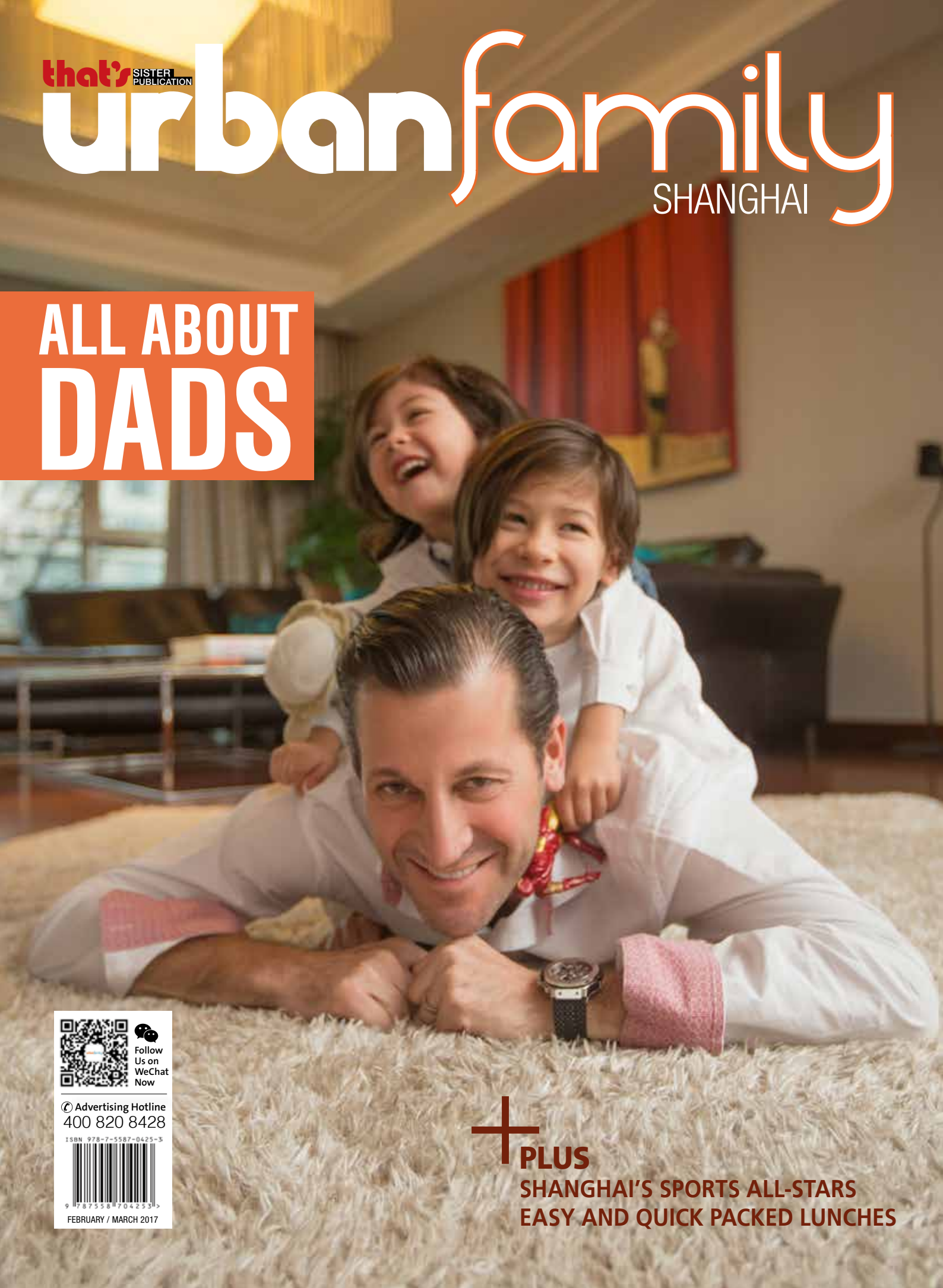


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Answering Tough Questions and Getting a Dad's Perspective



EDITOR'S NOTE



Everyone is influenced by a father figure of some sort. Whether it is your own father, a grandfather, an uncle or even just an older male friend, everyone's got a man in his or her life who they look up to.

My own father is pretty incredible and has made a huge impact on who I am today. I'll never forget the time he taught me how to ride a bike or when we would play Sega Genesis together (now that's a throw-back). Even as an adult he's still the guy I call when I need help with anything home- or finance-related – he's always been the expert at that stuff! It's important to recognize the men who influence you, and so, this issue's cover story is all about them (starting on page 16). From lessons you can only learn from a dad and special bonding stories to what to absolutely not do as a new father – there's something in here for every dad to enjoy (or even laugh about).

Diving into sports in the Learning section (pg 26), we highlight some pretty impressive sports stars who are dominating the Shanghai international school scene. We also take a look at how encouraging self-talk at home can help your own little athletes at home and help improve their game and confidence (pg 32).

In Entertainment we take a sneak peek at the musical *Wicked* (pg 40), which is making its Shanghai debut this March. We also take a look at the upcoming Shanghai Literary Festival and speak to a children's author who will be showcased.

A special thanks again to Barefoot Portraits for our cover photo shoot, and to Kevin Bogardus and his two boys for being lovely and lively models.

So to all the dads out there who give it their absolute best, happy reading!

Alyssa Marie Wieting
Editor-in-Chief



WIN WIN WIN

Every week we are giving away prizes and tickets to some of the best events and venues around town. To keep in the loop, scan our QR code for Urban Family Shanghai or sign up to our newsletter at www.urban-family.com/shanghai.



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– Brian L., middle school teacher and master chef

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URBAN BLURBS



Hoverboards Banned from Shanghai Streets

Segways and hoverboards are fun and all... until someone gets hurt. These high-tech toys are all the rage right now with the kids but they will officially be banned from Shanghai's streets starting March 25. While we hope your kids have been riding these gadgets on the sidewalk, be aware that your family could face some hefty fines if they are caught on the roads.

HAO BU HAO

Hao



Take your kids for a spin on Shanghai's Yan'an Lu trolleybus, which is now in operation. The vehicle runs along a

17.5-kilometer bus-only lane located underneath Yan'an Elevated Road. The route includes 25 stops and travels through four districts of Puxi: Huangpu, Jing'an, Minhang and Changning.

Bu Hao



Shanghai authorities have decided that it will not be possible to put air purifiers in local Shanghai classrooms to protect kids from pollution. Count yourselves lucky if your kids attend the well-ventilated international schools.

“It makes me even more afraid now as my 3-year-old son and 16-month-old daughter have been drinking this for weeks”



Says Siu Tang, a Shanghai expat who discovered their Nestle water source was supplying them with fake water. The scandal broke out in January when Tang noticed slight differences in their bottles to ones that he purchased elsewhere. Download Nestle’s WeChat page (ID: NestleCN) to find legitimate suppliers and photos of what your bottles should look like.

NUMBER



2,258

The number of school buses currently in operation in Shanghai, which are mainly used by international schools and private schools. Government advisors have called for a drastic increase in this number to minimize traffic congestion and improve safety for students.



Mother and Baby Panda Die at Shanghai’s Wild Animal Park

The Shanghai Wild Animal Park has announced that two of their pandas have passed away. Mother panda Guo Guo became sick, and unfortunately, so did her baby Hua Sheng (Peanut) – the first giant panda born in Shanghai this year. Despite receiving treatment from vets at the Chinese National Panda Care Center for their fever, diarrhea and other symptoms, their conditions worsened and both died shortly after. Five pandas remain at the park today.



E-Bikes Take Over the City’s Sidewalks

It seems like bike share services have taken over Shanghai in the last few months. First came the iconic orange Mobike and bright yellow Ofo, then sky blue Xiaoming Danche, with a newly added red bike called Beiqing Danche. Just download the app to locate a bike, put credit on your account and get riding.

LIFE & WELLBEING

OUR FAVORITE THINGS

The Marchand Family

Edited by Alyssa Wieting



Originally from England and Australia, Nick and Olivia Marchand moved to Shanghai in 2014 with their children Freyja and Elvy due to Nick's job at the British Council of Australia. Having lived in Shanghai a decade ago, Olivia, who's also a freelance filmmaker, knew it would be a great place for the family to relocate. Although it took the kids some time to adjust to their new home, the Marchands love Shanghai and are getting to enjoy all the art and culture available here. Over brunch at Egg, they told us about their favorite things in the city.



OUR FAVORITE...

SPOT FOR BRUNCH

Definitely Egg, because we all have different tastes and it caters to everyone. Two of us are healthier, vegetarian types and two are meat eaters and have a sweet tooth, so it's good for all of us. It's a great café, and even though it is run by an American, it actually has an Australian feel to it and gives us a taste of home.

DATE NIGHT

When we do get the chance, we enjoy going to Ginger. But honestly, we usually go get massages on date nights, and we like Zen Massage best. Nick was never into massages until he got one and he realized how relaxing it is. It's one of the highlights of living in Shanghai – incredible massages that are also affordable.



ACTIVITIES

We love cycling. For all four of us, it's become our thing in Shanghai and made the transition easier in the beginning when things were a little rough. The streets in the former French Concession are amazing to cycle on. Freyja has her own bike now so it's really fun to watch her ride on her own. The kids also get roller skating classes from an amazing teacher who comes to our compound. They do this every week and it has become our most popular and successful activity with the kids.

SPOT FOR CULTURE

This is an incredible time to be in China in terms of theater and art. What's so nice is that there are a lot of different kinds of experiences that are happening within the arts scene in Shanghai, so it's not just the more formal presentations. We loved taking kids to the Rockbund Museum to see a clown exhibition there. The *15 Rooms* project at the Long Museum was also very interactive and was a nice way for the girls to experience art. The music festival experience we would repeat over and over again was *Concrete and Grass*, which was done really well and was so great for families. The Shanghai Children Arts Theatre, the Shanghai Dramatic Arts Center and A.S.K. (Art Space for Kids) are wonderful for the kids to experience theater.

PLACE TO TRAVEL INSIDE CHINA

Yangshuo was a fantastic family destination that we visited, and our favorite so far. We stayed in this little Danish hotel that was lovely; there was one day where we cycled across the countryside and hopped on a boat with our tandem bicycles.

PLACE TO TRAVEL OUTSIDE CHINA

Thailand has probably become the most regular destination for our family, but most of Asia is good for kids. Bali is really great for families because the food is amazing, the beaches are good and the temperature is comfortable. We actually got married in Bali as well and took Freyja with us (she was 2 at the time).

Egg, 12 Xiangyang Bei Lu, by Changle Lu 襄阳北路12号, 近长乐路 (186 1675 7561)

Ginger, 91 Xingguo Lu, by Hunan Lu 兴国路91号, 近湖南路 (3406 0599)

Zen Massage, 210 Wuyuan Lu, by Wulumuqi Zhong Lu 五原路210号, 近乌鲁木齐中路 (3368 1227)

Rockbund Art Museum, 20 Huqiu Lu, by Xianggang Lu 虎丘路20号, 近香港路 (3110 9985)

Long Museum, 3398 Longteng Dadao, by Ruining Lu 龙腾大道3398号, 近瑞宁路 (6422 7636)

Shanghai Children's Arts Theatre, 800 Miaojiang Lu, by Xizang Nan Lu 苗江路800号, 近西藏南路 (2319 6057)

Shanghai Dramatic Arts Center, 288 Anfu Lu, by Wukang Lu 安福路288号, 近武康路 (6433 4546)

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YOUNG LOVE IN CHINA

Helping Children Navigate the Early Stages of Romantic Relationships

By Dr. Nate Balfanz, American Medical Center



For many of us around the world, the month of February is synonymous with the celebration of love, hearts, Hallmark cards and all things Valentine's Day. This can be a special holiday for both children and adults alike, as there is a possibility you'll have noticed your child starting to show interest in a certain friend or classmate beyond what was once considered to be a platonic companionship.

The thought of your child entering the world of dating and romantic relationships can be anxiety-provoking to say the least. Not only do we have to deal with the fears and uncertainties that come as a result of the generational gaps between our children and ourselves, but in an international community like Shanghai, parents are further required to consider how their cultural norms and expectations for their children may differ from the other children with whom they regularly interact. Being in a cross-cultural relationship myself, my wife and I will often talk about the stark contrast between her adolescent experi-

ences as a third culture, expat kid and my own experiences as a small town boy raised in the heartland of the United States. And while we can joke about it now, we also recognize that someday down the road we too will need to have an important discussion about how our own contrasting upbringings will influence how we address the topics of dating, intimacy and romance with our own children.

So in this day and age, when do children start to consider pursuing a romantic relationship, and when is the right time for parents to initiate the discussions that support this process?

WHAT THE RESEARCH TELLS US

While we have acknowledged the need to account for some general variation across cultural backgrounds and regions, a 2015 Pew Research Center (Washington DC) survey of 1000+ teenaged participants found that over 35 percent of adolescents had already been in-

involved in a romantic relationship in some form or another by the age of 17. This percentage showed a steady increase over the years, climbing to nearly half of the adolescents in the 15 to 17-year-old age group who reported having been in a romantic relationship either currently or in the past. Moreover, one-third of the young respondents also indicated having engaged in sexual intercourse at some point. These numbers were consistent across different racial, ethnic and economic backgrounds.

It can go without saying that these numbers may look quite different if the survey group consisted of students from the international school community here in Shanghai. But nonetheless, statistics like these give us a good indication that (despite parents' trepidation about the topics at hand) early adolescence is a time where romantic pursuits and the exploration of dating and intimacy is not only expected, but is often considered to be quite healthy and age-appropriate by child development experts.

TIPS FOR HELPING YOUR CHILD NAVIGATE DATING AND ROMANTIC RELATIONSHIPS

1. Have honest, direct and frequent discussions with your child.

Talking with your child about these subjects can be uncomfortable for both parties. Try not to let such feelings discourage you as a parent from having an in-depth discussion with your child about all the components of dating and romance – from the basics of courting rituals to more sensitive matters such as expressions of intimacy and practicing safe sex.

2. Be clear about your ground rules and expectations for dating.

While ultimately we cannot control our child's behavior, it is nonetheless important to establish clear ground rules when it comes to dating. Allow your child to first communicate his or her understanding of dating and relationships in an effort to convey a sense of respect and support. Follow that up with a set of mutually agreed upon parental guidelines for dating, including outlining behavioral expectations, enforcing curfews and setting age limits.

