care, such as how to evaluate different programs. When my son and daughter were toddlers, I wasn’t ready for them to be in a school setting. Fortunately, I was able to find good care situations in licensed homes in Santa Fe. Later, my son transitioned to a wonderful child care center, but that decision was not informed by my understanding of what constitutes quality. Like many parents, I had to take into consideration the location of the center (especially in relation to my route to work), the cost, and whether there was an opening in my son’s age group. Luckily, the center was great. My son was really well cared for, learned a lot, and formed lasting friendships that continue to this day.

More recently, my daughter began looking for child care for my granddaughter, who was born just before the pandemic. A great deal has changed

since the nineties with the creation of the New Mexico Early Childhood Education and Care Department (NM ECECD) and the implementation of the FOCUS Tiered Quality Rating and Improvement System (FOCUS). Here is some basic information about how child care is structured in New Mexico to help parents when making child care decisions.

**Background Information**

There are three main categories for licensed child care under the NM ECECD. Most licensed child care exists in the private sector (as opposed to the public schools), which means that the work conditions and wages are dependent on market forces as opposed to those mandated in statute for schools within the public sector. As we all know, high-quality child care is expensive, due in part to being open for more hours per week and more months per year than public school and having lower child-to-adult ratios than public school, which means more teachers and care providers employed by the program. Because the cost of high-quality child care is high, fewer can afford it and, in turn, providers



Katerina Lucyk-Jones and her son, Miles, enjoy the spring weather in Castle Park. Courtesy photo.

may not offer what their community cannot afford. To address this, NM ECECD provides subsidy payments through the Child Care Assistance Program. This subsidizes the cost of child care for families at or below 400% of the federal poverty level. Subsidies encourage providers to offer more quality in their programs and widen access for more families to high-quality early childhood care and education.

- Early Head Start and Head Start are federally funded, but are considered licensed child care centers in NM.
- Out-of-school-time programs can be licensed and Child Care Assistance can be applied to this type of child care if the facility is licensed.
- Child Care Assistance cannot be applied to non-licensed child care.

**STAR Levels**

FOCUS (formerly called Look for the STARS or Aim High) is a quality rating and improvement system that contains five levels. The STAR Levels were created to help parents identify quality child care programs, to encourage child care programs to continue to improve their quality of care, and to recognize child care programs that are improving their quality. As an incentive and acknowledgement that higher quality costs more, the reimbursement rate of Child Care Assistance increases as a program’s STAR level increases.

The higher the STAR level, the higher the level of quality. 1 STAR programs meet 1 STAR licensing requirements and do not receive child care subsidies. There are very few of these programs in the state. 2 STAR programs meet basic licensing requirements for health and safety,

Licensed Centers	Licensed Homes	Registered Homes
<ul style="list-style-type: none"><li>• Licensed child care in a variety of settings.</li><li>• Must maintain at least a 2 STAR Level to receive childcare subsidy.</li><li>• Often have more than one classroom.</li><li>• Larger group sizes than licensed homes.</li></ul>	<ul style="list-style-type: none"><li>• Licensed child care in the caregiver’s home.</li><li>• Must maintain at least a 2 STAR Level to receive child care subsidy.</li><li>• Smaller group sizes than centers.</li></ul>	<ul style="list-style-type: none"><li>• Registered child care in the caregiver’s home.</li><li>• The caregiver is reimbursed for providing nutritious meals and snacks.</li><li>• Smaller group sizes than centers.</li></ul>





Winter afternoon at Santa Fe's Castle Park. Courtesy photo.

but they are not required to include a defined educational component. It is not until a program gets to the 3 STAR level that the education component is required. At 3 STAR, programs begin to have more quality standards for teacher training and education, the classroom environment, daily learning activities, family involvement, and assessment of child development, as well as lower child-to-adult ratios and smaller group sizes. The 4 STAR and 5 STAR levels have successively increased quality requirements and require higher teacher and director credentialing, curriculum and assessment requirements, smaller groups, and lower ratios. A 5 STAR license indicates that the child care program is accredited and has met the highest level of quality. The NM ECECD has a helpful chart that can be accessed for more details about the STAR ratings: [nmeccd.org/focus-tqris/](http://nmeccd.org/focus-tqris/). The STAR level is listed on the child care home or center's license, which should be posted for parents to see.

It is interesting to note that higher quality levels center on lower child-to-adult ratios, which means more adults in the classroom interacting with children and building relationships, two things that research shows to foster language and cognitive development. This is in keeping with the developmental-interactive perspective of early childhood education and care that focuses on learning within relationships through play.

The New Mexico Early Childhood Education and Care Department (NM ECECD) recently launched a website to

help parents and families locate child care: <https://childcare.ececd.nm.gov/search>. Additionally, parents can call NewMexicoKids Resource and Referral services at 1-800-691-9067 to speak to a specialist regarding specific placement needs. If a family wants more specific information about a licensed home or center, licensing survey inspection reports can be viewed here: [bit.ly/3RLjO9K](http://bit.ly/3RLjO9K)

Times have changed regarding early childhood education and care. Now that we have a department devoted to promoting access and quality in child care, there is a lot more information out there to help parents make decisions that work for their family. The NM ECECD has a great website with a section just for parents who are seeking more information about childcare and other services, such as home visiting, early intervention, and other topics.

*Annabelle Black Delfin has spent her life in New Mexico. Since starting her first babysitting enterprise as a teen, she has been interested in how young children grow and develop. She has run after-school programs, summer camps, youth-service nonprofits, and child care, among other programs for kids in Santa Fe. Annabelle is a mom of two and has a three-year-old granddaughter. Annabelle is currently a researcher, writer, and instructor at the New Mexico Center of Excellence in Early Childhood Education of WNMU.*



Artwork from State of the Schools submitted by Santa Fe Public School's Art Education Department.

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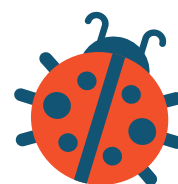
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## Your Family's Nature Activities Await



Visit the Randall Davey Audubon Center and Wildlife Center for a hike, picnic, or new science adventure

By Meghan Baker

### As the temperatures

rise, wildflowers bloom, and monsoon clouds gather on the horizon, Northern New Mexico looks to the coming of summer. At the Randall Davey Audubon Center, it also means the start of our annual camp season. We believe that even though school may be out, the learning never stops. Summer provides an excellent time to explore our outdoors, connect with friends and family, and learn about the ecosystems around us.

Whether you are inside as the rains (hopefully!) pour down or outside enjoying the sun, we have prepared a list of some of our favorite camp activities to get your family excited about nature and art. These ideas are designed to be easily done at home, on the trail, or at the park. There's always something new to notice, and these four activities will help you and your little ones experience more.

Our Nature Discovery Area is a fantastic place to play and spend the day outdoors. Located at 1800 Upper Canyon Road, the Randall Davey Audubon Center and Wildlife Center is a beautiful location for Santa Fe's only nature center. With over 185 acres of protected habitat, and surrounded by thousands more in the

National Forest and Santa Fe Watershed, the Audubon Center provides visitors and wildlife a peaceful haven in nature. Admission to the Audubon Center and grounds is free. Visit us between 8 A.M. and 4 P.M., Monday through Saturday. Volunteers are available in our visitor center to help answer questions, lend out binoculars and bird guides, and geek out about your latest science inquiry. For more information, please visit [randalldavey.audubon.org](http://randalldavey.audubon.org).

### Activity #1: Encourage Noticing with a Nature Journal

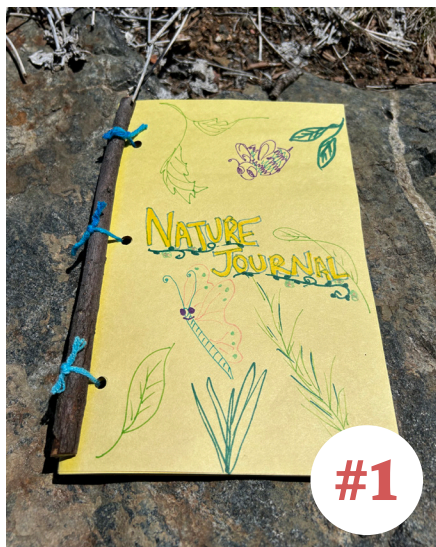
This project is a great way to engage your child and learner by constructing a book that is all their own—from scratch! Through writing or sketching, you can use this to turn their focus to the natural world around them. Nature journaling can help slow our minds and bodies, as well as reflect on ourselves.

**Materials List:** plain or colored paper, hole puncher, yarn or rubber bands, stick (optional)

**Instructions:** Fold four to five pieces of paper short ways, to create the pages. You can choose to use a different colored paper as the cover. Next, punch two holes along the folded side of the journal. Thread a rubber band or a piece of yarn through both holes and tie on a stick. The stick will act like the binding of a book. If you forego the stick, tie the yarn or rubber band to itself, making sure it's loose enough to allow the pages to turn. Kids can then decorate the cover with nature-inspired drawings, collages, or whatever they want.

**Some ideas to get your journal started:**

- Record leaf shapes by rubbing their patterns with crayons.
- Do a silent walk, then sit to record all your observations.



Summer campers and educators practice their observation skills at the bird feeders at the Audubon Center. Photo: Katie Weeks.

- Close your eyes, then record all sounds. How many different sounds are there in one place? How can you describe or record the sounds?
- Look in one direction from your feet to the horizon, record all the colors. How many are there? How many shades are there of one single color, like brown?
- Follow an ant and draw a map of where it goes.
- Imagine you are a cloud. What do you see as you look down at your neighborhood? Draw what you would see. What would you say to the other clouds?

**Materials list:** small flowers, petals, thin leaves, etc., transparent sticky contact paper or wax paper; scissors, tape, hole punch (optional), string (optional)

**Instructions:** Cut two small pieces of unpeeled contact paper into your desired shape (circle, square, etc). Peel one piece, then tape it onto a flat surface, sticky side up. If you can't find clear contact paper, you can also substitute wax paper then seal it with a low temperature iron.

Use your found nature items to create patterns, pressing them into the sticky paper surface. Kids can use this time to investigate patterns with color, symmetry, and shapes.

Once complete, finish off your sun catcher by placing another piece of contact paper over the top (sticky side down, creating a sandwich with sticky sides both facing in).

Press the sun catcher as flat as you can. Finish by cutting any excess from the edges.

You can display the sun catchers by punching a hole and threading it with string. If you prefer, you can also tape them directly onto a window.

### Activity #2: Explore Patterns by Making a Flower Suncatcher

Introduce principles of foraging or harvesting, as well as light and color, by making a sun catcher with found nature items. When picking your flowers or leaves, talk with your child about not taking too much from one plant or area, and instead take a little from several places to minimize impact. Our campers have found that small leaves or petals work the best for creating flat-laying art.





Broad-tailed hummingbird and white-lined sphinx moth feed on native wildflowers at the Randall Davey Audubon Center. Photo: Tom Taylor

### Activity #3: Imagine New Animal Adaptations with Creative Critters

Animals have different adaptations (or “superpowers”) that help them to survive in their habitat. Whether it’s sharp talons that owls use to hunt their prey, specialized teeth that deer use to strip and chew leaves, or the coloration that skunks use to warn predators, an animal’s adaptations reveal things about its life history.

**Materials List:** Whatever craft material you have on hand. Some suggested items include paper tubes, egg cartons, small rocks, pinecones, feathers, leaves, googly eyes, colored paper, scissors, glue, tape.

