



Sleepover tips every parent should know

The important questions to ask before letting your kid stay overnight at a friend's house.

[Plan for success ►](#)



New and delightful books for everyone on your list

A local librarian shares book ideas and an Icelandic tradition to celebrate the season.

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Open Window School

We nurture and inspire K–8 students of high intellectual potential, with the guiding belief that they are “children first, gifted second.”

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RSV is on the rise

This common virus usually causes a cold, but it can be more severe for some. Here are the signs to watch out for.



[How to protect your kid ►](#)

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Starting a family?

Our family medicine with obstetrics doctors can provide care for you, your baby and the whole family to deliver personalized, holistic health care.

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The reason for the season

Our November issue focuses on family, fun and (comfort) food. Discover top gift picks from a local toy whisperer and explore ideas for giving back as a family.

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Cultivating confidence

A veteran educator on what skills middle schoolers need to master and how parents can help.

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3 things to do with kids this week

1. Bundle up the kids and visit this [unique and creative playground](#) that features art you can climb on!
2. Light up a dark and dreary night with a trip to one of these [glorious light displays](#).
3. Kick back with a cold one while the kids play at one of these family-friendly [breweries, wineries and cideries](#).

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'Peppa Pig's Adventure' live at McCaw Hall

December 6, join Peppa and her friends and family on their outdoor adventure in this exciting musical experience. Perfect for the entire family!

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A doctor on how to talk to kids about school shootings



Keep the kids busy with these easy Thanksgiving crafts

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Mercer Island, WA 98040

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