3. Set a healthy model for intimacy and respect between partners.

The blueprint for how your child will ultimately navigate dating and the pursuit of romantic relationships is by observing how parents treat one another. Setting a good example for how to respect and intimately care for each other in the context of your own romantic relationship will significantly influence how your child will treat his or her own partner now and in the future. Even in situations that involve separation or divorce, a parent can still be a good role model for what healthy intimacy and respect for a partner should look like.

Dr. Balfanz is the Senior Clinical Psychologist at American Medical Center, a comprehensive medical and mental health service clinic for children, adolescents, adults, and families living in Shanghai. For more information on clinic services, contact Dr. Balfanz at nate.balfanz@amc-shanghai.cn or visit his website at www.drnatebalfanz.com



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WORKING MOMS IN SHANGHAI

Joni Bessler Imparts Wisdom to Younger Mothers

Edited by Alyssa Wieting

Originally from the US, Joni Bessler and her family moved to Shanghai eight years ago when an unexpected opportunity came her way. Having worked for Booz Allen Hamilton for 27 years, Bessler retired with the company as a partner. Over her career she moved to six different cities and was constantly going on business trips, all the while raising three children (now ages 12, 15 and 16) with her husband. In this interview, she reflects on having children at the height of her career, and how other women can cope with their demanding jobs and being mom at the same time.

TELL US ABOUT YOUR CAREER AS A CONSULTANT.

My career was a little different than most consultants because I had chosen to move quite a bit. I had already lived in Atlanta, Singapore, Australia, New York and San Francisco before moving to Shanghai. Most consultants stay in one geographic area because that's the easiest way to build a business, but my passion has always been travel and I was lucky that the company accommodated that.

HAS FLEXIBILITY ALWAYS BEEN IMPORTANT TO YOU?

When I joined the company I was 24, and I don't think it was ever a conscious decision at the time that I wanted to move so much. But the company was prepared to be flexible as long as I delivered. The biggest issue wasn't that I decided to move around so much (which was atypical for a consultant); it was that I had three children during that period.

HOW DID HAVING CHILDREN INFLUENCE YOUR CAREER?

The reality is that if you have a child while you are working, there is a point at which you [must slow down] (and it doesn't matter how hard you work). It's about ramping down [to have your child] and then ramping up again [with work]. Consulting also requires frequent business travel, which is really tough to do with kids and I used to bring them with me all the time. My husband by and large has been a stay-at-home dad, otherwise we just couldn't have done it, especially since I had my first child at 42.



“I do think you can have it all, but you can't have it all at the same time”

SO WHAT HAVE YOU BEEN DOING SINCE YOUR RETIREMENT?

Well, I didn't really retire after Booz. We were going to move back to New York, but then I took on a role as the head of Avenues China (an American school) and was responsible for getting the school in Beijing launched. It was 24/7 all over again and I did that for almost two years. I am now thinking about opening my own business in education. I don't think I will ever fully retire – I will always be doing something.

WHAT IS YOUR ADVICE TO YOUNG WOMEN TODAY?

First, remember that you can't have it all at once. This has been an interesting dialogue I've had with the women I have mentored over the years. I do think you can have it all, but you can't have it all at the same time. Work on your career and realize that it will take a different pace if and at the time you decide to have children, or else you will be frustrated.

Second, find a mentor. You need someone to give you professional advice and you need someone to pull you up – this might not be the same person.

Lastly, I think you do best in your career if you are passionate about it, and if you aren't feeling the passion then you need to rethink what you're doing. I think women can be more reluctant to take the risk and make the switch, maybe because they have more things to juggle. But if you aren't happy, then figure out why and try something different.

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**This Season's
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By Alyssa Wieting



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3. Gymboree
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5. Burberry
RMB550
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1



5



2



4



6



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Girls

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8. Zara Kids
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RMB105
www.hm.com

10. The Children's Place
RMB138
www.childrensplace.com



7



8



10

PACKING MADE EASY

How To Move Houses Within the City

By Mike Hong



Moving is a hassle, full stop. However, a few careful steps and a good plan can make a world of difference, especially when you have your family to think about. Here are 11 tips to help you move within the same city or even overseas.

1 Pack early. The time it will take you to pack all your items depends mainly on how much you have in your house. So, for a large apartment or house, a month should be enough if you pack two or three boxes a day. For smaller homes, two weeks should be just fine. Of course, this is not an exact number, but you get the idea.

2 Start with rooms or items you least need. Makes sense to pack the items you don't use on a daily basis first. Seasonal items you're currently not using such as garden tools, coats and Christmas lights are perfect examples.

3 Pack one room at a time. This is one of the most important packing tips which for some reason often gets neglected. Doing this will help you stay organized and will later tell the movers, or anyone unloading, which box goes where.

4 Declutter. Hold an open house sale or give your old unwanted items to charity. There are also several WeChat buy and sell groups as well as your own personal Moments, so your options are plenty. If you have friends helping you with your move, ask them whether they need anything you're planning to sell. After all, you're not paying them and they should get something for all their troubles.

5 Do not exceed the limit of 20 kilograms for a box. You might get a back injury or one of the boxes might not be able to withstand the weight. Pack light items in large boxes and heavy items in small boxes. This packing tip alone will save you a great deal of pain... literally.

6 Fill empty gaps. Use old newspapers, packing papers, or just old rags to fill gaps in the boxes. This should secure the items for the ride.

7 Let your kids get involved. If your kids are old enough to help without adding to the stress of moving, then put them to work. This is a great learning moment for them to pack up their own rooms and teach them a skill they will most certainly need in the future.

8 Label your boxes. Write the contents on each box with a marker. Write on the sides of the boxes and not on top, as this will make it easier to recognize them if they're stacked. It's also advisable to use a different color for every room. Ask your children, if you have any to help you. Kids love drawing and coloring, so what better way to reduce the stress of moving? This is just one method of helping your kids cope with the move.

9 Put heavier boxes on the bottom. Packing tips like this one might be common sense, but they're still important to mention. By putting your heavy boxes underneath the lighter boxes, you ensure no breakable items will get crushed during the move. Boxes full of books and furniture parts are great examples of what you should load first.

"If your kids are old enough to help without adding to the stress of moving, then put them to work"

10 Prepare a box of essentials. Things like medicines and daily use items can be kept aside for easy access and will avoid you rummaging through boxes later.

11 Contact a relocation expert! Last but not least, if all the above seems all

too stressful, contact a relocation expert who will help you professionally pack the house in a short very span of time, using materials like heavy blankets, bubble wrap and so on, to protect your belongings. They will also provide trucking and assembly and disassembly of all furniture items, as well as a door-to-door service that's safe and hassle-free.

Mike Hong is from Rayca Moving & Transportation Services, which handles both local and international relocations (www.raycatrans.com).

YU MASSAGE

A Relaxing Retreat

As we enter the colder months, our bodies are in dire need of a little extra attention and TLC. Situated in Jing'an, along Xikang Lu, Yu Massage provides the perfect haven to unwind and do wonders for our tense and unbearably stiff muscles.



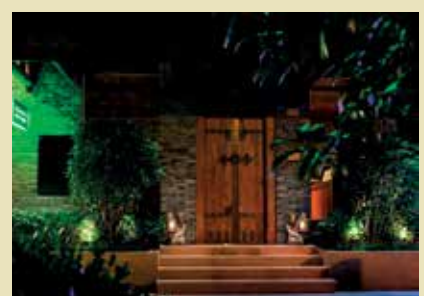
Stepping inside, customers are immediately welcomed into a cozy environment adorned in rustic Chinese wood furnishings. After an equally warm greeting, we're brought downstairs to de-robe and hand over our tortured muscles to 90 minutes of hot stone therapy. Our smiling masseuse asks if we have any specific aches or pains she should draw attention to – or to steer clear from. Then she begins her work, kneading into us, gently, before placing the hot rocks upon us, and double-checking to make sure they're not too hot.

Already, our muscles begin to feel more at ease and we're finally able to relax under the warmth and the gentle massage of our masseuses' practiced hand. After the stones have done their healing, we're lathered in warm oil to ensure our dry

skin is hydrated for when we re-enter the outside world. Fortunately, there's still plenty of time to let the oil sink in and nourish our skin.

Between the warmth and the melodic clanking of the stones, we would be asleep save for having to roll over to give attention to the other side of the body. After our entire body has been treated with both stones and oil, our shoulders and head receive a little extra attention before the session comes to an end. Our aches and pains have dissolved, replaced with a body that feels like melted butter. Handed a warm cup of tea, we sip on it slowly as we prepare to head back into the evening chill, grateful for our time spent unwinding in Yu Massage's sanctuary.

> 484 Xikang Lu, by Kangding lu 西康路484号, 近康定路 (6266 9233)



ALL ABOUT DADS

The Good, the Bad and the Funny





By Paul Johnson

DAD'S EXPERTISE

Lessons That Only Fathers Can Teach

Growing up, I couldn't imagine anyone smarter than my dad. He had the answers to every childhood question: 'Why is the sky blue?' and 'Where do babies come from?' and 'What time is dinner?'

Sometimes when I had trouble following basic instructions he'd say, 'It's not rocket science.' I didn't know this was a popular saying and assumed it meant my dad had some expertise in rocket science. It was many years before I realized he didn't work in the rocket science industry, which came as a great relief after the Challenger Space Shuttle explosion.

Rocket scientist or not, how did my dad know all the answers? When my sons Paul and Luke were young, I heard Paul shout to his brother from the top floor of our Gubei townhouse, 'Luke, can you bring me some toilet paper?'

Luke shouted back, 'Where are you?'

I added my shout to the mix: 'Luke, here's a rule of thumb you can use the rest of your life: If someone shouts for you to bring toilet paper, it's a pretty safe bet that person is on the toilet.'

“If I didn’t have life figured out, what business did I have teaching it to someone else?”



I hope he wrote that down: ‘Dad Life Lesson #342 – A person yelling for toilet paper is likely to be found on the toilet.’

As a dad it’s a tremendous relief to have answers, to possess such an abundance of wisdom. Indeed, I confess I spent the months leading up to my first son’s birth feeling woefully under-qualified to take on this ‘Dad’ job title and the resulting designation of smartest man in the world.

There is no written test to become a father, though I suspect moms get some secret training they don’t tell us about. In America, if you want to become a hairstylist, you need a license requiring 1,500 hours of practice. I repeat: It takes a 1,500-hour certification to perm hair, but zero hours to be in charge of a human. What if my bad fathering created the human equivalent of a mullet?

These kids were going to have questions about how the world worked, and the older I got the more I realized life is full of complicated questions that are impossible to answer. For example, ‘Why do bad things happen to good people?’ and ‘Why is Vin Diesel famous?’ If I didn’t have life figured out, what business did I have teaching it to someone else?

But fortunately the kids came along and didn’t start with the hard questions. They made me feel smart by asking questions with easy answers: ‘How do planes stay up?’ and ‘Is the kitchen supposed to be on fire?’

Sure, I still get tough questions from my boss or the IRS, but the sheer volume of childhood curiosity means I answer nine of their questions to every one from an adult, and at the end of the day, nine out of 10 correct is a passing grade. Maybe I’m ready to take that dad certification exam.

But what would the curriculum even cover since the role of dads keeps changing? Fathers are in the midst of a confusing evolution in our job description, and it seems every couple defines this role differently. If there’s no common definition, how do I know if I’m doing a good job?

Through most of human history the dad business card read ‘Protector/Provider.’ Perhaps Dad still helped around the house or did some part-time nurturing work, but when he applied for the position, the ability to fend off rabid wolves and pirates and bring home mastodon ribs were bullet points at the top of the resume. ‘Hugs’ were at the bottom under ‘special skills.’

Maybe we no longer live in a society that requires dads to keep bears away or be the sole provider of mammoth filets, but I do think that remembering traditional roles is important. If mom was traditionally more nurturing and dad was tougher because he dealt with the dangers of the world, perhaps this is because it’s valuable to have the counterbalance of two contrasting viewpoints on how the world works.

Mom taught me the world is loving and fair. Dad taught me to be tough and have a

backup plan just in case the world isn’t. Mom taught me I was special. Dad taught me to keep going even if some people don’t see what Mom saw.

Some things I can protect them from. ‘Can I be sucked down a bathtub drain?’ my son asks. ‘No. I will protect you from all bathtub drains.’

I once took apart a bathtub drain to show him he would never fit, but I no longer consider it my job to answer every question – that’s been outsourced to Wikipedia. Now I answer their questions with questions that will help them start thinking through challenges and form their own way of looking at the world. Let common sense be your GPS and you’ll always know where to find that figurative person who needs toilet paper.

Q: ‘Why are some people jerks?’
A: ‘Why are some people nice?’

(Dad Life Lesson #303: You’ll always find jerks and bullies, but if you can figure out what makes people nice maybe you can get enough of them on your side to stand up against those bullies.)

Q: ‘What if they all laugh at me?’
A: ‘And then what would happen?’

(Dad Life Lesson #242: Don’t take yourself too seriously. Nobody else does. Also, thanks to the Internet, attention spans are shorter than ever. Everyone will have forgotten by tomorrow.)

Q: ‘What should I be when I grow up?’
A: ‘What would you want to be even if you didn’t get paid?’

(Dad Life Lesson #116: Find something that makes your eyes light up when you talk about it. But not rocket science. That’s really hard.)

I hope I’ll always be there to protect them from danger and discouragement, but I hope they’ll be prepared for life when I’m no longer around...because I’m stuck in the bathroom waiting for someone to bring me toilet paper.

Paul Johnson is a writer and father of two.

“

Weekends are when we spend the most time together and they always revolve around the kids, doing activities like swimming, playing games and watching movies. But perhaps the most meaningful is the 30-45 minutes each night before bedtime where we read, talk, pray and unwind. This is our uninterrupted time to bond and to cuddle. During the week I leave for work very early before the kids wake up, but I always make them breakfast before I go, so even though I am not there when they wake up they know I was thinking of them.