**Instructions:** This craft is intentionally open-ended, using whatever recycled or natural materials you have on hand to design and create your own animal. You can encourage further creativity by challenging kids to add a special superpower to help their critter survive, either based on real-life or imagined. Turn a toilet paper roll into a bird, use a piece of an egg carton and string to make a jellyfish, or create your own porcupine using googly eyes and pinecones. Go wild!



### Activity #4: Examine Birds with a Pinecone Seed Feeder

Our campers enjoy this fun, hands-on craft that can hang outside your window and attract birds to your home. Promoting conservation and caring for wildlife is an excellent way to develop

empathy and deepen relationships with nature. Once you start noticing birds visiting the feeder, see if you can identify local species using a field guide or free app like Audubon or Merlin Bird ID. We recommend doing this activity on a cooler day, or indoors, which will help the nut-butter base stiffen and be less messy. You can also put the finished product in the fridge or freezer to firm up.

**Materials List:** Pinecones (or paper tubes); birdseed; yarn or hemp string; nut butter or lard; spoons; plate or tray.

Before starting, clean the pinecones of any large debris. Next, tie a string around the middle or top. Use a spoon to spread nut butter or lard evenly over the cone and in the spaces between the pinecone scales. Lastly, roll the sticky mess in a tray or plate filled with bird seed, using a spoon or your fingers to press the seed in. You can put your pinecones in the fridge or freezer to solidify.

When you hang them outside, place the feeders nearby sturdy perches, such as in a bush or trees with nearby branches. We recommend using a hemp or natural string that will degrade over time, minimizing clean-up and impact on the environment.

*Meghan Baker grew up in rural Northern California close to the sea and the redwoods, where she gained a deep appreciation for wilderness and wildlife. She attended a university in the Pacific Northwest and received a degree in interdisciplinary studies from Western Washington University before moving to New Mexico. Meghan has over ten years of experience working with youth and is thrilled to be a part of the Randall Davey Center as a member of the educational team, promoting science learning and stewardship. Please contact her at [meghan.baker@audubon.org](mailto:meghan.baker@audubon.org) with any questions or comments.*

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# News Briefs

### Tumbleweeds Magazine Wins Big at New Mexico Press Women

Tumbleweeds Magazine entered several articles and designs in the state level tier of the National Federation of Press Women Communications Contest. Tumbleweeds Magazine brought home three first place awards in Specialty Articles in Government and Politics (Lawmakers Can Put Children at the Heart of Policy Decisions), Publication Regularly Edited by Entrant - Magazine/ Magapaper (Winter Magic in New Mexico), and Page Design - Magazine or magapaper (Summer Sweet Spots). Two second place awards for Specialty Articles - Religion and Specialty Articles - Travel were also awarded to Tumbleweeds Magazine. Most recently, Tumbleweeds Magazine was notified that one of its submissions won an award at the national level tier of the National Federation of Press Women Communications Contest and will learn the results later this summer. Thank you to our contributors, our creative and editorial team!

### New Presbyterian Medical Services center in south Santa Fe set to open in September

Scheduled to open in September, Presbyterian Medical Services' new Santa Fe Family Health Center will open its doors across from Presbyterian Healthcare's Presbyterian Santa Fe Medical Center on the southside of Santa Fe. The two separate Presbyterian entities are working together on Presbyterian Medical Services' consolidation of behavioral health, primary care and dental services in the new 47,000-square-foot building at 4730 Beckner Road. Presbyterian Medical Services is headquartered in Santa Fe but has more than 100 locations across the state and about a dozen in Santa Fe. The two largest locations in Santa Fe are at opposite sides of town but will be consolidated at the Santa Fe Family Health Center. Learn more at pmsnm.org.

### It's Time for Parents and Community Members to Speak Up

In April 2023, a middle high student brought a gun to Turquoise Trail Charter School. The school was locked down and later students were evacuated from the school to the New Mexico Corrections Department's administration building. No one was hurt. All children and staff were safe and accounted for. Both the school staff, local police and New Mexico Corrections Department staff did an outstanding job managing the crisis and supporting families.

The gun was eventually recovered. But the police investigation elevated a deep concern.

One of the mothers of the involved middle school students heard that the students had a plan to bring the gun to school in advance of the incident and did

not share this information with school administrators or the police. When asked why, the mother said it was not her place to tattle on the boys.

The safety of children and the community is everyone's responsibility. Officials encourage people who see something to say something. While the outcome of this incident is fortunate, not all situations involving guns in schools end up with every child getting picked up by a parent and all school staff driving home safely. Our schools are worth erring on the side of caution.

## Childcare you can trust like family

### Discover the joys of hosting an au pair

#### What is an au pair?

An au pair is an educated young person from abroad who lives with you in your home for up to two years, cares for your children and becomes a special part of your family. Welcoming an au pair is a chance to bring a piece of the world into your home and heart—and to breathe new life into your family's routine.

#### Flexibility

An au pair can provide up to 45 hours per week of childcare on a schedule you decide, including early morning, evening and weekend coverage.

#### Trust

Because an au pair lives in your home, mutual trust develops more quickly than with a daycare provider or nanny.

#### Culture

Au pairs come from many countries all over the world and can share their language and culture with your family, fostering a sense of curiosity and global perspective.



Scan for more information!





# Summertime is fun time!

Find ideas for family fun and  
date nights on [SantaFe.com](https://www.santafe.com)



# SANTA **FE**.com



# Summer Calendar of Events

## JUNE

### YOGA AND MOVEMENT FOR KIDS

**1-Jun | 10:30-11:30 A.M.**

A yoga class designed specifically with young children in mind. Joyful movement and kinesthetic creativity are explored. Yoga mats are provided if needed. All children must be accompanied by an adult. Recommended for preschool and early school-age children. Held every Thursday at La Farge Library. [santafelibrary.org](http://santafelibrary.org)

### THURSDAYS ARE YOURS

**1-Jun | 4-7 P.M.**

Extended hours and free admission for children under the age of 17 at the Santa Fe Children's Museum. [santafechildrensmuseum.org](http://santafechildrensmuseum.org)

### PAJAMA STORYTIME / HORA DEL CUENTO EN PIJAMA

**1-Jun | 6:30-7:30 P.M.**

A social storytime where parents can receive parenting information and chat with other parents. The Santa Fe Children's Museum, Growing Up New Mexico, and Food Depot are sponsors and participants in this storytime as well. Held at Southside Library, and a meal is provided on the first Thursday of the month. This program is for preschool-age children and their adults. [santafelibrary.org](http://santafelibrary.org)

### ALL TOGETHER NOW CRAFT AT SOUTHSIDE LIBRARY

**2-Jun | 2-4 P.M.**

Community and kindness in action-kids are invited to create a gift for a local senior citizen at the Southside Library. [santafelibrary.org](http://santafelibrary.org)

### CATAPULT CREATION AT MAIN LIBRARY

**2-Jun | 2-4 P.M.**

Create a catapult and learn about the physics of levers, one of the simple machines. Hosted at the Main Library. [santafelibrary.org](http://santafelibrary.org)

### ESPAÑOLA CHILDREN'S STORY HOUR

**2-Jun | 3:30-4:30 P.M.**

Española Public Library hosts a children's storytime hour every Friday. [cityofespanola.org/165/Espanola-Public-Library](http://cityofespanola.org/165/Espanola-Public-Library)

### FIRST FRIDAY FRACTALS

**2-Jun | 8 and 9 P.M.**

First Friday Fractals is the spectacular award-winning planetarium show that takes viewers on a tour of fractals in nature and zooms through infinitely complex mathematical fractals. Featuring original music, the show is both educational and highly entertaining, and suitable for audiences 3 and up. [nmnaturalhistory.org](http://nmnaturalhistory.org)

### TAKE A KID HIKING DAY

**3-Jun | 9-11 A.M.**

Celebrate National Trails Day and Take a Kid Hiking Day with Vamonos with a nature scavenger hunt at the Arroyo Hondo Open Space Loop Park at Old Agua Fria Rd E Trailhead.

### PARENT AND TOT CREATIVE MOVEMENT

**3-Jun | 10-11 A.M.**

Using fun music and stories, early preschool-age children will exercise their bodies and minds in a relaxed and joyful environment with their special adult at the Main Library every first and third Saturday. [santafelibrary.org](http://santafelibrary.org)

### SECRETS OF THE HEART

**3-Jun | 10:30-11:15 A.M.**

Program promotes social and emotional development for children ages 2-8. Through multi-disciplinary arts experiences that include music, dance, theater, visual arts, and puppetry, children learn universal values that enhance their self-awareness and overall well-being. [santafechildrensmuseum.org](http://santafechildrensmuseum.org)

### COMMUNITY ART WORKSHOP

**3-Jun | 11 A.M.-3 P.M.**

FLOW offers a free, public art workshop at Wise Fool to engage, educate, and inspire all community members about Santa Fe's water and water history. All-ages event. We'll share histories of the Rio Chiquito and the Santa Fe River as inspiration for puppets, banners, movement, and poetry about water and the Rio Chiquito. [wisefoolnewmexico.org/flow2023](http://wisefoolnewmexico.org/flow2023)

### CRAFT WORKSHOP FOR KIDS WITH THE INTERNATIONAL FOLK ART MUSEUM

**3-Jun | 11 A.M.-1 P.M.**

Creative, smart, and culturally engaging, the International Folk Art Museum always has beautiful craft projects. Create your own work of folk art in this workshop at La Farge Library. [santafelibrary.org](http://santafelibrary.org)

### READ TO A PUP

**3-Jun | 11:30 A.M.-12:30 P.M.**

Children can practice their reading skills by sharing a story with a furry friend—a local therapy dog—at Southside Library. Program intended for early school-age children. Feel free to drop in during this hour. [santafelibrary.org](http://santafelibrary.org)

### SCIENCE SATURDAYS

**3-Jun | 2-4 P.M.**

Scientists and STEM instructors visit the Santa Fe Children's Museum to conduct experiments, explorations, and demonstrations. Program included with admission. [santafechildrensmuseum.org](http://santafechildrensmuseum.org)

### FAMILY MORNINGS AT FOLK ART

**4-Jun | 11 A.M.-12 P.M.**

This free monthly family program features storytime, an art activity, and explorations in the galleries. Held at the Museum of International Folk Art. Theme: Sewn Stories—Make a Memory Cloth. [internationalfolkart.org](http://internationalfolkart.org)

### DAWN 'TIL DUSK DAY

**4-Jun | All Day**

Los Luceros Historic Site will extend its hours from sunrise to sunset on the first Sunday of each month. During this time, entrance into Los Luceros will be free for New Mexico residents and includes access to the site's visitor center, historic buildings, trails, and picnic areas. [nmculture.org](http://nmculture.org)

### NATURE PLAYTIME

**5-Jun | 10-11 A.M.**

Start the week off by playing outside at the Pajarito Environmental Education Center. An opportunity for toddlers, preschoolers, and their caregivers to explore the nature center and the natural world. Each playtime features outdoor play, sensory exploration, and activities focused on a theme in nature. Admission is free. [peechnature.org](http://peechnature.org)

### MONDAY FUNDAY: NM APPRECIATION DISCOUNT AT MEOW WOLF

**5-Jun | 3-8 P.M.**

Make the first day of the work week a little less Monday and a lot more Funday with Meow Wolf's weekly New Mexico 50% off appreciation discount. Bring your kid after school for some immersive fun or schedule a cheaper-than-a-movie date night. Tickets from 3 to 8 P.M. are half price with promo code MONDAYFUNDAY. [meowwolf.com](http://meowwolf.com)

### BIRTH TALK LOS ALAMOS

**5-Jun | 6:30-8:30 P.M.**

A free community talk circle for pregnant women and mothers. Birth Talk Los Alamos is a safe place to learn about options in pregnancy and childbirth. Hosted virtually on the first Monday of the month. [lafsn.org](http://lafsn.org)

### CHIT-CHAT & CHANGE (DIAPERS) DISCUSSION GROUP

**6-Jun | 9:30-10:30 A.M.**

Join these facilitated group discussions focused on caring for your infants and toddlers. Tuesdays in Los Alamos. 505-662-4515, [lafsn.org/calendar/chit-chat-parenting-group](http://lafsn.org/calendar/chit-chat-parenting-group)

### STORYTIME AND CRAFT AT SOUTHSIDE LIBRARY

**6-Jun | 10:30-11:30 A.M.**

Created with early childhood teaching techniques, this story hour and craft provides social, physical, and cognitive skill practice for kindergarten readiness. Intended for preschool-age children. Held every Tuesday at Southside Library. [santafelibrary.org](http://santafelibrary.org)

### ART EXPLORED!

**6-Jun | 11 A.M.-12 P.M.**

The New Mexico Museum of Art will host Art Explored, a storytime for children ages 5-8, every Tuesday in June and July. Children and their caregivers are invited to enjoy the museum's cool air conditioning and listen to a story from the museum's collection of children's books. Admission to museum galleries is always free to kids under 16. [nmartmuseum.org](http://nmartmuseum.org)

### FAMILY MATINEE AT VISTA GRANDE PUBLIC LIBRARY

**6-Jun | 1-3 P.M.**

Family-friendly film shown on the library's big screen. Free admission, popcorn and a/c included. Hosted at Vista Grande Public Library. [vglibrary.org](http://vglibrary.org)

### CRAFT-O-MANIA AT MAIN LIBRARY

**6-Jun | 1-3 P.M.**

Have a fun and relaxing time being creative with Ms. Kate and her team at the Main Library. [santafelibrary.org](http://santafelibrary.org)

### FAMILY CRAFTERNOON AT LA FARGE LIBRARY

**6-Jun | 3:30-4:30 P.M.**

Create paper flowers for senior citizens at LaFarge Library. [santafelibrary.org](http://santafelibrary.org)



Artwork from State of the Schools submitted by Santa Fe Public School's Art Education Department.



# Summer Calendar - June



Artwork from Recycled Santa Fe Art Festival and State of the Schools submitted by Santa Fe Public School's Art Education Department.

## TAKE A WALK ON THE SOUTH SIDE 6-Jun | 6-7 P.M.

A free urban walking program on public trails in the Santa Fe community. Take an easy walk on the South Side from Southside Library to the paved Arroyo Chamiso Trail. Meet in the Southside Library parking lot. [sfct.org/vamonos](http://sfct.org/vamonos)

## TODDLER TUNES 7-Jun | 10:30-11 A.M.

Children and parents sing and dance together, while Lauren Marcus shares simple ways to engage children in music and movement. Held on the first Wednesday of the month at Family Strengths Network. [lafsn.org](http://lafsn.org)

## WEE WEDNESDAYS 7-Jun | 10:30-11:30 A.M.

Storytime, special exploration, and activities specifically for toddlers at Santa Fe Children's Museum. [santafechildrensmuseum.org](http://santafechildrensmuseum.org)

## LEGO AND GAME TIME AT SOUTHSIDE LIBRARY 7-Jun | 12-3 P.M.

In between books, take a break this summer for some Lego building and games with friends in this open session. At Southside Library. [santafelibrary.org](http://santafelibrary.org)

## POSTPARTUM SUPPORT GROUP 7-Jun | 10-11 A.M.

Free drop-in sessions for postpartum parents to connect and share in the highs and lows of postpartum life. Held at the Santa Fe Parenting Center. Please RSVP via email to [isabelribe505@gmail.com](mailto:isabelribe505@gmail.com). [thebirthingtree.org](http://thebirthingtree.org)

## SUMMER LIBRARY CLUB AT VISTA GRANDE PUBLIC LIBRARY 7-Jun | 2-3 P.M.

Kids in Pre-K to third grade are invited for stories and activities at the Vista Grande Public Library. Meets every Wednesday and is open to regulars or drop-ins. Free and open to kids in the community. [vglibrary.org/summer-library-programs](http://vglibrary.org/summer-library-programs)

## QUEEN BEE'S KIDS SING-ALONG 7-Jun | 10:30-11:15 A.M.

Get those kids singing, moving, and shaking! Teacher Sarah-Jane leads classes through a variety of engaging music games and sing-alongs. Classes are walk-up and free for all (though donations are appreciated!). Program is most fitting for kids up to age 5. Children must be accompanied by an adult. Classes on Wednesday afternoon at Southside Library. Follow Queen Bee Music Association's social media channels for weather cancellations. [queenbeemusicassociation.org](http://queenbeemusicassociation.org)

## PLAY PICHENOTTE 7-Jun | 4-6 P.M.

Join Dave Victor Lagasse for a historical board game that is guaranteed to put a smile on your child's face. Pichenotte is a fun disk-flicking game that entertains children of all ages and helps with developing kids' motor skills. Every first Wednesday of the month. [santafechildrensmuseum.org](http://santafechildrensmuseum.org)



## ATTENTION PARENTS!!

visit

[KidsBowlFree.Com](http://KidsBowlFree.Com)

for free summer bowling

May 22 through October 15th

Monday-Thursday 11am-5pm.

Shoes are \$3/person.



## YOUTH CHESS AT MAIN LIBRARY

7-Jun | 5:45 P.M.-7:45 P.M.

A weekly opportunity for school-age youths to continue to improve their critical thinking skills through the game of chess. While playing the game with other youth, new techniques, strategies, and tricks are introduced. Held every Wednesday at the Main Library. [santafelibrary.org](http://santafelibrary.org)

## YOGA AND MOVEMENT FOR KIDS

8-Jun | 10:30-11:30 A.M.

See June 1 listing.

## SCREEN PRINTING WORKSHOP AT LA FARGE LIBRARY

8-Jun | 1-3 P.M.

Bring your summer reading registration canvas tote bags back to the library to create a fun and colorful screen-printed image with the help of some local artists. Other fun things are provided while you wait your turn! At La Farge Library. [santafelibrary.org](http://santafelibrary.org)

## THURSDAYS ARE YOURS

8-Jun | 4-7 P.M.

See June 1 listing.



# Summer Calendar - June

## PAJAMA STORYTIME / HORA DEL CUENTO EN PIJAMA

8-Jun | 6:30-7:30 P.M.

See June 1 listing.

## FRANK LETO MUSICAL PERFORMANCE FOR KIDS AT MAIN LIBRARY

9-Jun | 11:30 A.M.-12:30 P.M.

Frank Leto, a music educator that incorporates musical instruments from all over the world, will perform at Main Library. Children and the young at heart will love this program. [santafelibrary.org](http://santafelibrary.org)

## SCREEN PRINTING WORKSHOP AT MAIN LIBRARY

9-Jun | 1-3 P.M.

Bring your summer reading registration canvas tote bags back to the library to create a fun and colorful screen-printed image with the help of some local artists. Other fun things are provided while you wait your turn! Held at Main Library. [santafelibrary.org](http://santafelibrary.org)

## FINE ART FRIDAY WITH ALAS DE AGUA

9-Jun | 2-4 P.M.

This collaboration between Santa Fe Children's Museum (1050 Old Pecos Trail) and Alas de Agua gives kids a chance to explore a wide range of media including collage, painting, drawing, and sculpture as they learn about Santa Fe's magnificent culture and imagery. [santafechildrensmuseum.org](http://santafechildrensmuseum.org)

## CRAFT WORKSHOP WITH THE INTERNATIONAL FOLK ART MUSEUM AT SOUTHSIDE LIBRARY

9-Jun | 3-5 P.M.

Join the International Folk Art Museum for a fun and culturally infused creative craft at Southside Library. [santafelibrary.org](http://santafelibrary.org)

## ESPAÑOLA CHILDREN'S STORY HOUR

9-Jun | 3:30-4:30 P.M.

See June 2 listing.

## FLOW: THE UNFOLDING OF WATER IN DOWNTOWN SANTA FE

10-Jun | 9:30-11:30 A.M.

A vibrant participatory procession to return water to the Rio Chiquito, to help generate a current of celebration, memory, and the possibility of water. Giant puppets, music, dance, street art/theatre, poetry, and YOU! Wear blue, green, and/or white. Gather at Alameda and Paseo de Peralta to flow down Water Street to the Santa Fe River at Guadalupe Church. [wisefoolnewmexico.org/flow2023](http://wisefoolnewmexico.org/flow2023)



Artwork from State of the Schools submitted by Santa Fe Public School's Art Education Department.

## SUMMER FAMILY DAY AT RANDALL DAVEY AUDUBON AND SANCTUARY

10-Jun | 9:30 A.M.-12 P.M.

Randall Davey Audubon and Sanctuary invites you to a free drop-in family event. The Nature Discovery Area will be open for play, as well as our trails and gardens for outdoor exploration. Learn about local wildlife and birds, try bird watching, and play games. [randalldavey.audubon.org](http://randalldavey.audubon.org)

## BABY AND TODDLER PLAY HOUR AT MAIN LIBRARY

10-Jun | 10:30-11:30 A.M.

Free, unstructured play where children can explore and interact with other children and new educational toys. Learn and make social connections together with your toddler. Every second Saturday of the month at the Main Library. [santafelibrary.org](http://santafelibrary.org)

## SECRETS OF THE HEART

10-Jun | 10:30-11:15 A.M.

See June 3 listing.

## SCREEN PRINTING WORKSHOP AT SOUTHSIDE LIBRARY

10-Jun | 1-3 P.M.

Bring your summer reading registration canvas tote bags back to the library to create a fun and colorful screen-printed image with the help of some local artists. Other fun things are provided while you wait your turn! At Southside Library. [santafelibrary.org](http://santafelibrary.org)

## SCIENCE SATURDAYS

10-Jun | 2-4 P.M.

See June 3 listing.

## NATURE PLAYTIME

12-Jun | 10-11 A.M.

See June 3 listing.

## MONDAY FUNDAY: NM APPRECIATION DISCOUNT AT MEOW WOLF

12-Jun | 3-8 P.M.

See June 3 listing.

## GRANDPARENTS RAISING GRANDCHILDREN

12-Jun | 6-7 P.M.

This kinship care group meets on the second Monday of the month via Zoom to discuss the challenges associated with kinship. Connect with others who are navigating the challenges of raising a grandchild and learn about resources. Registration is required. [lasfn.org](http://lasfn.org)

## TRANS + NONBINARY FAMILY SUPPORT GROUP

12-Jun | 6:25-7:30 P.M.

Are you a parent, caregiver, or family member of someone who is trans/genderqueer/gender nonconforming? Do you want a space to connect with others? Join this group at the Unitarian Church of Los Alamos. Second Monday of each month. [lasfn.org](http://lasfn.org)

## CHIT-CHAT & CHANGE (DIAPERS) DISCUSSION GROUP

13-Jun | 9:30-10:30 A.M.