Kevin Bogardus, father of two (6 and 3 years old)

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Driving my kids to school is one of our favorite 'dad-and-kids times.' During those 35 minutes alone together, we like to sing along with the CD player (daddy's choice: my kids were both big T-Rex and David Bowie fans by the age of 3), talk about life and play I-spy. On Sunday evenings, I like to cook dinner and my kids have been helping since they were able to stand; washing spuds, mashing things, scrubbing, shelling and now chopping and slicing. We spend time talking and they learn more about food at the end of it all.



Barry Colman, father of two (10 and 7 years old)

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In the summer months, my oldest daughter and I go to the local flower market and buy flowers for Mom every weekend. In the wintertime I try to find a way to create a habit of fitness with her, so we go together to Cages and work out with FitFam every Sunday morning. Dads and their young kids crawl, play tag, run around together and even use the kids as weights. Creating the habit of fitness as a family and finding a community of fun dads makes our time super rewarding.

Preston Kuo, father of two (1 and 3 years old)

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Daddy and Me

A Collection of Bonding Stories

Edited by Alyssa Wieting

Every dad has his own favorite ways to get in some quality time with his kids. When schedules are tight and life is hectic, it's always important to make sure that kids are getting in time with each parent. Here, dads in Shanghai tell us their most memorable ways to bond with their little ones.

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My favorite way to bond with my son is to help him get ready for bed. Usually we will start with me giving him a piggy-back ride or horsey-ride to the bedroom. Then we go through a series of negotiations about which cartoon he will watch before bedtime and we watch that together. After brushing his teeth, I get him back into his bed and sway him to sleep. My wife and I take turns doing this, but primarily he and I have this routine.

Dr Christian Orejudos, father of one (3 years old)



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As far as quality time goes, we usually stick to our morning and evening routines. I get up in the morning with my daughter and we take our dog for a walk. She's only 16-months-old so I end up carrying her most of the way. Then we do some morning exercises with stretches and squats. In the evening when I get home, we eat dinner together, read a few books and play before bath time. After the bath I give her a baby massage and she falls asleep. For us, the key is to keep a routine so she knows there are some things that she can always count on.

Everett Chang, father of one (16 months old)

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I like to have my son come to my office and paint with me every Friday. I pick him up from school and take him to the office where he plays with toys and paints. It's awesome as he gets to see what I do for a living and also make a mess, which we don't usually encourage at home! It's our time to hang out.

Siu Tang, father of two (3 years old and 16 months old)

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Due to hectic work schedules, I like to ensure I get as much time with my family as I can, especially during the weekends. I have a teenager who wants to do more and more grown-up things, but on occasions still likes to play with the youngest and me when it comes to Nurf Gun battles in the house. On the weekends we usually go to lunch somewhere, do a bit of shopping and maybe go to the safari park, but most of the time it ends up with me giving in to the boys' demands to either go swimming, play basketball, football, or table tennis or just do typical boy things.

Nick Wiltshire, father of two (15 and 9 years old)



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On a day off in Shanghai, I love to take my daughters Sara and Sofia on a walk along the Huangpu River with our dog Molly. We also enjoy going to brunch at one of our favorite restaurants, Isola or going for massages as a family at Yili. I really enjoy taking them to volleyball practice and getting to see them have fun and be active.

Claes Lindgren, father of two (11 and 9 years old)

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FROM THE DAD BEHIND RAISING SHANGHAI

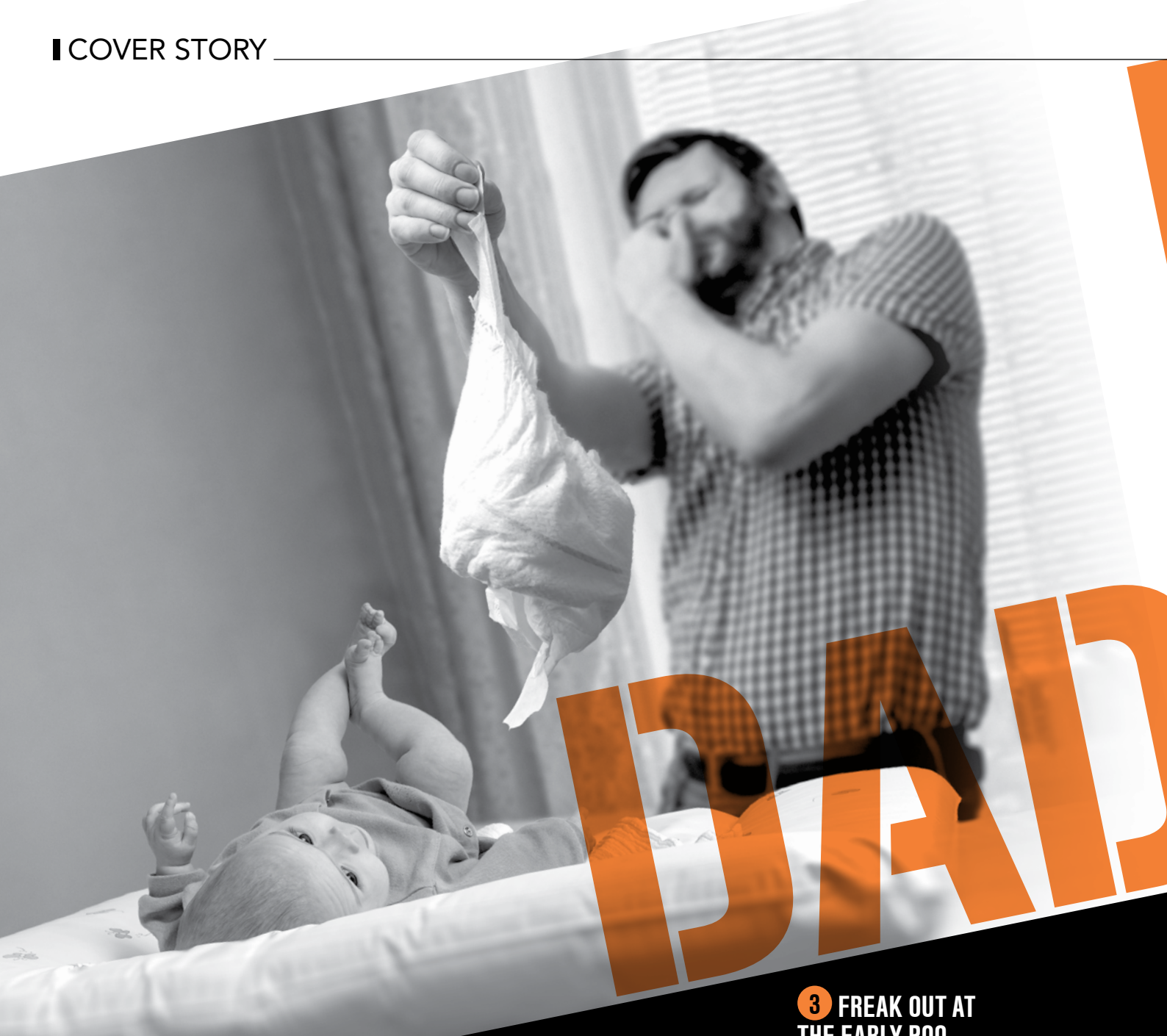
Some of the most fun I've had with my kids is when we are filming. I first started the video series *Raising Shanghai* (a series on urban-family.com that follows Michael and his family's new adventures) as a way to document our time here and to get us out and trying new things in the city. When we first started, only my daughter Adalie would participate, but now that my son Aiden is old enough, the three of us do it together and it's a blast. When we're out I try and let the kids make as many decisions on their own as possible. This strengthens our relationship and it shows my confidence in them. I learn a lot about my kids and being a parent making the show; I

have to quickly filter out what's important and what's not at any given moment.

Adalie and Aiden both enjoy going back and watching our videos and the time we spend together has helped us bond as a family. Our show is about capturing those short moments in a child's life when they are at their most curious and creating a lasting memory. I hope it gives other families motivation to get out and try new things too.

Michael Premo, father of two (7 and 3 years old)





DON'T...

1 EXPECT THE FIRST THREE MONTHS TO BE EASY

At all. Whatsoever. Things look up once you start establishing a routine though. Tough out Q1.

2 HEAT MILK IN THE MICROWAVE

No, not because it kills nutrients – that is scientifically unfounded. And no, not because it creates 'hot spots' that can scald the baby – it is a liquid, swirling the bottle evens out heat distribution. The reason not to heat milk in the microwave is very simple – the mother of your child will kill you if you do. (Read: don't get caught heating milk in the microwave).

3 FREAK OUT AT THE EARLY POO

It resembles crude oil. A curious quirk of nature, but perfectly normal.

4 THINK YOU WON'T BECOME A BORE

You'll tell baby anecdotes only you laugh at. You'll show baby photos, unprompted, to everyone. You'll become *that* guy.

5 WORRY ABOUT CHATTING AWAY TO YOUR BABY

People already think you're weird for forcing baby photos on them. May as well go the whole hog.

6 ACT DRAMATIC WHEN THEY TAKE A SPILL

They will start crying like Cristiano Ronaldo. One Cristiano Ronaldo in this world is already one too many.

DO...

1 FORGET YOUR PAST LIFE

There is a new routine, and it revolves around the baby. We're talking complete regime change. Don't think about what you would have been doing (or could be doing). Blank it out. Wipe your memory clean. Ignorance is bliss.

2 MAKE TIME FOR DATE NIGHT

Set aside one night a week for some quality time. Even if it is just cooking a meal at home and sitting down to enjoy it together.

3 GET TOUGH IGNORING TIRED CRIES

Tempting to go running at the first sign of a tired whimper. Tough to ignore prolonged worn-out wailing. But you have to stay strong if you want them to settle on their own.

4 DIAPER DUTY

This is the 21st Century, man. Time to get your hands dirty. You'll learn to love it (not 100 percent true).

5 GET READY TO SPEND LOTS OF MONEY

Lots and lots and lots and lots and lots and lots of money. On things you never before knew existed. Babies eat money.

6 TAKE FEEDS

If you are pumping or using formula, take your turn on the bottle feed. It's a beautiful bonding experience. And don't shirk the night shift!

7 GET YOUR FAVORITE TAKE-OUTS ON SPEED DIAL

You and exhaustion will become BFFs. At these moments you will not feel like cooking, and would probably set the apartment on fire if you tried. Order in.

DOs and DON'Ts

Tips for New Dads

7 SEND REASSURING PICTURE OF BABY TO MOM

Seems like a good idea, this one. You're out on your own and it's all going fine. Do send a text saying 'All going fine!' But we'd suggest against photo proof. Cue 'Why is the baby sitting like that? Why is the baby wearing that? Why is the baby not wearing that?' There are different interpretations of 'All going fine!' The smart money is on hers being more exacting than yours.

8 FORGET THE FOLDS

When sponge-bathing the baby. Note – the folds increase with time. Get in there and get scrubbing!

9 CALL IT BABYSITTING

The baby is yours. Nobody is going to pay you for being puked on. Nobody is coming to take them off your hands.

By Ned Kelly

For those who are new (or soon to be new) to the dad life, the whole fatherhood thing can be a bit overwhelming. While your partner may seem to have it down pat already, you may still struggle at moments that are totally unexpected. From one new father to another, here are some lessons learned that may make your new life a tad easier.

BEING A GUYTAI

The Stay-at-Home Dad, China Style

By Alyssa Wieting

While the majority of dads have to fight for time with their children around hectic work schedules or make the most out of the meager amount of paternity leave given to them, these men have decided to make taking care of their families their full-time jobs. The 'stay-at-home dad' is no new concept and these fellas are enjoying every minute of their busy and kid-filled lifestyles. While their wives are busy at work, these guytais are holding down the fort and becoming pros at their fatherly duties.

'Guytai,' a play on the Chinese word *taitai* (meaning wife, most often stay-at-home mom), is a term for stay-at-home dads in China. While the approach to parenting may be different from the West, the importance of fatherhood and being at home with your children is gaining more attention as new paid paternity leave policies are introduced across the country.



30

The required number of days for paternity leave given to fathers in Yunnan, Gansu and Henan provinces; the longest of paternity leaves given in all of China.

2 million

The estimated number of stay-at-home dads in the United States.

Sometimes paternity leave is not enough. Due to different reasons, many families (both local and expat) have decided to have the father become the primary caregiver at home. To accommodate the growing number of men fitting this role in Shanghai, a couple of dads started the official Guy Tai group almost 10 years ago. While the group has fluctuated in

membership numbers over the years, it has always maintained a welcome environment and open invitation for fathers of any age or nationality to bond and share knowledge on a common interest: raising their children.

Jay Sorensen, Aik Leong and Tal Surmon are seasoned members of the Guy Tai group, each with different reasons for taking on the role of a stay-at-home dad. While Sorensen is retired and looking after his 11-year-old son, Surmon has taken a break from cooking professionally to raise his two young daughters while his wife pursues a career in Shanghai. Leong, on the other hand, has been a stay-at-home dad for years and is now in a period of transition as his kids are getting older. "I'm no longer a guytai per se, as I'm running a business as well. Since I don't have to worry about bringing home the bacon, it allows me to be really flexible [with my schedule] and still take care of the kids," he explains.

The Guy Tai group meets every third week of the month for lunch while the kids are at school. Otherwise, events are spontaneous and all communication happens via email and WeChat. "The events are organized when one person says, 'I want to do something' and sends out an email asking who is interested in



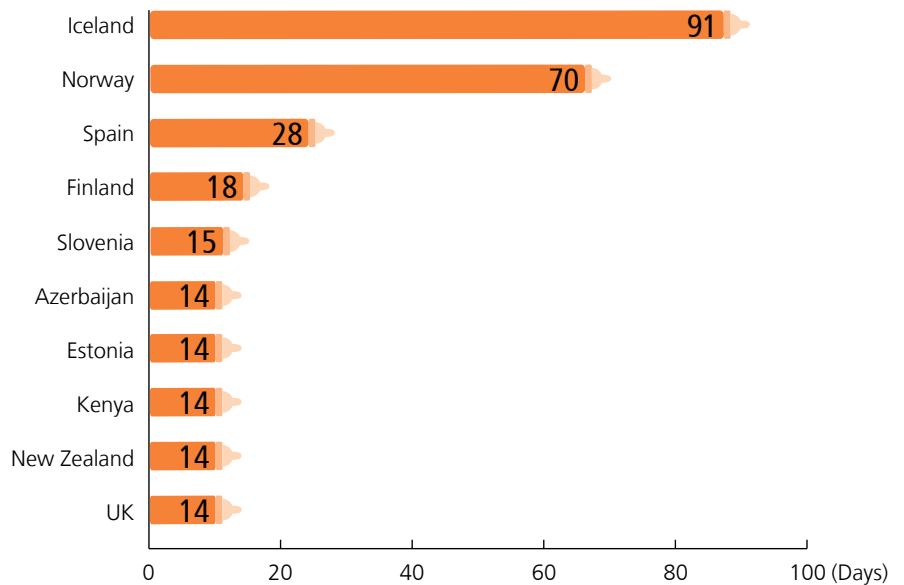
joining,” Leong tells us. Activities range from bike rides and factory tours to casual nights watching sports.

While these men love staying at home with their kids, they admit that they still have to confront the stigma around what they do constantly. Surmon adds, “The majority of the people in those groups (such as PTA) are women and they can be quite exclusive. It’s a little intimidating being the only guy there! It can be hard to break the ice sometimes and be treated as an equal. Many women used to ask, ‘What else do you do in addition to being a stay-at-home dad?’ It used to get to me, but it doesn’t bother me so much anymore.” The others immediately agreed, nodding in unison and sharing similar experiences.

But being a gytai does have its perks. “The hours are good and everything is flexible being a stay-at-home dad. Almost all of the dads in the group have had a career in the past and had to move on because of their wives’ jobs. [Many] find it to be a good change,” Sorenson says.

“The lack of rigidity is good and it’s like being your own boss, well that is, until your wife gets home,” Surmon jokes.

Top 10 Countries for Paternity Leave



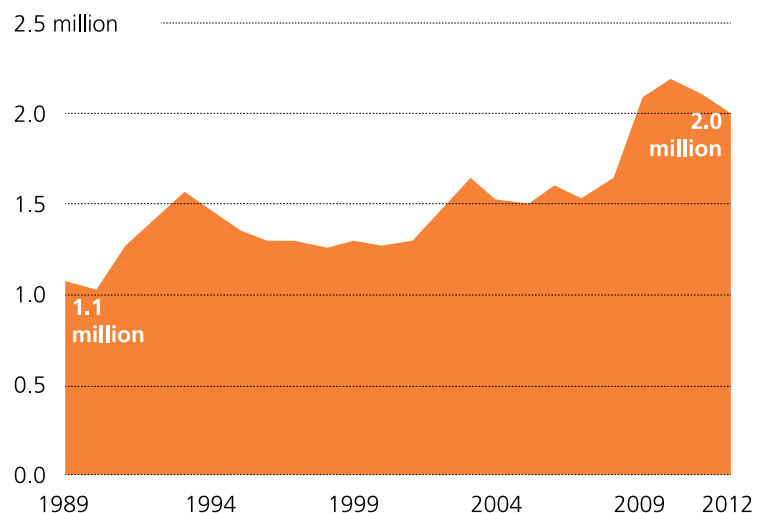
Getting serious quickly, they explain what a life-changing experience this has been for all of them. Surmon says, “After working for as hard and long as I did in my career, to be able to do this is so refreshing. I’m a chef by profession, and for me that means working 90 to 100 hours per week. I would be up in the dark and leave before anyone is awake and then I would be lucky if my wife was still awake when I got home, so I felt like I really wasn’t seeing my family. My youngest was born and then all of a sudden she turned two and I felt like I had hardly ever seen her. Obviously, I had, but it felt like I was missing

the whole thing. After a chat with my wife we decided that we would swap and we relocated to Shanghai when she got a job. I think she is missing the kids now, but she is loving her job and she has a good balance.”

Leong adds, “Being a stay-at-home dad is an experience that none of my friends back at home have had. How many guys get to hear their kid come home and yell, ‘I’m home, Dad!’ This whole thing has been a wonderful and unique experience.”

[Learn more at gytai.net.](#)

The number of fathers living with children younger than 18 who do not work outside the home in the US.



Data collected from the Pew Research Center

LEARNING

ON THE BALL



Highlighting Shanghai's All-Star Athletes

Edited by Alyssa Wieting

Kim Kerremans

What sports do you play?

I play volleyball, basketball and football, but my favorites are basketball and volleyball. I have been playing sports for five years now.

What do you love most about them?

I love the feeling of being on the court with people that are just as hard-working and put in the same amount of effort as I do. I love the competitiveness of sport between schools and teams. I am passionate because of my teams, my coaches and our supporters. I also enjoy learning new skills, which can be used in each game.

What is your most memorable moment?

My most memorable moment is when I sustained a season-ending injury last year. I couldn't play for the rest of the season but I still went to every game to support my team. My team supported me through my whole journey, which showed that even though I couldn't play I was still part of the team. My teammates aren't just my teammates, they are my friends as well.

How do you balance your sports life with your schoolwork, social life and other activities?

I'll go to every practice and game, afterwards, I spend time on my homework, and weekends are for my family and friends. My social life is also connected to my sports life, which makes it easy to socialize but also play sports at the same time. I make sure that I have time to do everything, and if not, I make time.

What do you find most challenging about sports?

The most challenging aspect of sports is when I learn new skills and try to use them in the game. There's a chance that I could



mess up or do something wrong so I want to keep doing the same thing because I know there's less of a chance that I'll do something wrong. It's also challenging to play with different people. I've been playing with the same girls for years now so we know how to play together, but when new people join, it's hard because we don't have the chemistry yet.

What are the most important qualities of a good athlete?

Definitely their attitude and passion. If you have a good attitude that is positive and uplifting, it makes sports more enjoyable for your teammates as well as yourself because you are helping one another get better at something you all enjoy. Also, there needs to be passion for you to want to put in the effort and the time to play.

What is your biggest success?

I have won MVP awards for volleyball and basketball, but I do not consider these awards my biggest success. Instead, my biggest success is playing on teams where everyone puts in the same amount of effort to achieve our goal.

Do you hope to pursue sports as a career in the future?

Even though being a professional athlete is a dream of mine, I don't think I will pursue this as a career. I am happy watching sports and commentating on them, which is what I hope to do in the future.

Kim Kerremans is in grade 12 at Western International School of Shanghai.

Ian

What sports do you play?

I play a lot of sports, including basketball, volleyball, soccer and badminton, but the sport I enjoy most is soccer. At the age of 7, I picked up my first soccer ball and the rest came with ease.

How did you start getting involved?

I started playing organized sports when I was 8, and my passion for sports has grown over time. The reason I chose to play sports was to help me make new friends and overcome my shy personality. As I became the captain of my school's boys' varsity soccer team, I began to lean toward soccer as my main competitive sport.

What do you love most about playing sports?

What I love most about any sport, and not just soccer, is its ability to serve as a form of entertainment, exercise, and a hobby. Playing sports helps me meet new friends from different countries, language barriers are eliminated and everyone treats each other as part of one unit. My passion toward sports has never been discouraged by failure; instead, setbacks now only make me stronger. The soccer field is my temple where I can find peace.

What is your most memorable moment?

When our boys' SISAC varsity soccer team won our first ever ACAMIS (Association of China and Mongolia International Schools) tournament hosted in Shanghai. I remember how our team was down 1-0 in the finals with five minutes left. Our opponent believed they had the game in their hands, however, our team played spectacularly and showed excellent team spirit, eventually winning the game 2-1 in extra time. We fought hard and showed determination.



What do you find most challenging about sports?

The ability to motivate and inspire my teammates if the team is down. As Vince Lombardi once said, "It's not about how hard you fall, but whether or not you get back up." The linguistic and leadership skills that I have developed over the years at YCIS help me support and encourage others.

What are the most important qualities of a good athlete?

Sportsmanship is by far the most important quality that a good athlete must possess. Learning to respect your opponent, teammates and coaches is what every athlete must do to perform at a high level and earn recognition from others.

Do you want to pursue sports as a career in the future?

I do because it is what I'm truly passionate about. Playing sports on a competitive level can pave the way for me to join professional teams in the future. There will also be plenty of other opportunities, such as sports journalism, coaching and teaching.

What is your favorite professional sports team?

Manchester United. They are the underdog of the top four teams in England, but that's what makes their victories against top teams even sweeter.

Ian is in grade 12 at YCIS Shanghai's Century Park Campus.

Leigh-Ann Franetzki

What sports do you play?

I partake in a wide variety of sports, including swimming, football, rock climbing, cross-country, gym and triathlon. I would have to say swimming is my favorite.

When and why did you start playing?

I have played football for the majority of my childhood, and owe it to my father's passion and his involvement as both a coach and a player. In addition, the main reason behind my involvement in so many sports would have to be my diagnosis of scoliosis.

What do you love most about playing sports?

For me the love of playing sports comes from the ability to challenge myself everyday and to have the drive and initiative to excel. Participating in sports allows me to be part of something much bigger at Wellington. Every one of my teammates is always there for each other – the strong bonds that we have built is even more reason for me to love what I do.

What is your most memorable moment?

At the International FOBISIA (Federation of British International Schools in Asia) Swimming Championships in Phuket when I made it to the 50m breaststroke finals. Truth be told, I had already given up my hopes after a horrible start, however, I pushed myself above my limits for what was left of the race. When I got to the end I reached for the touchpad with every ounce of strength left in me. As I turned around, time stood still as I scanned the board for my name. I saw myself improve six places, from 8th to 2nd and I won my first ever FOBISIA Swimming Championship medal.

How do you balance your sports life with your schoolwork, social life and other activities?

By maximizing the 24 hours of each day. I have early morning swimming practices, evening practices, as well as training and competitions on the weekends. We are given time during the school day to



complete homework or simply study, which is very helpful. Of course, the majority of my time is devoted to academics and learning, yet during my week, I still have sufficient time to spend with my friends and family.

What has your experience been like playing on sports teams at your school?

I enjoy the amazing team spirit here at Wellington. Whether it is competing in relays together or simply watching and supporting each other in races, I feel like my swim team has grown to be a family for me. Being a senior member of many teams gives me the opportunity to lead through defeat or victory.

What are the most important qualities of a good athlete?

Every athlete should have strong determination, a balanced lifestyle, and without a doubt, strong support from friends and family.

Have you won any awards or trophies for the sports you play?

I have won many trophies and medals throughout my many years as an athlete, however, as great as winning those might have been, they were not my greatest achievements. My biggest success in life is surely and without a doubt battling and overcoming scoliosis through my dedication and determination in sports.

What is your favorite professional sports team?

It's unquestionably FC Bayern Munich (German football team).

Leigh-Ann Franetzki is in grade 10 at Wellington College International Shanghai.

Ben Cook

What sport(s) do you play?

I play many sports, including tennis, badminton, swimming, rugby and fencing, but the sport I love most and I'm really passionate about is football.

What do you love most about playing sports?

The thing I love most about sports is that they are very enjoyable and if you want to go professional in the sport you like, it gives you something to work towards, and that's my ultimate goal. But if I don't make it in one sport, I have others to fall back on in the future.

What is your most memorable moment?

When I went to a football camp during the summer in England. It was the first time I had played in front of professional scouts, let alone 50 of them. As a first experience with so many big clubs there, it was great and one of the scouts told me I had potential and to keep on working hard and practicing. That was brilliant.

Describe your experience playing on sports teams at your school.

So far Harrow has been successful in sports tournaments. The school has only been open for a short time, yet we are competing with schools that have been open for years and giving them a run for their money. So it has been brilliant and I look forward to a great future in sports at my school.

What do you find most challenging about sports?

The thing I find most challenging is that you have to practice every skill in each sport. For instance in football: touch, shooting, stamina, passing, defending and so on. It's hard to get to the top of a sport because you have to be good at every aspect.



What are the most important qualities of a good athlete?

There are many qualities you have to have in order to be a good athlete. You have to stay focused and not be distracted easily, have a good attitude and obviously be good at the sport. But never giving up is key whether you are 7:0 down in a football game or last in a race. Never give up – never, ever!

Do you hope to pursue sports as a career in the future?

My dream is to be a professional footballer when I'm older. I love football and I train hard to get to where I want to be. You have to push yourself as nothing is ever easy in life. 'No pain, no gain.'

What's your biggest success so far?

I have won many awards in football, cross-country, athletics, fencing, badminton and swimming and, yes, it's great to win an award, but you have to keep on training as an award is only a signal that you're on track. Nonetheless, I wouldn't consider these my greatest success, instead I think it is my determination to work hard and improve.

What is your favorite professional sports team?

Leicester City – I have supported them my whole life.

Ben Cook is in year 8 at Harrow Shanghai.



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SPORTS PSYCHOLOGY FOR KIDS

How Positive Self-Talk Can Be the Trick

By Matt Kuykendall



Why did you get your child involved in sports? This is not a rhetorical question. When you signed your son or daughter up for their first soccer or basketball league, what did you want your child to get out of the experience? Learning teamwork, exercise, socialization, collaboration, sacrifice and responsibility are well known benefits of sport that draw many parents to enroll their child in youth sports. However, as the years progress, teams and coaches that once emphasized equal playing time and collaboration transition into an abject reality of competitiveness that can be physically and emotionally hard to deal with.

With a little key knowledge, you as parents can help arm your young athletes at home with cognitive tools that can aid them in skill development and sport-specific stress management.

Many parents view their child's athletic success from a purely physical perspective. Sports are of course physical in nature, however, a false dichotomy persists in the collective consciousness between mind and body. In youth sports, research informs us that the mind plays a large role in individual success. These findings are based off of a theory created by Albert Bandura of Stanford University who believes that previous successful performance and emotional arousal lead to high levels of self-efficacy. Thus, the best athletic structures for young children are ones that create opportunities of success for all athletes. The more success a young athlete has early on, the greater his or her self-efficacy, and the greater his or her perseverance in the face of future athletic adversity.

I know what you're thinking – this does not mean we don't keep score and pass out 'You

won too!' awards to every athlete. What it means is that skills and components of the sport should be broken down into individual elements, and mastery of those elements should be acknowledged and celebrated frequently by coaches and parents.

These findings and practices apply to another motivational theory in athletics, Cognitive Evaluation Theory. CET emphasizes the value and importance of intrinsic versus extrinsic motivation. High levels of self-efficacy result in an intrinsic orientation to athletic tasks, which lead to higher levels of performance, more on-task practice hours, and better stress management.