See June 6 listing.

## STORYTIME AND CRAFT AT SOUTHSIDE LIBRARY

13-Jun | 10:30-11:30 A.M.

See June 6 listing.

## ART EXPLORED!

13-Jun | 11 A.M.-12 P.M.

See June 6 listing.

## FAMILY MATINEE AT VISTA GRANDE PUBLIC LIBRARY

13-Jun | 1-3 P.M.

See June 6 listing.

## CRAFT-O-MANIA AT MAIN LIBRARY

13-Jun | 1-3 P.M.

See June 6 listing.

## JUDY PANCOAST FAMILY MUSIC CONCERT AT LA FARGE LIBRARY

13-Jun | 6:30-7:30 P.M.

Youngsters will sing and dance along with Judy's sweet and playful music for young children at La Farge Library. [santafelibrary.org](http://santafelibrary.org)

## WEE WEDNESDAYS

14-Jun | 10:30-11:30 A.M.

See June 7 listing.

## DOCENT-LED TOUR OF GOVERNOR'S MANSION

14-Jun | 12-2 P.M.

See museum fine art and furnishings from our state's Native American, Spanish, Mexican, and American cultural heritages in this beautiful and historic residence. Tours are by appointment only and can be reserved from noon to 2 pm on these dates: 6/14, 6/28, 7/12, 7/26, 8/9, 8/23. A group private tour can be reserved on other dates as the schedule permits. Email Mary Brophy: [mary.brophy@gsd.nm.gov](mailto:mary.brophy@gsd.nm.gov)



# Summer Calendar - June

## LEGO AND GAME TIME AT SOUTHSIDE LIBRARY

14-Jun | 12-3 P.M.

See June 7 listing.

## ADVENTURES IN STEM

14-Jun | 1:30-2:30 P.M.

Join us for kid friendly STEM activities hosted by STEAM Lab. All ages welcome. lafsn.org

## SUMMER LIBRARY CLUB AT VISTA GRANDE PUBLIC LIBRARY

14-Jun | 2-3 P.M.

See June 7 listing.

## KIDS SING-ALONG WITH QUEEN BEE MUSIC ASSOCIATION

14-Jun | 3:15-4 P.M.

See June 7 listing.

## YOUTH CHESS AT MAIN LIBRARY

14-Jun | 5:45-7:45 P.M.

See June 7 listing.

## MOVIES IN THE PARK

14-Jun | 8:15 - 10 P.M.

Come out to watch "Atlantis: The Lost Empire" at Rover Park in White Rock. Bring your blankets, pajamas, and snacks to watch this movie under the stars. losalamosnm.us

## AUTISM SUPPORT GROUP

15-Jun | 10-11 A.M.

Las Cumbres Community Services hosts this group on the third Thursday of the month via Zoom. All parents and caregivers raising children with an Autism diagnosis are welcome. Contact facilitator with questions or to sign up: abbie.nelson@lccs-nm.org.

## YOGA AND MOVEMENT FOR KIDS

15-Jun | 10:30-11:30 A.M.

See June 1 listing.

## THURSDAYS ARE YOURS

15-Jun | 4-7 P.M.

See June 1 listing.

## PAJAMA STORYTIME / HORA DEL CUENTO EN PIJAMA

15-Jun | 6:30-7:30 P.M.

See June 1 listing.

## OPERA MAKES SENSE CONCERT FOR KIDS AT MAIN LIBRARY

16-Jun | 1-2 P.M.

Join the Santa Fe Opera as they present their Young Voices Performers and fun lessons about opera. This is a program the whole family will enjoy. Held at the Main Library. santafelibrary.org

## MEOW WOLF ART SESSION AT SOUTHSIDE LIBRARY

16-Jun | 3-5 P.M.

A local Meow Wolf artist will help guide you in some fun summer creative expression! Materials are provided. This event is for grade-school children and teens. Held at Southside Library. santafelibrary.org

## CURRENTS NEW MEDIA ARTS FESTIVAL

16-Jun | 12-11 P.M.

Annual New Media Arts Festival returns to the Santa Fe County Fairgrounds on June 16-26. Expect a full roster of immersive installations, incredible multimedia performances, AI collaborations and interventions, the return of VR works to our festival, and much more. Friday and Saturday from 12-11 P.M.; Sunday-Thursday from 12-7 P.M. \$10 for a day pass or \$15 for a ten-day pass.

## ESPAÑOLA CHILDREN'S STORY HOUR

16-Jun | 3:30-4:30 P.M.

See June 2 listing.

## NEW MEXICO JUNETEENTH CELEBRATION

16-Jun | 4-10 P.M.

A celebration of the Black community and an opportunity to change the narrative about Black people, history, and stereotypes. Friday and Saturday. Join us at 1 Civic Plaza in Albuquerque. bit.ly/44rtQDd

## FAMILY MOVIE NIGHT AT VISTA GRANDE PUBLIC LIBRARY

16-Jun | 7-9 P.M.

Family-friendly film shown on the big screen at Vista Grande Public Library. Free admission and popcorn included. vglibrary.org

## REUNITY RESOURCES HANDS- ON NATURE PROGRAM AT LA FARGE LIBRARY

17-Jun | 10-11 A.M.

Nature-based art for kids with our friends from Reunity Resources, learn and get creative! Held at La Farge Library. santafelibrary.org

## PARENT AND TOT CREATIVE MOVEMENT

17-Jun | 10-11 A.M.

See June 3 listing.

## SECRETS OF THE HEART

17-Jun | 10:30-11:15 A.M.

See June 3 listing.

## VITAL SPACES COMMUNITY ART CLOSET

17-Jun | 11 A.M.-3 P.M.

Vital Spaces opens their Community Art Closet on the third Saturday of each month to provide free art materials to anyone who needs them, supporting everyone from kindergartners to professional makers. The Art Closet is stocked with a wide range of art supplies for all skill and age ranges. vitalspaces.org

## CURRENTS NEW MEDIA ARTS FESTIVAL

17-Jun | 12-11 P.M.

See June 16 listing.

## NEW MEXICO JUNETEENTH CELEBRATION

17-Jun | 12-10 P.M.

See June 16 listing.



Artwork from State of the Schools submitted by Santa Fe Public School's Art Education Department.

### Summer Adventure Camp 2023

@ClimbSantaFe

Week long camps!

Camps begin May 30

Age Groups 5-8, 9-13 & 12-15

Morning Session 8:30-11:30

Afternoon Session 12:30-3:30

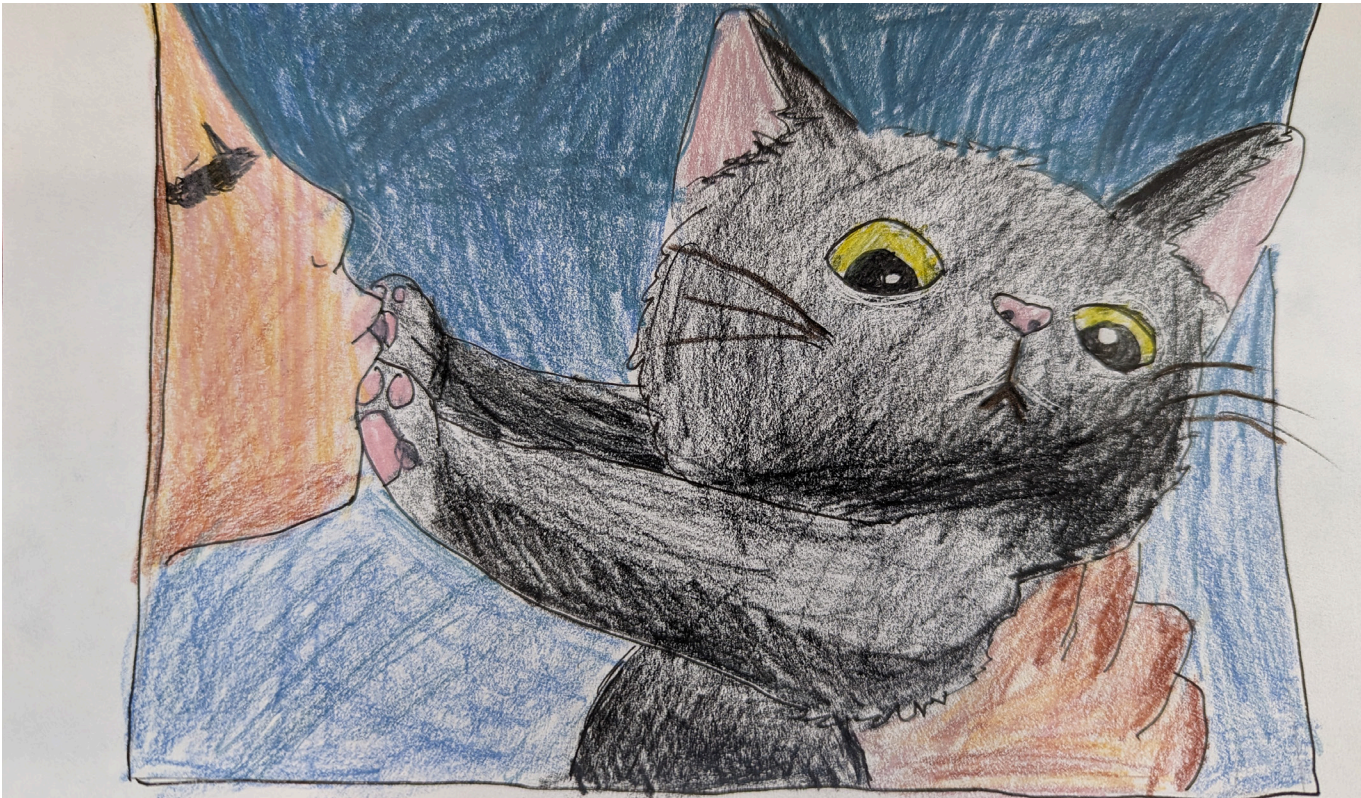
Cost \$249 + tax / week

Before and  
aftercare is  
available!

Sign up @ClimbSantaFe or 505.986.9844



# Summer Calendar - June



Featuring Art School Santa Fe's student artwork from this spring.

**SCIENCE SATURDAYS**

17-Jun | 2-4 P.M.  
See June 3 listing.

**BEAT THE HEAT MOVIE AT THE LA FARGE LIBRARY**

17-Jun | 3-4 P.M.  
Join LaFarge Library for a showing of "Up!" a Pixar film that focuses on recognizing the importance of the people in our lives. Seating is limited. [santafelibrary.org](http://santafelibrary.org)

**CURRENTS NEW MEDIA ARTS FESTIVAL**

18-Jun | 12-7 P.M.  
See June 16 listing.

**NATURE PLAYTIME**

19-Jun | 10-11 A.M.  
See June 5 listing.

**MONDAY FUNDAY: NM APPRECIATION DISCOUNT AT MEOW WOLF**

19-Jun | 3-8 P.M.  
See June 5 listing.

**CURRENTS NEW MEDIA ARTS FESTIVAL**

19-Jun | 12-7 P.M.  
See June 16 listing.

**CHIT-CHAT & CHANGE (DIAPERS) DISCUSSION GROUP**

20-Jun | 9:30-10:30 A.M.  
See June 6 listing.