As parents, you can leverage these motivational theories by celebrating your young athletes' successes in specific sport-related tasks. For example, if your daughter is one of the

worst players on her U-8 football team, you should focus her attention and your praise on any small detail that she was successful at, such as 'staying in position' or 'controlling the ball.' This is also where parents should capitalize on the work of Carol Dweck of Stanford and praise their child's character strengths, "The effort you displayed during the game was so great! Good job!" Or, "When the other team scored a goal on you, you didn't give up; I love your perseverance!"

Of course, it would be nice if all youth coaches did this, but it is not always the case. If your child's coach is lacking in the skill praising department, it is very important that you provide frequent and consistent praise in order to counter the negative commentary that will decrease your child's self-efficacy and intrinsic motivation; and in turn their overall athletic success.

As your child gets older (age 8 to young adult), you can start to have them engage around one of the most researched and successful

cognitive strategies for athletic success: self-talk.

The performance enhancing technique of self-talk is also related to the self-efficacy theory of achievement as it facilitates intrinsic motivation as well as self-esteem. Self-talk is the practice of verbalizations addressed to the self that serve to be instructional and motivational.

"The more success a young athlete has early on, the greater his or her self-efficacy, and the greater his or her perseverance in the face of future athletic adversity"

Golf and tennis have been the two most researched sports in this regard. Consistently, positive self-talk has shown to result in greater performance, while negative self-talk was associated with decreased performance.

Parents should encourage their young ath-

letes to use positive self-talk to increase their emotional arousal, emphasize previous successful performance, increase intrinsic motivation and increase athletic success!

As a 10-year varsity basketball coach married to a Big-10 scholarship basketball player, our family is no stranger to the good and the bad of youth athletics. As our children grow intellectually and athletically, we'll try to stay focused on why we got them involved in sports in the first place. Placing our children in youth programs that are aligned with what psychological science informs us is best practice will help keep our family focused on what really matters. And if, when our

children reach the age that they can decide to continue in sport or not on their own, we'll teach them the value of self-talk for the mind is a powerful performance enhancing tool.

Matt Kuykendall teaches the leaders of tomorrow about neuroscience, human behavior and other big ideas at Shanghai American School's Puxi campus.



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FOOD & FUN

CHOCOLATE DESSERT CUPS

Blow Up Your Imagination

By Betty Richardson

INGREDIENTS:

- Chocolate (750g)
- 6 Balloons, rinsed
- Fresh fruit
- Whipping cream
- Ice cream
- Nuts

1. Rinse and blow up 6 balloons, keeping them small for portion control.
2. Clear a space in your refrigerator large enough to accommodate them.
3. Bring a saucepan with 2 cups of water to the boil, and place a large heatproof bowl over it, reducing heat to minimum. Break chocolate into chunks, and slowly melt in the bowl.
4. Dip the balloons one by one into the chocolate, making sure half the balloon has a thick coating. Place to cool on a baking tray and refrigerate.
5. Once thoroughly cool, pop the balloons with a pin and carefully pull away from the hardened chocolate. Fill cups with your choice of dessert ingredients; we like fruit, ice cream and brownie chunks, but let your creativity run wild.

BURGERS GALORE

Keeping Little Tummies Full of the Good Stuff

By Alyssa Wieting

Who doesn't love a nice juicy burger? Almost no one. For those who just can't get enough, here is a list of some of the top places to get your burger fix in Shanghai. With a mix of artisanal options and some that you can grab and go, these won't let you down and the kids will love them too.

FAT COW

First opened in 2014 on Hongmei Lu, Fat Cow has definitely proven to be a crowd-pleaser. With two locations in Shanghai, their newer Jing'an outlet is part restaurant, part bar – so make sure to request a comfy booth when you're with the family. This spot provides a massive menu where there's a wide variety of salads and entrees in addition to their burgers. Kids ages 11 and under can also order from the kids' menu, with six options to accommodate picky eaters. This might not be the best spot for those with very young children, but it's certainly trendy and appropriate for ages 6 and up.

> 135 Yanping Lu, by Wuding Lu 延平路135号, 近武定路 (5228 2298)

BEEF & LIBERTY

Some may argue that these are the best burgers in town, and they wouldn't be far off. This little gem sits on the second floor of the Shanghai Centre with an impressive patio. On offer are eight types of burgers and a range of salads. While the menu may not be the biggest, they certainly have perfected what they've got. Your kids will love the milkshakes and they've got a decent selection of beer and wine for the adults at the table. And for those parents who are worried about where they source their meat, all the patties are made with 100 percent Australian beef.

> 111, Shanghai Centre, 1376 Nanjing Xi Lu, by Xikang Lu 南京西路1376号, 近西康路 (6289 5733)

CHARLIE'S

Think classic American diner with some cheap and quick eats, and you've got Charlie's. With two floors and tables outside, this spot is super casual and great for the whole family. Order at the counter downstairs and choose from a range of simplistic comfort food. Grilled sandwiches and hot dogs are also on the menu, but our favorite is the bacon cheeseburger. Add in a creamy milkshake to get the most out of this place.

> 89 Changshu Lu, by Julu Lu 常熟路89号, 近巨鹿路 (5403 8513)

BISTRO BURGER

If your family is looking for an elaborate gourmet burger, this is the place to go. It's got a range of specialty milkshakes that the kids are sure to slurp up in no time, with spiked options for the lively adults in the group. The burgers are by no means average with creative toppings and sauces on each. You can also count on these patties being 100 percent Australian beef.

> 291 Fumin Lu, by Changle Lu 富民路291号1楼, 近长乐路 (6170 1315)

FATBURGER

A new addition to the Shanghai burger scene, Fatburger has already opened two restaurants in Sinan Mansion and the Shanghai Tower. Originally from California, this chain allows customers to create their own burger at the counter – an ideal option for picky eaters. Resembling a nicer version of a fast food joint, it's a good place to take the kids to grab a quick bite at a very reasonable price.

Younger kids can try the Baby Fatburger, which is smaller in size and better for their tiny hands.

> 26/B, Sinan Mansions, 523 Fuxing Zhong Lu, by Sinan Lu 复兴中路523号思南公寓26/B, 近思南路 (6448 0020)



OH, MY VEGGIES AND FRUIT

12 After-School Snack Ideas

By Lena Gidwani

When kids arrive home from school, one of the first activities is eating a snack. Snacks should be as nutritious as meals and include fruits and vegetables. Of course, use your wise mama judgement and decide when to serve what, as many are also good breakfast dishes! Soothe after-school hunger with these 12 nutritious, easy and delicious snacks your scholarly tykes are sure to enjoy.



1

Mini Fruit Pizzas: Take graham cookies, digestives or small pre-made pancakes. Top with cream cheese or peanut butter. Then add cut fruit, nuts or other toppings and serve immediately.



Banana Sushi: Coat bananas with jam or peanut butter, then slice and roll them into tasty toppings like sprinkles, cereal and/or shredded coconut.



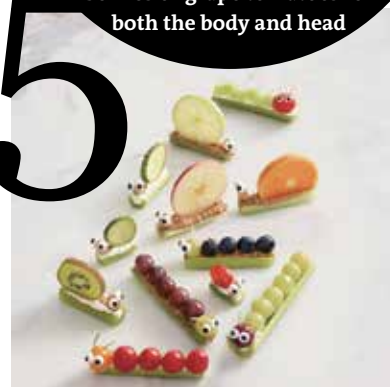
Apple Sandwiches: Cut an apple (core removed) into thick slices. Spread apple slice with peanut butter and top with granola and raisins. Place another apple slice on top and gently press together. Repeat with remaining apple slices.

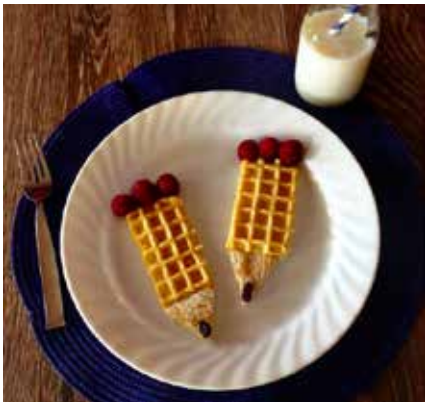


Tropical Chia Pudding: Pour coconut milk into a bowl and sweeten with 2 tablespoons of maple syrup or honey to taste. Add chia seeds and whisk. Set aside. Peel and chop kiwis and mangoes. Layer chopped fruit and chia pudding in small containers. Repeat this process. Put lids on containers and refrigerate for at least four hours for the chia to transform the coconut milk into pudding. Sprinkle desiccated coconut over it and serve.



Celery Snails and Caterpillars: Pizzas: make snails, fill celery stalks with peanut butter or cream cheese, top with a slice of kiwi, cucumber, apple, tomato or orange, then add a cashew head. To make caterpillars, fill celery stalks with peanut butter or cream cheese, top with grapes, blueberries or grape tomatoes for both the body and head





6

Pencil Waffles: Take some pre-made waffles, decorate (see picture) using bread, bananas, raisins, fruit like berries and even pretzels. Yum and so nice to look at!



8

Gourmet Platter: Cut up cheese with some whole grain crackers or pretzels, throw in some dried fruit or fresh grapes to up the gourmet factor and serve with avocado or anything that takes your fancy. The idea is to make it look good and appetizing!



10

Frozen Yogurt Popsicles: Take two cups of low-fat vanilla yogurt, lots of assorted berries and some pretzel rods. Put into ice-pop molds and cover with foil. When semi-frozen, remove and insert the pretzel rod in. Serve when frozen.



7

Sweet Potato Chips: Can they really be good for you? Yes, they can! Slice and put on baking sheet, bake for about 90 minutes or so until dehydrated, curled at the edges and crispy. Serve when cool or store in an airtight container.



9

Banana and Almond Protein Smoothie: Mix bananas, almond milk, chocolate milk and a bit of peanut butter together for a great snack.



11

No Bake Chewy Coconut Granola Bars: Take brown rice cereal, rolled oats, shredded coconut, sunflower seeds, flaxseeds, cocoa powder and mix together. Coat all with honey, partially melted butter and a teaspoon of vanilla extract. Lay it out on a baking tray and refrigerate until hard. Cut and wrap individually to serve.



12



Very Berry Bites: Take raspberries, cut a slit in the top of each and stuff with unsalted almonds or with yogurt and crushed granola for an easy-to-eat finger snack that is ready in a few seconds.



GARLIC

Turkish for the Whole Family

By Shirani Alfreds

Shirani and her family are on a mission to find the best family-friendly restaurants in Shanghai. See what she has to say about Garlic.

THE PLACE AND THE VIBE

Arriving at the newly renovated Garlic on a rainy Saturday night, we were excited as we've heard great things about its authentic Mediterranean flavors. The restaurant was inviting, with its dimly lit white table-clothed dining vibe reflected in rainy windows. With a small bar to the left, the restaurant initially screamed 'date night,' and we were wary because we had two jetlagged kids dining with us. We were soon enveloped in the warmth and coziness of the place, however, and settled into our private booth. Our table faced the street, which created an enjoyable family intimacy and privacy, and the kids remained entertained with the view throughout the meal. With highchair and plastic cutlery available on request, all wariness quickly dissipated when we stumbled across the basement playroom equipped with two sand play areas, a TV, playhouse, toys and *ayi* on duty.

THE FOOD

The menu is sharing style, with pages of mouth-watering dishes that make you want to order everything! In Turkish with English

explanations, we still didn't know what most dishes were and ordered the most popular or new items, with a couple of kid-friendly options (there is no kids menu but they intend to have one soon).

My husband ordered a glass of flavorful Guney Shiraz (RMB75, the entire wine list is Turkish), and I ordered the delicately spiced, yet sweet pomegranate mojito (RMB85), while the kids enjoyed juice.

As a cold starter, we had the *karisik meze tabagi* (RMB78, four dips of feta, hummus, red pepper and babaganoush). Our 1-year-old attempted to lick the bowls after delightedly dipping balon (paper thin breading) in them. We were brought a few warm starters such as the typically Turkish *zeytinyagli yaprak sarma* (RMB68, stuffed vine leaves) but the family favorite was *kuzu tandirli humus* (RMB88), tender tandoori lamb laid on top a wonderfully warmed spiced hummus.

My husband gushed over the *bebek kalamar dolmasi* (RMB78, stuffed baby calamari with dill, mint and spices) and we were blown away by the flavors of the *peynirli izgara mantar* (RMB68, grilled portobello mushrooms with Turkish white cheese and zucchini). Specific child-friendly mains were the garlic kofte (RMB115, lamb and beef meatballs) and our 1-year-old couldn't stop eating the *deniz mah-sullu taze* (RMB90, seafood pasta), devouring

the prawns and scallops in the dish.

We ended with some chocolate and vanilla *maras dondurma* (RMB68 Turkish ice cream) for the kids, which was luxuriously indulgent with an unusual 'sticky' texture, and the adults shared the *cikolata sufle* (RMB68 chocolate soufflé) and *kunefe* (RMB70, angel's hair pastry with a soft cheese filling and syrup). That was my personal favorite as it was not too sweet, and had a really nice texture. Some Turkish tea and coffee round up the meal nicely at the end.

KID APPROVED?

Kids who find the food spicy or too exotic can opt for pasta, meatballs or just bread with dip. Meat lovers will be amazed by the quality of lamb and beef on hand and a meat platter would satiate the hungriest of teens. The ambience feels romantic and upmarket at dinner, but given the playroom, availability of high chairs, plastic cutlery and pending facility upgrades, the restaurant is certainly child-friendly.

Prices: RMB200/adult, RMB100/child

Recommended Ages: All

Ideal for: Dinner and late lunch on the weekends

Open Mon-Fri 6pm, Sat-Sun 12pm, 698 Yongjia Lu, by Anting Lu 永嘉路698号, 近安亭路



CHI-Q

A Romantic Asian-Fusion Experience

By Alyssa Wieting

PLACE AND VIBE

Opened in 2014 at Three on the Bund, Chi-Q provides an upscale Korean-style dining experience. While you might not immediately think of Korean food as a romantic date night option, the interior design of the restaurant brings a sophisticated modern spin to a traditional meal.

With dark brown accents, sleek black tabletops and amber under-table lighting, the mood is set for your romantic evening. Tables are perched low to the ground with comfortable benches to sit on, each with its own grill in the center.

THE FOOD

Chefs Marja and Jean-Georges Vongerichten have done themselves well with Chi-Q's Korean-inspired menu. While the restaurant was originally intended to fully concentrate on a Korean culinary experience, they are in a period of transition to include more Asian-fusion elements while keeping strong Korean roots in their dishes.

Thanks to a constantly updated menu, regular patrons won't get bored of their offerings. We opted to try their signature tasting menu (perfect for two, RMB498 per person), a balanced combination of starters and grilled items (giving us a chance to take a whack at the BBQ ourselves).

Three starters are included in the tasting menu, and the kingfish sashimi is our favorite. Dressed with homemade soy sauce and topped with avocado and sunflower seeds, this dish is light and has plenty of textures. We also enjoyed the foie gras kimchi mandoo, small square fried dumplings, filled with foie gras and loads of flavor.

Shortly after, the raw Australian Wagyu flank strips, shrimp and vegetables arrived on a platter, ready to be cooked. If you aren't confident in your barbecuing abilities, don't hesitate to ask for help. The servers can either demonstrate a few pieces for you and have you take over for the rest, or they can cook everything for you upon request. Make sure to use the dipping sauces and pickled miniature side dishes to spice up your grilled items.

The menu ends with a dessert that plays with the different textures of chocolate – layered with crumbled cookie at the bottom, followed by scoops of chocolate mousse and mint ice cream and thin slabs of chocolate on top. It was a nice finish to a very well-portioned meal and just enough for two to share.

DATE NIGHT APPROVED?

The ambiance combined with the tasting menus make this a great option for a night out with your significant other free from the kids. The floor-to-ceiling grated partitions in between tables give room for privacy and the staff is attentive and accommodating. Being



on the Bund, the location gives plenty of options for post-meal cocktails to cap off the night.

Price: RMB300-500 per person excluding drinks

Who's going: Couples, small groups

Good for: Dinner and drinks with dates or business associates

2/F, 3 Zhongshan Dong Yi Lu, by Guangdong Lu 中山东一路3号2楼, 近广东路(6321 6622)



A WICKED PERFORMANCE

China Meets Elphaba and Glinda for the First Time

By Zoey Zha

One of the most successful and longest-running Broadway musicals that triumphed the Tony and Grammy Awards, *Wicked* is celebrating its 10th anniversary. Hailing from London's West End, the musical will soon kick off its world tour, with Shanghai as one of the stops along the way.

First premiered at Broadway's Gershwin Theatre in October 2003, *Wicked the Musical* is based on the novel *Wicked: The Life and Times of the Wicked Witch of the West* written by American novelist Gregory Maguire, unveiling an untold episode of the *Wizard of Oz*.

The story centers on the relationship between Glinda, the Good Witch of the South, and Elphaba, the Wicked Witch of the West. As young girls in sorcery school in the Land of Oz, they are the most unlikely of friends with grave contrasts in their personalities and perspectives. Glinda rises to become the most popular girl in school with her beauty and refined social skills, while Elphaba's green-colored skin destines her to be the unwelcomed classmate

from the very beginning.

When Glinda accidentally opens her heart to Elphaba at a ballroom party, the two girls set aside their differences and gradually become friends. However, after discovering a scheme of the Witch Government during their visit to the Emerald City, both girls decide to take on different calls to action, which once again drives them apart.

Though the book is not originally designed for children due to its violence and sexual elements, the musical adaptation scripted by Winnie Holzman and masterfully scored by the award-winning composer and lyricist Stephen Schwartz makes it suitable for all ages.

Broadway divas Idina Menzel and Kristin Chenoweth starred in the original version and have won praises from worldwide audiences and critics for





their impeccable performances. Following in their footsteps, Jacqueline Hughes and Carly Anderson, two talented West End musical actresses, will offer their rendition of the most profound friendship in the Land of Oz.

Unlike many young girls who grew up as *Wicked* fans, Anderson confesses that she didn't see this musical until she was in college. As much as she is attracted to Elphaba, she feels Glinda's character is slightly overlooked by contrast. "Personally, I think Glinda is just as honest as Elphaba is, and that's why I'm so drawn to her. And somehow I knew that I'd play this role one day after watching the show." Anderson is able to relate to her character on a personal level as well, "I definitely share the part of her that is ambitious because it's what's required in this industry. And shoes – I really like shoes!"

While Anderson finds standing on stage watching Elphaba soar up to the sky singing 'Defying Gravity' to be a dream-come-true moment, Jacqueline Hughes shares her secret thoughts on reviving this iconic scene.

"I admire Elphaba big time. She is so independent and confident in her own skin. This song is such a challenge vocally and I can't over think it; I have to go with the emotion." Jacqueline admits. "I've gone through half of the journey [as Elphaba] by the end of Act One, so I let the momentum of the show take

me the rest of the way."

According to Company Manager Anthony Fields, all the original scores will be kept the same because they have won many awards and already work brilliantly, whereas other elements will be adjusted, such as choreography.

"Two or three years ago, the original creators and lighting designer put in a couple of new bits to the performance, for instance, the flying effect." Without giving away too much detail, Fields continues. "So we're quite proud of ourselves [and our adjustments] for the new *Wicked* because this might get us better accolade than some other versions. That's a big thumb-up for us."

While this sensational musical is filled with lighting effects, witches flying across the stage and a multitude of dazzling green costumes, it's the storyline and the music that really speaks to audiences, regardless of age.

Wicked is most certainly suitable for a general audience, but some elements of the performance may be scary for very young children. The performance is recommended for children ages 7 and up.

RMB80-880, April 4-May 14, 7.15pm (weekend matinees, 2pm). Shanghai Culture Square, 36 Yongjia Lu, by Fuxing Zhong Lu 永嘉路36号, 复兴中路 (400 610 3721, en.damai.cn)



CALL OF THE WILD

The Adventures of Jan Latta

By Andrew Chin

The Shanghai International Literary Festival returns to M on the Bund from March 10-22, bringing together authors of all stripes. Known for her popular children's books that are dedicated to celebrating endangered species, writer and photographer Jan Latta shares some of her heart-stopping adventures in the wild.

HOW DID YOU FIRST GET INTO WILDLIFE PHOTOGRAPHY?

When I came face-to-face with a mountain gorilla in Rwanda, that moment changed my life. My guide said there were fewer than 600 mountain gorillas left in the world, and I thought that was so sad. I wanted to do something to help, so I became a wildlife photographer to tell the animal's true-to-life story.

When I decided to become an author, wildlife photographer and publisher, I thought the concept should be aimed at young children. Hopefully, they would be the next generation to save the endangered animals.

EACH OF YOUR BOOKS FOLLOWS AN ENDANGERED SPECIES. HOW DID YOU COME UP WITH THE CONCEPT?

I followed elephants, dangerous rhinos, prides of lions, gentle giraffes and had a wonderful experience with two cheetahs. The pandas in the Wolong mountains in China, jungles of Borneo with orangutans, Sri Lanka for the elusive leopard and Uganda for Dr Jane Goodall's chimps.

Each True-to-Life book has photos of animals in their natural habitat and simple text including facts, maps, fun activities and educational videos. The first book *Grandy the Gorilla*, was published in Hong Kong. It was a great success.

HAVE YOU EVER FELT IN DANGER WHILE FOLLOWING THESE ANIMALS?

Two years ago, a lion chased a wildebeest right through the middle of the tent I was in. That was a frightening first but the Maasi protected me.

I've been charged by elephants – the cranky bull elephants in musth are especially dangerous. I had the most magical moment of my life when a cheetah walked up to me. A second cheetah ap-





“When I came face-to-face with a mountain gorilla in Rwanda, that moment changed my life”



peared and it was such a wonderful experience... I felt very calm. I believe some animals react to human emotions.

WHAT CAN PEOPLE EXPECT FROM YOUR LIT FEST WORKSHOP?

I hope they find my presentation exciting and inspiring. I'm showing videos I've created in Borneo, India, Sri Lanka, Africa and some of my heart-stopping adventures in the wild. There will be Q&A about endangered animals.

When I talk at festivals, it's so rewarding to inspire children to save endangered animals and to hear them say, 'I want to do what you do when I grow up.'

WHAT ADVICE DO YOU HAVE FOR KIDS WHO ARE INTERESTED IN PHOTOGRAPHY AND ANIMALS?

When I'm following wild animals I have to know everything about them to keep myself safe. So children should read everything they can about animals and watch documentaries to see the animals in the wild. Practice photography at zoos. Watch the family pet and try to capture its funny antics. To get a great photograph, they need to know what the animal is going to do next.

Later, after high school, they could volunteer to look after orphaned animals in Africa, India and Borneo. Also sponsor an elephant at the David Sheldrick Wildlife Trust – that is a wonderful and rewarding experience.

HAVE YOU BEEN ENCOURAGED BY THE CONSERVATION EFFORTS OF THESE ANIMALS?

I think the conservation efforts are encouraging with the popularity of David Attenborough, Jane Goodall and recently the Royals getting involved. There are some great charities where people can sponsor an animal to help the survival of the species.

China has announced banning ivory and through social media there is an awareness that if you wear an ivory bracelet, a beautiful elephant has died for that piece of jewelry. Hunters are being publicly named and shamed for killing animals as a sport. But, we still have a long way to go to protect the endangered animals in the world.

The Shanghai International Literary Festival returns to M on the Bund from Mar 10-22. Stay tuned to urban-family.com for the full schedule. Each session is RMB85. M on the Bund, 7/F, Bund 5, 20 Guangdong Lu, by Zhongshan Dong Yi Lu 广东路20号外滩五号7楼, 近中山东一路 (6350 9988)

SING

A Star-Studded Animated Musical

By Andrew Chin

Set in a world populated by animals, *Sing* mixes solid family entertainment with a rousing trip through music history. More than 60 songs spanning from Frank Sinatra to Carly Rae Jepsen are included in a film about a singing competition that spins out of control.

Matthew McConaughey voices koala Buster Moon, the perpetually optimistic owner of a struggling theater who comes up with the idea for the contest. However, a misprint in the advertised prize money (USD100,000 instead of USD1,000) draws a crowd of contestants with big dreams and bigger voices.

A star-studded cast lend their voices to the show's finalists - a motley crew of misfits who must overcome personal struggles for their moment of stardom.

Academy Award winner Reese Witherspoon voices Rosita, a doting mother to her 25 piglets. *Family Guy*'s Seth MacFarlane brings his big mouth to Mike, the Sinatra crooning mouse who works as a street musician. Scarlett Johansson is the teenage punk porcupine Ash who is heartbroken when her boyfriend and musical partner leaves out of jealousy from not making it in the show.

Clocking in at over an hour and 40 minutes, *Sing* has plenty of individual stories to delve into that will touch audiences of all

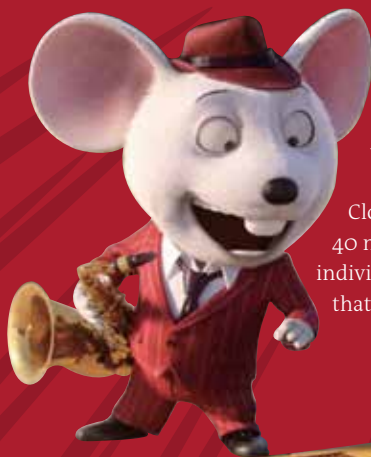
ages. There's Johnny (Taron Egerton), the gorilla who doesn't want to follow his criminal father's footsteps. Or Meena, the teenage elephant (voiced by Grammy-nominated singer Tori Kelly) who is too shy to sing in front of audiences.

While there's nothing terribly original about all the plotlines, *Sing* zips by with its earnest energy. It was written and directed by Garth Jennings, who as one half of Hammer & Tongs helmed music videos for Radiohead, Vampire Weekend, Beck, Blur and Robbie Williams.

Jennings' love for music shines through with references to everyone from Leonard Cohen to Digital Underground and Elton John to Taylor Swift. The film ends with an appropriately epic final concert where all the loose ends are happily tied up.

With its potent soundtrack and charming characters, *Sing* has already received a resounding response. Since its release days before Christmas, the film has already grossed over USD400 million worldwide, whetting the appetite for an encore in the future.

Opens across Chinese cinemas on February 16.



ON THE PAGE

Book Picks for Kids and Adults

THE DAY I SWAPPED MY DAD FOR TWO GOLDFISH

Review by Kendra Perkins

The Day I Swapped my Dad for Two Goldfish is a hilarious picture book full of fun and relatable family dynamics, like a brother secretly putting dirt down the back of his sister's neck, or a son wanting to have more interaction with his preoccupied father.

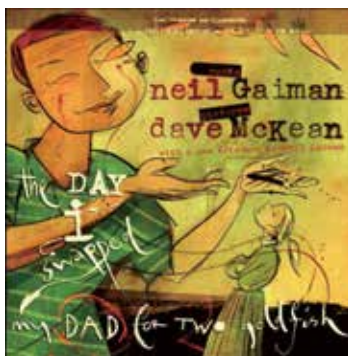
This hilarious picture book uses mixed media images to tell the story of a trade which escalates to swapping the little boy's boring, newspaper-reading father for two goldfish that his friend Nathan has. Nathan drives a hard bargain as he won't consider Clownie, an old spaceship, or even a penny whistle as a fair trade.

Author Neil Gaiman paints a story so realistic that it feels nothing like a fantasy title. That is, of course, despite the implausibility of it. Any child can relate to wanting something so badly that they would be willing to swap just about anything for it. In this story, this becomes the reality, while his father is still reading his newspaper, oblivious to the world around him.

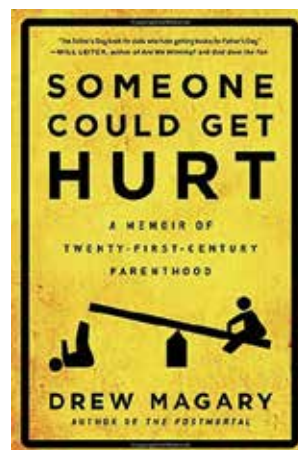
This is a great title to snuggle up with and read on a chilly Shanghai day. You can easily lose track of time as the story captivates you and your child (ideal for ages 6 and up). Parents will chuckle at the ridiculousness of the situations and the subtle humor sprinkled throughout, some of which has a more mature meaning that younger readers may miss.