**STORYTIME AND CRAFT AT SOUTHSIDE LIBRARY**

20-Jun | 10:30-11:30 A.M.  
See June 6 listing.

**ART EXPLORED!**

20-Jun | 11 A.M.-12 P.M.  
See June 6 listing.

**CURRENTS NEW MEDIA ARTS FESTIVAL**

20-Jun | 12-7 P.M.  
See June 16 listing.

**CRAFT-O-MANIA AT MAIN LIBRARY**

20-Jun | 1-3 P.M.  
See June 6 listing.

**SCIENCE FUN AT LA FARGE LIBRARY**

20-Jun | 3-4 P.M.  
Enjoy a fun and entertaining science activity at La Farge Library. [santafelibrary.org](http://santafelibrary.org)

**WEE WEDNESDAYS**

21-Jun | 10:30-11:30 A.M.  
See June 7 listing.

**ABQ BIOPARK VISIT AT LA FARGE LIBRARY**

21-Jun | 11:30 A.M.-12:30 P.M.  
The Albuquerque BioPark will bring some of nature's smaller creatures to Santa Fe's La Farge Library to teach us all about the amazing world of insects. [santafelibrary.org](http://santafelibrary.org)

**CURRENTS NEW MEDIA ARTS FESTIVAL**

21-Jun | 12-7 P.M.  
See June 16 listing.

**LEGO AND GAME TIME AT SOUTHSIDE LIBRARY**

21-Jun | 12-3 P.M.  
See June 7 listing.

**SUMMER LIBRARY CLUB AT VISTA GRANDE PUBLIC LIBRARY**

21-Jun | 2-3 P.M.  
See June 7 listing.

**KIDS SING-ALONG WITH QUEEN BEE MUSIC ASSOCIATION**

21-Jun | 3:15-4 P.M.  
See June 7 listing.

**YOUTH CHESS AT MAIN LIBRARY**

21-Jun | 5:45-7:45 P.M.  
See June 7 listing.

**YOGA AND MOVEMENT FOR KIDS**

22-Jun | 10:30-11:30 A.M.  
See June 1 listing.

**CURRENTS NEW MEDIA ARTS FESTIVAL**

22-Jun | 12-7 P.M.  
See June 16 listing.

**THURSDAYS ARE YOURS**

22-Jun | 4-7 P.M.  
See June 1 listing.

**PAJAMA STORYTIME / HORA DEL CUENTO EN PIJAMA**

22-Jun | 6:30-7:30 P.M.  
See June 1 listing.



Artwork from the State of the Schools submitted by Santa Fe Public School's Art Education Department.



# Summer Calendar - June/July



Artwork from State of the Schools submitted by Santa Fe Public School's Art Education Department.

## CURRENTS NEW MEDIA ARTS FESTIVAL

23-Jun | 12-11 P.M.

See June 16 listing.

## OPERA MAKES SENSE CONCERT FOR KIDS AT SOUTHSIDE LIBRARY

23-Jun | 1-2 P.M.

Join the Santa Fe Opera as they present their Young Voices Performers and fun lessons about opera at Southside Library. This is a program the whole family will enjoy. [santafelibrary.org](http://santafelibrary.org)

## MAKE YOUR OWN BOARD GAME

23-Jun | 2-4 P.M.

Create a fun board game to enjoy during your summer break at the Main Library. [santafelibrary.org](http://santafelibrary.org)

## ESPAÑOLA CHILDREN'S STORY HOUR

23-Jun | 3:30-4:30 P.M.

See June 2 listing.

## PRIDE ON THE PLAZA

24-Jun | 10 A.M.-4 P.M.

Celebrating the LGBTQIA+ community, Pride kicks off with a parade through downtown Santa Fe at 10:30 A.M., starting from the PERA Building parking lot. Following the parade, there will be free activities and live entertainment on the plaza for all. [hrasantafe.org](http://hrasantafe.org)

## SECRETS OF THE HEART

24-Jun | 10:30-11:15 A.M.

See June 3 listing.

## QUEEN BEE'S KIDS SING-ALONG

24-Jun | 10:30-11:15 A.M.

Get those kids singing, moving, and shaking! Teacher Sarah-Jane leads classes through a variety of engaging music games and sing-alongs. Classes are walk-up and free for all. Program is most fitting for kids up to age 5. Children must be accompanied by an adult. Classes on the last Saturdays of the month at the Randall Davey Audubon Center. Follow Queen Bee Music Association's social media channels for weather cancellations. [queenbeemusicassociation.org](http://queenbeemusicassociation.org)

## CURRENTS NEW MEDIA ARTS FESTIVAL

24-Jun | 12-11 P.M.

See June 16 listing.

## SCIENCE SATURDAYS

24-Jun | 2-4 P.M.

See June 3 listing.

## CURRENTS NEW MEDIA ARTS FESTIVAL

25-Jun | 12-7 P.M.

See June 16 listing.

## NATURE PLAYTIME

26-Jun | 10-11 A.M.

See June 5 listing.

## MONDAY FUNDAY: NM APPRECIATION DISCOUNT AT MEOW WOLF

26-Jun | 3-8 P.M.

See June 5 listing.

## CHIT-CHAT & CHANGE (DIAPERS) DISCUSSION GROUP

27-Jun | 9:30-10:30 A.M.

See June 6 listing.

## STORYTIME AND CRAFT AT SOUTHSIDE LIBRARY

27-Jun | 10:30-11:30 A.M.

See June 6 listing.

## ART EXPLORED!

27-Jun | 11 A.M.-12 P.M.

See June 6 listing.

## FAMILY MATINEE AT VISTA GRANDE PUBLIC LIBRARY

27-Jun | 1-3 P.M.

See June 6 listing.

## CRAFT-O-MANIA AT MAIN LIBRARY

27-Jun | 1-3 P.M.

See June 6 listing.

## WEE WEDNESDAYS

28-Jun | 10:30-11:30 A.M.

See June 7 listing.

## DOCENT-LED TOUR OF GOVERNOR'S MANSION

28-Jun | 12-2 P.M.

See June 14 listing.

## LEGO AND GAME TIME AT SOUTHSIDE LIBRARY

28-Jun | 12-3 P.M.

See June 7 listing.

## SUMMER LIBRARY CLUB AT VISTA GRANDE PUBLIC LIBRARY

28-Jun | 2-3 P.M.

See June 7 listing.

## KIDS SING-ALONG WITH QUEEN BEE MUSIC ASSOCIATION

28-Jun | 3:15-4 P.M.

See June 24 listing.

## YOUTH CHESS AT MAIN LIBRARY

28-Jun | 5:45-7:45 P.M.

See June 7 listing.

## MOVIES IN THE PARK

28-Jun | 8:15 - 10 P.M.

Come out to watch "Turning Red" in Rover Park. Bring your blankets, pajamas, and snacks to watch this movie under the stars. [losalamosnm.us](http://losalamosnm.us)

## YOGA AND MOVEMENT FOR KIDS

29-Jun | 10:30-11:30 A.M.

See June 1 listing.

## THURSDAYS ARE YOURS

29-Jun | 4-7 P.M.

See June 1 listing.

## PAJAMA STORYTIME / HORA DEL CUENTO EN PIJAMA

29-Jun | 6:30-7:30 P.M.

See June 1 listing.

## COMIC BOOK CREATION WORKSHOP AT MAIN LIBRARY

30-Jun | 2-4 P.M.

Create your own comic book with Ms. Kate and her crew! All materials provided, at the Main Library. [santafelibrary.org](http://santafelibrary.org)

## ROCKY MOUNTAIN PUPPETS AT SOUTHSIDE LIBRARY

30-Jun | 3-4 P.M.

Miss Megan is a nationally known puppeteer who always has a meaningful, fun, and entertaining show for us. You don't want to miss this! Held at Southside Library. [santafelibrary.org](http://santafelibrary.org)

## ESPAÑOLA CHILDREN'S STORY HOUR

30-Jun | 3:30-4:30 P.M.

See June 1 listing.

# JULY

## PARENT AND TOT CREATIVE MOVEMENT

1-Jul | 10-11 A.M.

See June 3 listing.

## SECRETS OF THE HEART

1-Jul | 10:30-11:15 A.M.

See June 3 listing.

## READ TO A PUP!

1-Jul | 11:30 A.M.-12:30 P.M.

See June 3 listing.

## SCIENCE SATURDAYS

1-Jul | 2-4 P.M.

See June 3 listing.

## DAWN 'TIL DUSK DAY

2-Jul | ALL DAY

See June 4 listing.

## NATURE PLAYTIME

3-Jul | 10-11 A.M.

See June 5 listing.



**2023 SUMMER CAMP**  
**MAY 29th—August 11th**

**FULL AND HALF DAY SESSIONS AVAILABLE**  
**LUNCH IS PROVIDED FOR FULL-DAY CAMPERS**  
**CAMPERS AGES 6-15 ARE WELCOME TO ATTEND**

[WWW.SANTAFETENNIS.NET](http://WWW.SANTAFETENNIS.NET) [CLUB@SANTAFETENNIS.NET](mailto:CLUB@SANTAFETENNIS.NET)





# Summer Calendar - July

## MONDAY FUNDAY: NM APPRECIATION DISCOUNT AT MEOW WOLF

3-Jul | 3-8 P.M.

See June 5 listing.

## BIRTH TALK LOS ALAMOS

3-Jul | 6:30-8:30 P.M.

## PANCAKES ON THE PLAZA

4-Jul | 7 A.M.-4 P.M.

The Rotary Club of Santa Fe is hosting the 47th annual Pancakes event on the Santa Fe Plaza. Pancakes, local vendors, classic cars, and unique art surrounds the plaza. As a Santa Fe tradition, the cost of a ticket will not only get you a plate of delicious pancakes, but the proceeds will have a positive impact on the community. [pancakesontheplaza.com](http://pancakesontheplaza.com)

## COMMUNITY DAY AT THE GARDEN

4-Jul | 9 A.M.-5 P.M.

The Santa Fe Botanical Garden opens its doors to New Mexico residents and students on this community day for free admission. [santafebotanicalgarden.org](http://santafebotanicalgarden.org)

## CITY OF ALBUQUERQUE FOURTH OF JULY CELEBRATION

4-Jul | 3-10 P.M.

Celebrate Independence Day at Balloon Fiesta Park in Albuquerque. Enjoy the brightest firework show in the state with food, local beer in the Cantina, and children's activities during a free and family-friendly event. [cabq.gov/artsandculture/things-to-do/annual-events/freedom-4th](http://cabq.gov/artsandculture/things-to-do/annual-events/freedom-4th)

## CITY OF SANTA FE FOURTH OF JULY CELEBRATION

4-Jul | 4-10 P.M.

Annually, the City of Santa Fe and Kiwanis Club host the community's fireworks show in celebration of Independence Day at the Santa Fe Place Mall. [santafenm.gov](http://santafenm.gov)

## TODDLER TUNES

5-Jul | 10:30-11 A.M.

See June 7 listing.

## WEE WEDNESDAYS

5-Jul | 10:30-11:30 A.M.

See June 7 listing.

## LEGO AND GAME TIME AT SOUTHSIDE LIBRARY

5-Jul | 12-3 P.M.

See June 7 listing.

## SUMMER LIBRARY CLUB AT VISTA GRANDE PUBLIC LIBRARY

5-Jul | 2-3 P.M.

See June 7 listing.

## KIDS SING-ALONG WITH QUEEN BEE MUSIC ASSOCIATION

5-Jul | 3:15-4 P.M.