This tale was inspired by Gaiman's own child's wish for a goldfish instead of his dad after being told to go to bed one evening. He wrote it for his children to enjoy, and readers can feel that he has put his whole heart into writing this children's story.

The award-winning illustrator Dave McKean has collaborated with Gaiman on three other children's books, *The Wolves in the Walls*, *Crazy Hair* and *Mirror-mask*. These are beautifully crafted titles that I highly recommend if you enjoyed reading this one. Additionally, Gaiman is the rare kind of author that can write for any age group. Middle schoolers will love *The Graveyard Book* and *Coraline* while adults will enjoy *Trigger Warning: Short Fictions And Disturbances* and *American Gods*.



Kendra Perkins is Coordinator for the Shanghai Librarians Network and Ambassador of China for the International Librarian Network. Find her at www.TheInspiredLibrarian.com



SOMEONE COULD GET HURT

Review by Rachel Deason

Written by *GQ* correspondent and *Deadspin* columnist Drew Magary, *Someone Could Get Hurt* offers a comical look at fatherhood from the perspective of someone not quite convinced of the entire idea of it. Through a series of essays, Magary highlights the good and bad of being a parent. From committing petty vandalism to bond with his daughter, to watching helplessly as his son pees in a hotel pool, he says what most parents think but never admit.

Magary has a way of taking the mundane (like a trip to the grocery store) and turning it into something more likely to be heard during a stand-up comedy set than in a book about parenting.

The book is not all joking, however. Woven into the light-hearted craziness is Magary's story of his third-born child – a boy born two months too early with a condition known as intestinal malrotation. Magary goes through a journey of fighting through tears in the NICU to finally understand why he wanted kids in the first place.

The essays, disjointed at first, start gaining focus during Magary's account of his first and only DUI. The story demonstrates how parenting is its own coming-of-age tale, one for a generation that thought its chances to reinvent itself were long over.

His foibles in parenting demonstrate how children inspire anger, fear, jealousy and love in a dad all in the span of a day. Magary speaks of the pressure to raise his kids right, pressure that comes from his own parents and moms at Gymboree. More than that though, he emphasizes that the greatest pressure comes from within.

Equal parts clever and shocking, the book is relatable for any parent, mom or dad who has ever felt like they were doing it all wrong. Anyone who has children will find themselves nodding along, saying "me too," and anyone hoping for children will get a sneak peek into what they can really expect.

These books are available at amazon.cn

URBAN SCENES



NAIS STUDENT SHINES IN YOUNG ARTIST CONCERT

April Baird from NAIS was one of the many talented performers at the Young Artist Concert held on January 15 at the Shanghai Oriental Art Centre. Accompanied by the Shanghai Baroque Chamber Orchestra, Baird performed an exquisite solo rendition of Vivaldi Violin Concerto – Four Seasons ‘Summer’ first movement. Her artistic flair and talent was also on display during the performance of Vivaldi: Violin Concerto for Four Violins where she and two of her peers performed alongside the legendary Dr Mei Mei Wei and NAIS’s Mr Bevan Graham on harpsichord.



CONCORDIA'S ANNUAL CISSMUN EVENT

In January, Concordia International School Shanghai hosted its annual CISSMUN event, a three-day Model United Nations conference – one of the largest of its kind in Asia. The theme of this year’s conference was ‘Responsibility to Protect’, and student delegates from all over the world discussed, debated and formulated policies and resolutions for topics ranging from the militarization of outer space to the spread of the Zika virus. The goal and mission of CISSMUN is to provide a venue in which students of diverse backgrounds can hone their skills of research, public speaking and negotiation while cultivating the virtues of active global citizenship and principle-centered leadership.



DULWICH COLLEGE SHANGHAI STUDENTS CREATE CHINESE DRAGON AND ROOSTER

Over a two-week period before Chinese New Year, Dulwich College Shanghai Junior School students were involved in creating an amazing Chinese dragon and rooster to celebrate the holiday. The finished dragon and rooster show how creative students are and what they can achieve in a short time when collaborating as a team. Everybody had great fun and the art room was a hive of activity at lunchtime with students keen to add their ideas to the project.



HARROW SHANGHAI'S CHINESE NEW YEAR CELEBRATIONS

This year, Harrow students celebrated their first Chinese New Year together. The celebrations kicked off on January 20 with a Chinese lantern decorating competition where students were given lanterns of all sizes and colors to decorate. Students also came to school wearing traditional Chinese costumes and participated in a series of CNY themed cultural workshops throughout the day. At the end of a day, the entire Harrow community came together for a celebration concert, at which every student in the school was involved.



HILTON SHANGHAI HONGQIAO UNVEILS KIDS' SUITE

A new kids' suite is now available at the Hilton Shanghai Hongqiao, designed especially with young families in mind. More than 60 toys exclusively produced by German toymaker HAPE can be found in the room, all of which are made from natural materials that are safe for the little ones.



JJMAX HOSTS CHRISTMAS PARTY

JJMAX Party Zone held their first ever Christmas party at their new Jin-qiao location. The day was full of entertainment and performances including Zumba Kids, kids modeling, and Karate Kids. It was a fun day and kids were excited to receive prizes and gifts at the end of the show. JJMAX Party Zone can accommodate parties and camps. To learn more email info@jj-max.com.



KINDERGARTEN CULTURE SHARE AT WISS

WISS recently held a culture-sharing event for kindergarteners that aims to use inquiry-based learning method to look at how international communities celebrate and appreciate their differences. The children had numerous opportunities to share aspects of their own culture, and to learn more about celebrations of their peers and teachers. The children were highly engaged and curious and the event served as an introduction for young kids about the appreciation of cultural differences.



DULWICH MINHANG CELEBRATES CHINESE CULTURE ACROSS THE COLLEGE

Dulwich Minhang was an explosion of color, creativity and deliciousness on January 20 when the whole college participated in their Chinese Culture Day. Festivities began with a special Chinese assembly led by students with the support of the Chinese Language department. Later in the day, all students and parents participated in various workshops including traditional ink painting, making Sichuan masks and sugar toffee animals and Chinese drumming.



YCIS STUDENTS ONCE AGAIN HONORED AS 'TOP IN THE WORLD'

The results of last year's standardized exams for the International General Certificate of Secondary Education (IGCSE) have been released. Yew Chung International School of Shanghai (YCIS Shanghai) kept its long-standing tradition of preparing students to succeed, and this year was no exception. Once again, YCIS Shanghai's ranked among the top of all independently registered international schools in mainland China in terms of the number of awards earned. Among the six categories won were Design and Technology, World Literature and Coordinated Sciences.

EVENTS

Submit your event listings to urbanfamily@urbananatomy.com

FEB 15 | SPORTS



Shanghai Sharks vs Beijing Ducks

College superstar-turned-NBA bust Jimmer Fredette continues his hugely successful first year in China, hoping to lead the Shanghai Sharks to a shocking first place regular season finish. The shooting guard looks to be in fine form before the playoffs averaging nearly 40 points a game, however, he'll have to deal with the CBA's original foreign superstar – former NBA All-Star Stephon Marbury (pictured) and his two-time CBA Championship-winning Beijing Ducks.
> Feb 15, 7.35pm, RMB50-300. Yuanshen Stadium, 655 Yuanshen Lu, by Zhangyang Lu 源深路655号, 近张杨路 (5821 8439)

FEB 18 | COMMUNITY



Dulwich College Shanghai Minhang Open Day

Boasting a network of schools that consistently achieve some of the highest IB results in Asia, Dulwich College welcomes parents of junior and senior school aged children to visit their Minhang campus to meet their teachers and learn more about the merits of a Dulwich education.
> Feb 18, 10am, free entry. Dulwich College Shanghai Minhang, 1935 Shuguang Road, by Guanghai Road 马桥镇曙光路1935号, 近光华路 (6248 2088, admissions@dulwich-shanghai.com)

FEB 17 | ARTS



Laputa - Castle in the Sky

This hugely popular multimedia concert celebrates the partnership between legendary Japanese director Hayao Miyazaki and composer Joe Hisaishi. Live renditions of the score will be paired with scenes from the duo's animated classics like *Spirited Away* and *Princess Mononoke* for a wondrous show that will thrill Studio Ghibli fans.
> Feb 17, 7.30pm, RMB80-580. Hongqiao Art Centre, 888 Tianshan Lu, by Loushanguan Lu 天山路888号, 近娄山关路

FEB 18-19 | COMMUNITY



Commune Market

Designers, craftsmen and culinary artists come together in this recurring market that transforms naked HUBs across China into thriving marketplaces. Stock up on a range of goods from hand crafted jewelry to organic artisan foods.
> Feb 18-19, 11am-7pm, free entry. naked Hub @ Xintiandi, 3/F, Bldg 5, 123 Xingye Lu, by Huangpu Nan Lu 兴业路123弄5号楼3楼, 近黄陂南路

FEB 18-19 | ARTS



Frozen Planet in Concert

Breathtaking HD images culled from BBC's landmark series celebrating "the majestic and frozen wilderness of the Polar Regions" will serve as the backdrop for a performance of George Fenton's praised score performed live by the Shanghai Opera House Orchestra. Award-winning Shanghai born Zhang Chengjie conducts. Suitable for ages 5 and up.
> Feb 18-19, 2.30pm and 7.30pm, RMB80-480. Shanghai Children Art Theatre, 800 Miaojiang Lu, by Xizang Nan Lu 苗江路800号, 近西藏南路 (247tickets.cn)

FEB 23 AND 28 | COMMUNITY



Principals on Tour

Principals from Shanghai American School (SAS) will share stories of how their students are experiencing their curriculum in these hour-long talks designed for non-SAS parents held at the Hilton Shanghai Hongqiao on Feb 23 and Kerry Parkside on Feb 28.
> Feb 23, 6pm, RMBTBA. Hilton Shanghai Hongqiao, 1116 Hongsong Xi Lu, by Hongxu Lu 红松西路1116号, 近虹许路 (admissions@saschina.org)
> Feb 28, 6pm, RMBTBA. Kerry Parkside, 1388 Huamu Lu, by Fangdian Lu 花木路1388号, 近芳甸路 (admissions@saschina.org)

FEB 18-JUNE 17 | COMMUNITY



Jiashan Market

Local favorites like Amelia's, Jonas Emil Coffee and other craftsmen transform Jiashan Market into a farmers market on the first and third Saturday of the month.
> Feb 18-June 17 (first and third Saturday of the month), 11am-4pm, free entry. Jiashan Market, No. 37, Lane 550, Shaanxi Nan Lu, by Shaoxing Lu 陕西南路550弄37号, 近绍兴路

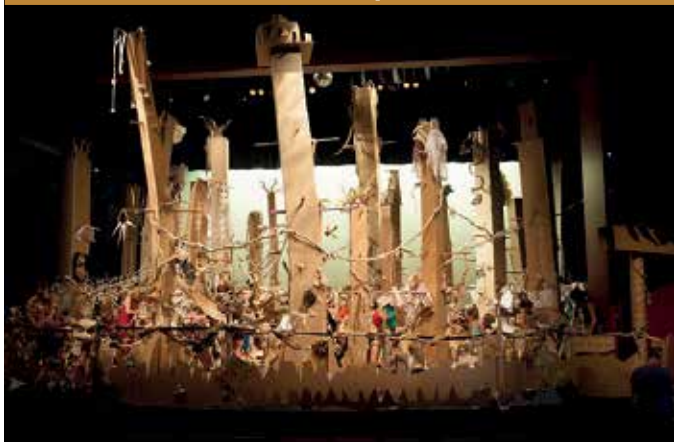
FEB 23 AND MAR 30 | SPORTS



RunnersHai

The Shanghai running group kicks off their monthly running series that takes place on the last Thursday of every month until May. The 6.5K runs will take place at Century Park, free from traffic and scooters – although you may have to dodge the occasional backward walking 70-year-old. While you can always compete with the other runners, you can also race against yourself as RunnersHai will be tracking times after each race and distributing the results to see how you rank in comparison to your previous runs.
> Feb 23 and Mar 30, 8pm, free entry. Race starts at Shanghai Science and Technology Museum, 2000 Shiji Dadao, by Jinxiu Lu 世纪大道2000号, 近锦绣路

FEB 24-26 | ARTS



Paper Planet

This popular immersive live art installation from Polygot mixes paper techniques with costuming and character based play. Guests enter a world where there are no tools and no rules, with children and their parents encouraged to play within the paper forest and create their own costumes, creatures and other additions to the wondrous environment. Appropriate for ages 2 and up. All attendees need a ticket.

> Feb 24-26, 10.30am, 2pm and 7.30pm (Fri), 10.30am, 1.30pm, 3.30pm and 5pm (Sat), 10.30am, 2pm and 4pm (Sun), RMB180. Shanghai Children Art Theatre, 800 Miaojiang Lu, by Xizang Nan Lu 苗江路800号, 近西藏南路

MAR 3 | ARTS



The Lego Batman Movie

This spin-off of the hit 2014 film *The Lego Movie* takes viewers to Gotham as Batman goes on a personal journey to learn the importance of teamwork to take down The Joker. Expect a lighthearted romp with a star-studded cast lending their voices. Opens in theaters around town.

UNTIL FEB 26 | ARTS



Beyond Rubik's Cube

Created by the Liberty Science Museum, Google and the cube's Hungarian inventor, Ernő Rubik, this exhibition celebrates the world's most popular puzzle. During its world tour, *Beyond Rubik's Cube* has delighted guests with interactive physical and digital challenges. Other highlights include a giant Rubik's Cube the size of a car, early prototypes of the cube and the world's most expensive toy, a jewel-encrusted Rubik's Cube.

> Until Feb 26, 10.30am-9.30pm, RMB70 (weekday), RMB100 (weekends). Shanghai Global Harbor Museum, 3300 Zhongshan Bei Lu, by Jinshajiang Lu 中山北路3300号, 近金沙江路 (5046 2471, 247tickets.cn)

MAR 12 | COMMUNITY



YCIS University Fest

YCIS is hosting a university fair where parents and kids from around the city are welcome to come to vet prospective universities that will be participating. Food vendors and workshops will be on site, as well as university admissions officers to engage and answer questions visitors may have.