See June 7 listing.

## PLAY PICHENOTTE

5-Jul | 4-6 P.M.

See June 7 listing.

## YOUTH CHESS AT MAIN LIBRARY

5-Jul | 5:45-7:45 P.M.

See June 7 listing.

## YOGA AND MOVEMENT FOR KIDS

6-Jul | 10:30-11:30 A.M.

See June 1 listing.

## THURSDAYS ARE YOURS

6-Jul | 4-7 P.M.

See June 1 listing.

## GARDEN CELLO PERFORMANCE AT LA FARGE LIBRARY

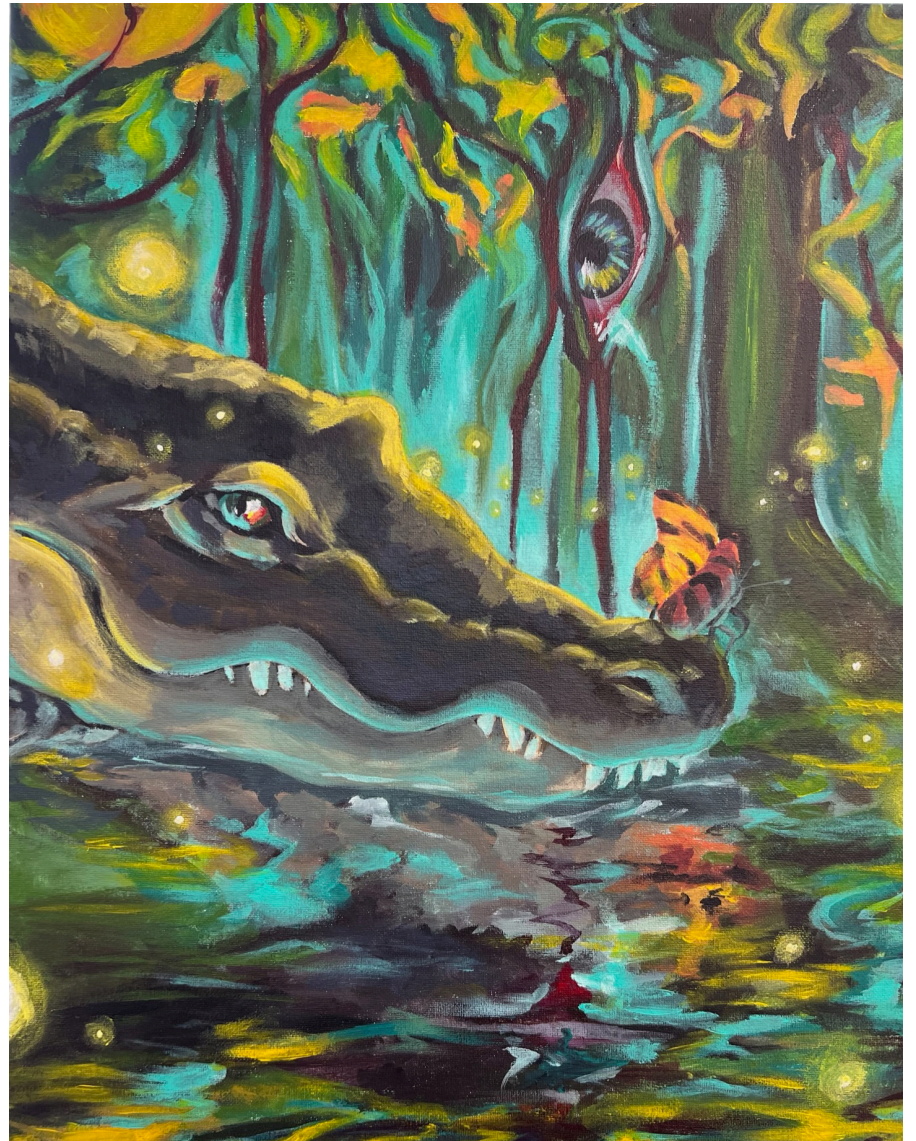
6-Jul | 6:30-7:30 P.M.

Greg Weger of the Santa Fe Symphony will play some lovely music to create a memorable summer evening at La Farge Library. [santafelibrary.org](http://santafelibrary.org)

## PAJAMA STORYTIME / HORA DEL CUENTO EN PIJAMA

6-Jul | 6:30-7:30 P.M.

See June 1 listing.



Artwork from State of the Schools submitted by Santa Fe Public School's Art Education Department.

## SCIENCEFEST WEEK IN LOS ALAMOS

7-Jul-18-Jul | ALL DAY

ScienceFest features a week of interactive activities, competitions, speakers, tours, and exhibits to engage the public in science, technology, engineering, art, and math (STEAM) topics. Various locations in Los Alamos. [losalamos.sciencefest.com](http://losalamos.sciencefest.com)

## OPERA MAKES SENSE CONCERT FOR KIDS AT LA FARGE LIBRARY

7-Jul | 1-2 P.M.

Join the Santa Fe Opera at La Farge Library (1730 Llano St.) as they present their Young Voices Performers and fun lessons about opera. This is a program the whole family will enjoy. [santafelibrary.org](http://santafelibrary.org)

## ALL TOGETHER NOW CRAFT AT SOUTHSIDE LIBRARY

7-Jul | 2-4 P.M.

See June 2 listing.

## FINE ART FRIDAY WITH THE GEORGIA O'KEEFE MUSEUM

7-Jul | 2-4 P.M.

See June 2 listing.

## ESPAÑOLA CHILDREN'S STORY HOUR

7-Jul | 3:30-4:30 P.M.

See June 2 listing.

## FIRST FRIDAY FRACTALS

7-Jul | 8-9 P.M.

See June 2 listing.

## SCIENCEFEST DISCOVERY DAY

8-Jul | 9 A.M.-2 P.M.

As part of ScienceFest week in Los Alamos, celebrate Discovery Day: a day of fun for all ages with science, technology, engineering, art, and math (STEAM) booths, live music, food vendors, and more. Free event, open to the public. Held at Ashley Pond in Los Alamos. [losalamossiencefest.com](http://losalamossiencefest.com)

## BABY AND TODDLER PLAY HOUR AT MAIN LIBRARY

8-Jul | 10:30-11:30 A.M.

See June 10 listing.

## SECRETS OF THE HEART

8-Jul | 10:30-11:15 A.M.

See June 3 listing.

**Dragonfly Art Studio**

Art provides skills for self-expression, strengthens self-confidence, adds appreciation for the world, and nurtures creative thinking!



A PLACE WHERE KIDS CAN EXPRESS THEMSELVES THROUGH ART AND DISCOVER THEIR CREATIVITY

- [Summer Camps](#)
- [After School Art Classes](#)
- ["No School" Art Days](#)
- [Birthday Parties](#)
- [Private and Group Classes](#)
- [Holiday Workshops](#)

[www.Dragonflyartsf.com](http://www.Dragonflyartsf.com)

**505-670-5019**



# Summer Calendar - July

**SURVIVAL STORIES BOOK CLUB  
AT SOUTHSIDE LIBRARY**

**8-Jul | 11:30 A.M.-12:30 P.M.**  
Talk about your favorite adventure/survival read from this summer! This book club is recommended for upper elementary school readers. There will be some survival skill training in the mix, too! Held at Southside Library. [santafelibrary.org](http://santafelibrary.org)

**SCIENCE SATURDAYS**

**8-Jul | 2-4 P.M.**  
See June 3 listing.

**NATURE PLAYTIME**

**10-Jul | 10-11 A.M.**  
See June 5 listing.

**SCIENCE FUN AT LA FARGE  
LIBRARY**

**10-Jul | 3-4 P.M.**  
Enjoy a fun and entertaining science activity at La Farge Library. [santafelibrary.org](http://santafelibrary.org)

**MONDAY FUNDAY: NM  
APPRECIATION DISCOUNT AT  
MEOW WOLF**

**10-Jul | 3-8 P.M.**  
See June 5 listing.

**GRANDPARENTS RAISING  
GRANDCHILDREN**

**10-Jul | 6-7 P.M.**  
See June 12 listing.

**TRANS + NONBINARY FAMILY  
SUPPORT GROUP**

**10-Jul | 6:25-7:30 P.M.**  
See June 12 listing.

**CHIT-CHAT & CHANGE  
(DIAPERS) DISCUSSION GROUP**

**11-Jul | 9:30-10:30 A.M.**  
See June 6 listing.

**STORYTIME AND CRAFT AT  
SOUTHSIDE LIBRARY**

**11-Jul | 10:30-11:30 A.M.**  
See June 6 listing.

**ART EXPLORED!**

**11-Jul | 11 A.M.-12 P.M.**  
See June 6 listing.

**FAMILY MATINEE AT VISTA  
GRANDE PUBLIC LIBRARY**

**11-Jul | 1-3 P.M.**  
See June 6 listing.

**CRAFT-O-MANIA AT MAIN  
LIBRARY**

**11-Jul | 1-3 P.M.**  
See June 6 listing.

**TAKE A WALK ON THE  
SOUTHSIDE**

**11-Jul | 6-7 P.M.**  
See June 6 listing.

**WEE WEDNESDAYS**

**12-Jul | 10:30-11:30 A.M.**  
See June 7 listing.



Artwork from State of the Schools submitted by Santa Fe Public School’s Art Education Department.

**DOCENT LED TOUR OF  
GOVERNOR’S MANSION**

**12-Jul | 12-2 P.M.**  
See June 14 listing.

**LEGO AND GAME TIME AT  
SOUTHSIDE LIBRARY**

**12-Jul | 12-3 P.M.**  
See June 7 listing.

**ADVENTURES IN STEM**

**12-Jul | 1:30-2:30 P.M.**  
See June 14 listing.

**SUMMER LIBRARY CLUB AT  
VISTA GRANDE PUBLIC LIBRARY**

**12-Jul | 2-3 P.M.**  
See June 7 listing.

**KIDS SING-ALONG WITH QUEEN  
BEE MUSIC ASSOCIATION**

**12-Jul | 3:15-4 P.M.**  
See June 7 listing.

**YOUTH CHESS AT  
MAIN LIBRARY**

**12-Jul | 5:45-7:45 P.M.**  
See June 7 listing.

**MOVIES IN THE PARK**

**12-Jul | 8:15 - 10 P.M.**  
Come out to watch “Wall-E” at Ashley Pond Park, Los Alamos. Bring your blankets, pajamas, and snacks to watch this movie under the stars. [losalamosnm.us](http://losalamosnm.us)

**YOGA AND MOVEMENT  
FOR KIDS**

**13-Jul | 10:30-11:30 A.M.**  
See June 1 listing.

**BRIGHT STAR CHILDREN’S  
THEATRE COMPANY AT  
SOUTHSIDE LIBRARY**

**13-Jul | 2-3 P.M.**

All the way from North Carolina, the Bright Star Children’s Theatre will perform Captain Friendship at Southside Library. The Bully Bandit is causing trouble under the big top, and it’s up to Captain Friendship to help solve these problems with kindness. [santafelibrary.org](http://santafelibrary.org)

**THURSDAYS ARE YOURS**

**13-Jul | 4-7 P.M.**  
See June 1 listing.

**BRIGHT STAR CHILDREN’S  
THEATRE COMPANY AT  
SOUTHSIDE LIBRARY**

**13-Jul | 6:30-7:30 P.M.**

Bring your little ones to Southside Library for Old MacDonald’s Singalong Farm, an interactive sing-along with animal friends who help teach us about sharing, caring, and coming together. [santafelibrary.org](http://santafelibrary.org)

**PAJAMA STORYTIME / HORA  
DEL CUENTO EN PIJAMA**

**13-Jul | 6:30-7:30 P.M.**  
See June 1 listing.

**ALL TOGETHER NOW CRAFT AT  
SOUTHSIDE LIBRARY**

**14-Jul | 2-4 P.M.**  
See June 2 listing.

**FINE ART FRIDAY WITH  
ALAS DE AGUA**

**14-Jul | 2-4 P.M.**  
See June 9 listing.

**INDIANA BONES STORYTELLING  
PERFORMANCE**

**14-Jul | 3-4 P.M.**

Action, adventure, history, and fun! Captivating and entertaining, Indiana Bones weaves tales of mystery and adventure with science and history to keep young audiences engaged. Held at the Main Library. [santafelibrary.org](http://santafelibrary.org)

**ESPAÑOLA CHILDREN’S  
STORY HOUR**

**14-Jul | 3:30-4:30 P.M.**  
See June 2 listing.

**SUMMER FAMILY DAY AT  
RANDALL DAVEY AUDUBON  
AND SANCTUARY**

**15-Jul | 9:30 A.M.-12 P.M.**  
See June 10 listing.

**REUNITY RESOURCES HANDS-  
ON NATURE PROGRAM AT LA  
FARGE LIBRARY**

**15-Jul | 10-11 A.M.**

Nature-based art for kids with our friends from Reunity Resources. Learn and get creative. Held at La Farge Library. [santafelibrary.org](http://santafelibrary.org)

**PARENT AND TOT CREATIVE  
MOVEMENT**

**15-Jul | 10-11 A.M.**  
See June 3 listing.

**SECRETS OF THE HEART**

**15-Jul | 10:30-11:15 A.M.**  
See June 3 listing.

**VITAL SPACES COMMUNITY  
ART CLOSET**

**15-Jul | 11 A.M.-3 P.M.**  
See June 17 listing.

**SCIENCE SATURDAYS**

**15-Jul | 2-4 P.M.**  
See June 3 listing.

**BEAT THE HEAT MOVIE AT  
SOUTHSIDE LIBRARY**

**15-Jul | 3-4 P.M.**

Watch “How to Train Your Dragon” at Southside Library. [santafelibrary.org](http://santafelibrary.org)

**NATURE PLAYTIME**

**17-Jul | 10-11 A.M.**  
See June 5 listing.

**MONDAY FUNDAY: NM  
APPRECIATION DISCOUNT AT  
MEOW WOLF**

**17-Jul | 3-8 P.M.**  
See June 5 listing.

**CHIT-CHAT & CHANGE  
(DIAPERS) DISCUSSION GROUP**

**18-Jul | 9:30-10:30 A.M.**  
See June 6 listing.

**STORYTIME AND CRAFT AT  
SOUTHSIDE LIBRARY**

**18-Jul | 10:30 A.M.-11:30 A.M.**  
See June 6 listing.



# Summer Calendar - July

**ART EXPLORED!**

18-Jul | 11 A.M.-12 P.M.

See June 6 listing.

**NEW MEXICO MUSEUM OF ART KIDS WORKSHOP AT LA FARGE LIBRARY**

18-Jul | 3-4 P.M.

Explore your artistic side with a designed craft project and learn about art in the process! Held at La Farge Library (1730 Llano St.). [santafelibrary.org](http://santafelibrary.org)

**WEE WEDNESDAYS**

19-Jul | 10:30-11:30 A.M.

See June 7 listing.

**LEGO AND GAME TIME AT SOUTHSIDE LIBRARY**

19-Jul | 12-3 P.M.

See June 7 listing.

**CRAFT-O-MANIA AT MAIN LIBRARY**

19-Jul | 1-3 P.M.

See June 6 listing.

**KIDS SING-ALONG WITH QUEEN BEE MUSIC ASSOCIATION**

19-Jul | 3:15-4 P.M.

See June 7 listing.

**YOUTH CHESS AT MAIN LIBRARY**

19-Jul | 5:45-7:45 P.M.

See June 7 listing.

**AUTISM SUPPORT GROUP**

20-Jul | 10-11 A.M.

See June 15 listing.

**YOGA AND MOVEMENT FOR KIDS**

20-Jul | 10:30-11:30 A.M.

See June 1 listing.

**NEW MEXICO MUSEUM OF ART KID'S WORKSHOP AT MAIN LIBRARY**

20-Jul | 3-4 P.M.

Explore your artistic side with a designed craft project and learn about art in the process! Held at the Main Library. [santafelibrary.org](http://santafelibrary.org)



Artwork from State of the Schools submitted by Santa Fe Public School's Art Education Department.

**THURSDAYS ARE YOURS THURSDAYS ARE YOURS**

20-Jul | 4-7 P.M.

See June 1 listing.

**PAJAMA STORYTIME / HORA DEL CUENTO EN PIJAMA**

20-Jul | 6:30-7:30 P.M.

See June 1 listing.

**SUMMER READING PARTY AT LAFARGE LIBRARY**

21-Jul | 1-3 P.M.

Celebrate your reading success with some Wise Fool fun! This party is for children that participated in All Together Now, our summer reading program. Treats, prizes, and surprises abound. Held at the La Farge Library. [santafelibrary.org](http://santafelibrary.org)

**NEW MEXICO MUSEUM OF ART KIDS WORKSHOP AT SOUTHSIDE LIBRARY**

21-Jul | 3-4 P.M.

Explore your artistic side at Southside Library with a designed craft project and learn about art in the process! [santafelibrary.org](http://santafelibrary.org)

**ESPAÑOLA CHILDREN'S STORY HOUR**

21-Jul | 3:30-4:30 P.M.

See June 2 listing.

**FAMILY MOVIE NIGHT AT VISTA GRANDE PUBLIC LIBRARY**

21-Jul | 7-9 P.M.

See June 6 listing.

**27TH ANNUAL KIDS TRIATHLON**

22-Jul | ALL DAY

A fun introduction to the multi-sport world for children with an emphasis on fun and fitness, not competition. This is a continuous and untimed event. Kickboards and life jackets are available and may be used. Helmets are required. For kids ages 3-10. Fee is \$25. [losalamosnm.us](http://losalamosnm.us)

**SECRETS OF THE HEART**

22-Jul | 10:30-11:15 A.M.

See June 3 listing.

**SUMMER READING PARTY AT MAIN LIBRARY**

22-Jul | 11 A.M.-1 P.M.

Celebrate your reading success with some Wise Fool fun. This party is for children that participated in All Together Now, Santa Fe Public Library's summer reading program. Treats, prizes, and surprises abound. Held at the Main Library. [santafelibrary.org](http://santafelibrary.org)

**SCIENCE SATURDAYS**

22-Jul | 2-4 P.M.

See June 3 listing.

**SUMMER READING PARTY AT SOUTHSIDE LIBRARY**

22-Jul | 3-5 P.M.

Celebrate your reading success with some Wise Fool fun. This party is for children that participated in All Together Now, Santa Fe Public Library's summer reading program. Treats, prizes, and surprises abound. Held at the Southside Library. [santafelibrary.org](http://santafelibrary.org)

**NATURE PLAYTIME**

24-Jul | 10-11 A.M.

See June 5 listing.

**MONDAY FUNDAY: NM APPRECIATION DISCOUNT AT MEOW WOLF**

24-Jul | 3-8 P.M.

See June 5 listing.

**CHIT-CHAT & CHANGE (DIAPERS) DISCUSSION GROUP**

25-Jul | 9:30-10:30 A.M.

See June 6 listing.

**STORYTIME AND CRAFT AT SOUTHSIDE LIBRARY**

25-Jul | 10:30-11:30 A.M.

See June 6 listing.

**ART EXPLORED!**

25-Jul | 11 A.M.-12 P.M.

See June 6 listing.

**FAMILY MATINEE AT VISTA GRANDE PUBLIC LIBRARY**

25-Jul | 1-3 P.M.

See June 6 listing.

**CRAFT-O-MANIA AT MAIN LIBRARY**

25-Jul | 1-3 P.M.

See June 6 listing.

**WEE WEDNESDAYS**

26-Jul | 10:30-11:30 A.M.

See June 7 listing.

**WEE WEDNESDAYS**

26-Jul | 10:30-11:30 A.M.

See June 7 listing.

**DOCENT-LED TOUR OF GOVERNOR'S MANSION**

26-Jul | 12-2 P.M.

See June 14 listing.

**KIDS SING-ALONG WITH QUEEN BEE MUSIC ASSOCIATION**

26-Jul | 3:15-4 P.M.

See June 7 listing.

**YOUTH CHESS AT MAIN LIBRARY**

26-Jul | 5:45-7:45

See June 7 listing.

**MOVIES IN THE PARK**

26-Jul | 8:15 - 10 P.M.

Come out to watch "Encanto" at the Rodeo Ground in Rio Arriba County. Bring your blankets, pajamas, and snacks to watch this movie under the stars.

**YOGA AND MOVEMENT FOR KIDS**

27-Jul | 10:30-11:30 A.M.

See June 1 listing.

**THURSDAYS ARE YOURS**

27-Jul | 4-7 P.M.

See June 1 listing.

**PAJAMA STORYTIME / HORA DEL CUENTO EN PIJAMA**

27-Jul | 6:30-7:30 P.M.

See June 1 listing.



**Kids Pottery Camps**  
All summer long

FOR MORE INFORMATION  
& REGISTRATION,  
PLEASE SCAN







# Summer Calendar - July/August



Artwork from State of the Schools submitted by Santa Fe Public School's Art Education Department.

## ESPAÑOLA CHILDREN'S STORY HOUR

28-Jul | 3:30-4:30 P.M.  
See June 2 listing.

## TRADITIONAL SPANISH MARKET ON THE SANTA FE PLAZA

29-Jul | ALL DAY  
A popular event for residents and visitors alike, Spanish Market features handmade traditional art from hundreds of local Hispanic artists, as well as live music, art demonstrations, and regional foods throughout each day. [spanishcolonial.org](http://spanishcolonial.org)

## SECRETS OF THE HEART

29-Jul | 10:30-11:15 A.M.

See June 3 listing.

## QUEEN BEE'S KIDS SING-ALONG

29-Jul | 10:30-11:15 A.M.

See June 7 listing.

## SCIENCE SATURDAYS

29-Jul | 2-4 P.M.

See June 3 listing.

## TRADITIONAL SPANISH MARKET ON SANTA FE PLAZA

30-Jul | ALL DAY

See July 29 listing.

## NATURE PLAYTIME

31-Jul | 10-11 A.M.

See June 5 listing.

## MONDAY FUNDAY: NM APPRECIATION DISCOUNT AT MEOW WOLF

31-Jul | 3-8 P.M.

See June 5 listing.

# AUGUST

## CHIT-CHAT & CHANGE (DIAPERS) DISCUSSION GROUP

1-Aug | 9:30-10:30 A.M.

See June 6 listing.

## STORYTIME AND CRAFT AT SOUTHSIDE LIBRARY

1-Aug | 10:30-11:30 A.M.

See June 6 listing.

## ART EXPLORED!

1-Aug | 11 A.M.-12 P.M.

See June 6 listing.

## TODDLER TUNES

2-Aug | 10:30-11 A.M.

See June 7 listing.

## WEE WEDNESDAYS

2-Aug | 10:30-11:30 A.M.

See June 7 listing.

## KIDS SING-ALONG WITH QUEEN BEE MUSIC ASSOCIATION

2-Aug | 3:15-4 P.M.

See June 7 listing.

## PLAY PICHENOTTE

2-Aug | 4-6 P.M.

See June 7 listing.

## YOUTH CHESS AT MAIN LIBRARY

2-Aug | 5:45-7:45 P.M.

See June 7 listing.

## YOGA AND MOVEMENT FOR KIDS

3-Aug | 10:30-11:30 A.M.

See June 1 listing.

## THURSDAYS ARE YOURS

3-Aug | 4-7 P.M.

See June 1 listing.

## PAJAMA STORYTIME / HORA DE CUENTO EN PIJAMA

3-Aug | 6:30-7:30 P.M.

See June 1 listing.

## FINE ART FRIDAY WITH GEORGIA O'KEEFFE MUSEUM

4-Aug | 2-4 P.M.

See June 2 listing.

## ESPAÑOLA CHILDREN'S STORY HOUR

4-Aug | 3:30-4:30 P.M.

See June 2 listing.

## FIRST FRIDAY FRACTALS

4-Aug | 8-9 P.M.

See June 2 listing.

## FAMILY WALKING DAY

5-Aug | 9-11 A.M.

Celebrate Family Hiking Day with Vamonos while walking the Audubon Society Treehouse Loop to Santa Fe Canyon Preserve. No dogs please. Meet at 1800 Upper Canyon Road or carpool from SF Water History Park. Hike is two hours, please wear sunscreen and bring water. [sfct.org/vamonos](http://sfct.org/vamonos)

## PARENT AND TOT CREATIVE MOVEMENT

5-Aug | 10-11 A.M.

See June 3 listing.

## SECRETS OF THE HEART

5-Aug | 10:30-11:15 A.M.

See June 3 listing.

## READ TO A PUP

5-Aug | 11:30 A.M.-12:30 P.M.

See June 3 listing.

## SCIENCE SATURDAYS

5-Aug | 2-4 P.M.

See June 3 listing.

## CHALK FOR PEACE

6-Aug | 1-4 P.M.

Award-winning chalk artist Mark Wagner of Drawing on Earth will lead the young leaders and the community in creating beautiful and impactful chalk art during this creative, inspiring and free event at the Santa Fe Railyard. Learn about Tomorrow's Women, which brings Israeli and Palestinian young women together in New Mexico for a three-week peacebuilding and leadership skill-building camp immersion.

## DAWN 'TIL DUSK DAY

6-Aug | ALL DAY

See June 4 listing.

## NATURE PLAYTIME

7-Aug | 10-11 A.M.

See June 5 listing.

## MONDAY FUNDAY: NM APPRECIATION DISCOUNT AT MEOW WOLF

7-Aug | 3-8 P.M.

See June 5 listing.

## BIRTH TALK LOS ALAMOS

7-Aug | 6:30-8:30 P.M.

See June 5 listing.

## CHIT-CHAT & CHANGE (DIAPERS) DISCUSSION GROUP

8-Aug | 9:30-10:30 A.M.

See June 6 listing.

## STORYTIME AND CRAFT AT SOUTHSIDE LIBRARY

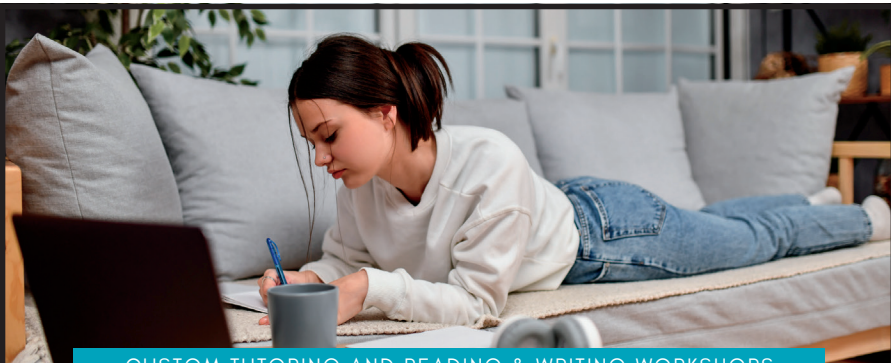
8-Aug | 10:30-11:30 A.M.

See June 6 listing.

## TALK A WALK ON THE SOUTHSIDE

8-Aug | 6-7 P.M.

See June 6 listing.



CUSTOM TUTORING AND READING & WRITING WORKSHOPS

## Read it | Write It | Learn It



Improve and fine tune critical reading and all types of writing in a customized setting. Individual tutoring and small group instruction are the best for rapid improvement. Learners ages 10 to adult can enhance and grow in all types of writing: personal, organizational, creative, and professional. ADHD and dyslexia support are provided.

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# Summer Calendar - August



Artwork from State of the Schools submitted by Santa Fe Public School's Art Education Department.

**SCIENCE SATURDAYS**

19-Aug | 2-4 P.M.  
See June 3 listing.

**HANDS-ON HORNO BAKING IN A PUEBLOAN HOME TOUR**

20-Aug | 9 A.M.-3:30 P.M.  
See August 19 listing.

**SANTA FE INDIAN MARKET ON THE SANTA FE PLAZA**

20-Aug | ALL DAY  
See August 19 listing.

**HANDS-ON HORNO BAKING IN A PUEBLOAN HOME TOUR**

21-Aug | 9 A.M.-3:30 P.M.  
See August 19 listing.

**NATURE PLAYTIME**

21-Aug | 10-11 A.M.  
See June 5 listing.

**MONDAY FUNDAY: NM APPRECIATION DISCOUNT AT MEOW WOLF**

21-Aug | 3-8 P.M.  
See June 5 listing.

**CHIT-CHAT & CHANGE (DIAPERS) DISCUSSION GROUP**

22-Aug | 9:30-10:30 A.M.  
See June 6 listing.

**STORYTIME AND CRAFT AT SOUTHSIDE LIBRARY**

22-Aug | 10:30-11:30 A.M.  
See June 6 listing.

**WEE WEDNESDAYS**

23-Aug | 10:30-11:30 A.M.  
See June 7 listing.

**DOCENT LED TOUR OF GOVERNOR'S MANSION**

23-Aug | 12-2 P.M.  
See June 14 listing.

**KIDS SING-ALONG WITH QUEEN BEE MUSIC ASSOCIATION**

23-Aug | 3:15-4 P.M.  
See June 7 listing.

**YOUTH CHESS AT MAIN LIBRARY**

23-Aug | 5:45-7:45 P.M.  
See June 7 listing.

**YOGA AND MOVEMENT FOR KIDS**

24-Aug | 10:30-11:30 A.M.  
See June 1 listing.

**THURSDAYS ARE YOURS**

24-Aug | 4-7 P.M.  
See June 1 listing.

**PAJAMA STORYTIME / HORA DE CUENTO EN PIJAMA**

24-Aug | 6:30-7:30 P.M.  
See June 1 listing.

**ROCK PAINTING**

25-Aug | 2-4 P.M.  
Painted rocks make beautiful decorations and gifts! Stop by and paint one or two at this all-ages

family event! Bring your own rock or paint one of ours. All supplies provided, held at the La Farge Library. [santafelibrary.org](http://santafelibrary.org)

**ESPAÑOLA CHILDREN'S STORY HOUR**

25-Aug | 3:30-4:30 P.M.  
See June 2 listing.

**SECRETS OF THE HEART**

26-Aug | 10:30-11:15 A.M.  
See June 3 listing.

**QUEEN BEE'S KIDS SING-ALONG**

26-Aug | 10:30-11:15 A.M.  
See June 24 listing.

**SCIENCE SATURDAYS**

26-Aug | 2-4 P.M.  
See June 3 listing.

**NATURE PLAYTIME**

28-Aug | 10-11 A.M.  
See June 5 listing.

**MONDAY FUNDAY: NM APPRECIATION DISCOUNT AT MEOW WOLF**

28-Aug | 3-8 P.M.  
See June 5 listing.

**CHIT-CHAT & CHANGE (DIAPERS) DISCUSSION GROUP**

29-Aug | 9:30-10 A.M.  
See June 6 listing.

**STORYTIME AND CRAFT AT**

**SOUTHSIDE LIBRARY**

29-Aug | 10:30-11:30 A.M.  
See June 6 listing.

**WEE WEDNESDAYS**

30-Aug | 10:30-11:30 A.M.  
See June 7 listing.

**KIDS SING-ALONG WITH QUEEN BEE ASSOCIATION**

30-Aug | 3:15-4 P.M.  
See June 7 listing.

**YOUTH CHESS AT MAIN LIBRARY**

30-Aug | 5:45-7:45 P.M.  
See June 7 listing.

**YOGA AND MOVEMENT FOR KIDS**

31-Aug | 9:30-10 A.M.  
See June 1 listing.

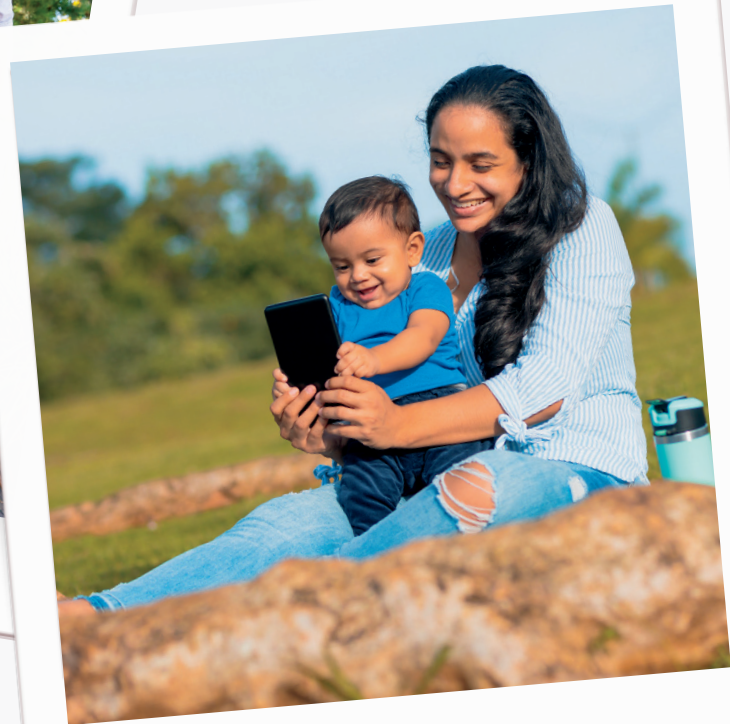
**THURSDAYS ARE YOURS**

31-Aug | 4-7 P.M.  
See June 1 listing.

**PAJAMA STORYTIME / HORA DEL CUENTO EN PIJAMA**

31-Aug | 6:30-7:30 P.M.  
See June 1 listing.





# EARLY INTERVENTION

(BIRTH TO 3 YEARS OLD)

If your child is having trouble walking/crawling, not talking, was born premature or exhibiting behavior concerns, we can help!

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**Early Childhood**

Education & Care Department





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Santa Fe, NM 87507

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newborns, children, adults and seniors  
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Santa Fe, NM 87505

### **Pojoaque Primary Care**

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