> Mar 12, 11am-2pm, YCIS Gubei Campus, 18 Ronghua Xi Dao, by Shuicheng Nan Lu 荣华西道18号, 近水城南路

MAR 13 | COMMUNITY



World University Fair

Concordia hosts the seventh annual edition of one of China's largest university exhibitions. Admissions officers, faculty and alumni from over 150 universities around the world will be on hand to answer any questions from students and parents about their schools.

> Mar 13, 6.30-8pm, free entry. Concordia International School Shanghai, 999 Mingyue Lu, by Yunshan Lu 明月路999号, 近云山路 (5899 0380)

MAR 17 | ARTS



Beauty and the Beast

Emma Watson (*Harry Potter*) stars as Belle in this live-action remake of Disney's 1991 animated classic. Director Bill Condon helmed a hit adaptation of the Broadway musical, *Dreamgirls*, and this romantic musical will revisit the original's iconic songs including a new version of 'Beauty and the Beast' from Ariana Grande and John Legend.

MARCH 18-19 | SPORTS



AKS Cup

Active Kidz Shanghai will be hosting its annual AKS Shanghai Cup soccer tournament on the weekend of March 18-19. The two-day tournament will play host to a bevy of teams from all over Asia, all vying for the chance to be crowned champions of Shanghai's largest international youth soccer tournament. The two-day tournament, which is free for the community to attend, will feature some of Shanghai's most popular establishments such as the tournament Entitle Sponsor Element Fresh, Bumbu, and many more restaurants and organizations. There will also be games and activities for all ages highlighting other AKS sports programs. AKS will also be raffling off some big prizes on both days of the tournament.

> T98 Oasis Soccer Center. Liyue Lu, by Xinjun Bei Lu 礼乐路, 近新浚北路

MAR 18 | ARTS



Snow White: The Musical

The classic fairy tale comes to life in this bilingual production designed to entertain kids aged 3-10 years old. While most of the dialogue is in Mandarin, the show boasts an impressive 3D set design.

> Mar 18, 3.30pm and 7.30pm, RMB100-380. Dagu Theater - Himalayas Center 3/F Himalayas Center, No. 1, 1188 Fangdian Lu, by Meihua Lu 芳甸路1188弄1号3楼, 近梅花路 (5046 2471, 247tickets.cn)

MAR 18-19 | ARTS

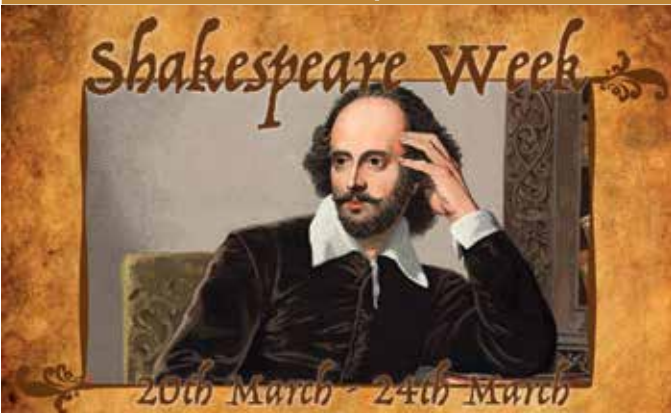


Godspell: The Musical

DreamWeaver (formerly known as Urban Aphordite) presents a heavenly new production of the hit musical, *Godspell*. Featuring music and new lyrics from Grammy and Academy Award winning composer Stephen Schwartz (*Wicked*), the show is jam packed with soul-stirring pop, folk and rock hits performed from stalwarts of Shanghai's musical theater scene.

> Mar 18-19, 7:30pm, RMB200-380 (RMB80 for students under 25). Huangpu Theater, 780 Beijing Dong Lu, by Guizhou Lu 北京东路780号, 近贵州路

MAR 20-24 | ARTS



Shakespeare Week

minds for over 400 years. NAIS Pudong pays tribute to the Bard by decorating its atrium with banners and quotations, as well as student contests like a Shakespeare's insult competition and a sonnet writing contest. Live performances and monologues will be read at lunch times and students are encouraged to dress as a Shakespeare character on Friday.

> Mar 20-27. NAIS Pudong, No. 600 Kang Qiao Ban Dao, 2729 Hunan Gong Lu, by Junmin Gong Lu 康桥半岛600号沪南公路2729弄, 近军民公路 (5812 7455)

MAR 24-26 | ARTS



Mr. Satie

Atofri Theatre presents a musical theatre production designed for children aged 1-5 years old. Kids will meet Mr. Satie, who is sound, rhythm and music. The audience is encouraged to create magical images inspired by what they hear with the show's paper set. Games will be played designed for children to use their imaginations and solve riddles together, with piano effects adding to the playful mood.

> Mar 24-26, 7:30pm (Fri), 2:30pm and 4:30pm (Sat-Sun), RMB180-200. Little Player Theater, LM20, M Floor, The Place, 100 Zunyi Lu, by Ziyun Lu 遵义路100号虹桥南丰城南区M层LM20, 近紫云路

MAR 27-30 | ARTS



Into the Woods

NAIS Pudong celebrates the 30th anniversary of Stephen Sondheim's modern twist on the beloved Brothers Grimm fairy tales. Praised as one of the greatest musicals ever written, *Into the Woods* features a cast of students from Year 5 to 13 taking on classic characters like Cinderella, Little Red Riding Hood and Prince Charming.

> Mar 27-30. NAIS Pudong Performing Arts Centre, NAIS Pudong, No. 600 Kang Qiao Ban Dao, 2729 Hunan Gong Lu, by Junmin Gong Lu 康桥半岛600号沪南公路2729弄, 近军民公路 (5812 7455)

APR 1-2 | SPORTS



San Jose Earthquakes University ID Camp

Coaches from top American universities will work with strong soccer players ages 13 to 18, as well as discuss opportunities like college recruitment and athletics scholarship.

> Apr 1-2, 3-5pm (Sat) and 8-9:30am (Sun), RMB1,000. Dulwich College Shanghai, 266 Lan An Road, by Mingyue Lu 蓝桉路266号, 近明月路 (www.dulwichfootball.com)

APR 7-9 | SPORTS



F1 Chinese Grand Prix

Stars of racing converge on Shanghai for the annual China stop in the Formula One series. Michael Schumacher still holds the current track record at 1:32.238 minutes in the 56 laps race. The big race goes down on April 9 but there are a weekend of activities planned with special family tickets for one adult and one children available from RMB1,080-1,880.

> Apr 7-9, RMB860-2,760. Shanghai International Circuit, 2000 Yining Lu, by Jiadong Automobile City 伊宁路2000号, 近嘉定汽车城 (400 610 3721, en.damai.cn)

LISTINGS



EDUCATION

Early Childhood Education

Canada & China International School Affiliated with the Vancouver International Educational Development Centre. Whole day kindergarten program for ages 3 to 6, 9am - 3.30pm. After school programs available on weekends: Emergent Art, Science, Drama and Literature. Block B,C,D,F, 3/F, 1399 Beijing Xi Lu 北京西路1399号3楼 B,C,D,F座 (3207 1135)

International Play Point @ Longbai GB2, Bldg 2, Longbai Service Apts, 2461 Hongqiao Lu 龙柏IPP, 虹桥路2461号2号楼GB2 (6268 8320)

Shanghai babyArt Education Management Consulting Co., Ltd. Room 705, Bldg A, Hongqiao Flourish Lotus Plaza, 1050 Wuzhong Lu 吴中路1050号虹桥盛世莲花广场A幢705室 (5422 1000, www.babyart.cn)

Totsgarten Play Center Odin Palace, Branch 88, Club House, 3001 Hongmei Lu 奥汀亲子坊早教中心, 虹梅路3001弄88支弄奥汀花园会所 (6401 8381, www.totsgarten.com)

Kindergartens

American Kindergarten Stars and Stripes 138 Yingbin San Lu 迎宾三路138号 (6268 5006, www.starsandstripes.cn, info@USL.com)

Bright Start Academy 2/F, 10-3 Cangwu Lu, by Tianlin Lu 苍梧路10号3幢2楼, 近田林路 (6451 7908, www.kidsbrightstart.com)

Century Star Bilingual Kindergarten 169 Boshan Dong Lu, by Jujiqiao Lu 博山东路169号, 近居家桥路 (5850 6698, www.shsjx.com)

China Welfare Institution Kindergarten 1361 Xiuyan Lu, by Hunan Lu 秀沿路1361号, 近沪南路 (6819 2362, www.cwikin.com)

Dulwich College Kindergarten Shanghai 425 Lan'an Lu, by Biyun Lu 蓝桉路425号, 近碧云路 (5899 9910, www.dulwichcollege.cn)

Fortune Kindergarten International School 1) 55 Lancun Lu 蓝村路55号 (5875 1212, www.fkis.com.cn) 2) 201 Donghuan Long Lu 东环龙路201号

(5039 8797) 3) 2151 Lianhua Lu 莲花路2151号 (5458 0508)

Happy Bridge Kindergarten 489 Huaiyin Lu, by Linquan Lu 淮阴路489号, 近林泉路 (6223 8870, www.happybridge.org)

Harvest Baby Kindergarten 149 Hengbang Lu, by Tiantong'an Lu 横浜路149号, 近天潼庵路 (6587 8662)

Learning Habitat Bilingual Kindergarten Block C, Blue Sky Villa, 1980 Hongqiao Lu, by Hongmei Lu 虹桥路1980号蓝天别墅C幢, 近虹梅路 (6262 7668, www.learninghabitat.org)

Little Eton Bilingual Kindergarten 592 Wanping Nan Lu, by Lingling Lu 宛平南路592号, 近零陵路 (6469 0445, www.little-eton.com, little-eton@eastday.com)

Maryland Kindergarten 1/F&3/F, Bldg 4, 1838 Gubei Lu, by Wuzhong Lu 古北路1838弄4号楼1F&3F, 近吴中路 (6270-1378, marylandsh@hotmail.co.jp)

Merrykids Kindergarten No.42, 21 Pubei Lu, by Liuzhou Lu 浦北路21弄42号, 近柳州路 (6483 0206, www.merrykids.com)

Montessori Children's House English-German-Mandarin classes. 7.30am - 4.40pm. 56 Lingshan Lu, by Yinshan Lu and Yunshan Lu 灵山路56号, 近银山路和云山路

Montessori School of Shanghai 1) Qingpu Campus: 1230 Zhuguang Lu 诸光路1230号 (5988 6688, www.montessorisos.com) 2) 21 Donghu Lu 东湖路21号 (5403 7699, www.montessorisos.com)

Morgan Rothschild Childcare Center Bldg 161, 1358 Huqingping Gong Lu 沪青平公路1358号161幢 (6976 1000 ext 10/88, www.morganrothschild.com)

SCIS Hongqiao ECE Campus 2212 Hongqiao Lu 虹桥路2212号 (6261 4338, Fax: 6261 4639)

Shanghai Angels Kindergarten 281 Panlong Cun 蟠龙村281号 (5988 3458, www.angels.org.cn)

Shanghai Greenfield Kindergarten 1980 Hongqiao Lu, by Hongmei Lu 虹桥路1980号, 近虹梅路 (6261 4446)

Shanghai Ladder Bilingual Kindergarten 910 Yingkou Lu, by Xiangyin Lu 营口路910号, 近翔殷路 (6534 7515)

Tweety's English School No 66, 60 Jinhui Nan Lu, by Wuzhong Lu 金汇南路60弄66号, 近吴中路 (6406 0846)

Shanghai Montessori Kindergarten No. 20, 1117 Zhuguang Lu 诸光路1117弄20号 (3319 9422, www.s-m-k.org, montessorikindergarten@yahoo.com.cn)

Shanghai Victoria Kindergarten 1) No. 1, 71 Huating Lu, by Huaihai Zhong Lu 华亭路71弄1号, 近淮海中路 (5403 6901, www.victoria.edu.hk) 2) No. 15, 155 Baocheng Lu 宝城路155弄15号 (5415 2228, www.victoria.edu.hk) 3) No. 38, 39 Yinxiao Lu 银霄路39弄38号 (5045 9084, www.victoria.edu.hk) 4) No. 81, 300 Gumei Lu 古美路300弄81号 (6401 1084, www.victoria.edu.hk)

Shanghai Weihai Kindergarten International Division Ages 3-6, Bilingual English/Chinese classrooms, Montessori-based Curriculum. 730 Weihai Lu, by Shaanxi Bei Lu 威海路730号, 近陝西北路
Phone: Mr. Kobe (136 4175 2501)
Email: happyweihai@gmail.com

WuNan Kindergarten International School 14 Wulumuqi Nan Lu 乌鲁木齐南路14号 (6433 7993)

YCIS Shanghai Kindergarten 1) HongQiao Campus: 11 Shuicheng Lu, by Hongqiao Lu 水城路11号, 近虹桥路 (6242 3243, enquiry@shycef.com) 2) Regency Park Campus: 1817 Huamu Lu 花木路1817号 (5033 1900, enquiry@shycef.com)

International Schools

Britannica International School Shanghai 1988 Gubei Nan Lu, by Wuzhong Lu 古北南路1988号, 近吴中路 (6402 7889, www.britannicashanghai.com, admissions@britannicashanghai.com)

Harrow International School Shanghai Harrow Shanghai is a co-educational school providing a British independent style education. Currently open from Pre-Nursery to Year 10, the Sixth Form, offering A-levels, and boarding open in August 2017. 588 Gaoxi Lu, by Lansong Lu 高西路588号, 近兰嵩路 (6881 8282 / 189 1622 9776, admissions@harrowshanghai.cn, www.harrowshanghai.cn)

The British International School Shanghai, Puxi 111 Jinguang Lu 金光路111号 (5226 3211, www.bissshanghai.com admissions@bisspuxi.com)

Nord Anglia International School Shanghai, Pudong 600 Cambridge Forest New Town, 2729 Hunan Lu 沪南公路2729弄康桥半岛600号 (5812 7455, www.naispudong.com enquiries@naispudong.com)

Capistrano Valley China SH School No.390 Dong Ti Yu Hui Road 东体育会路390号 (6199 9140, www.cvc.school.cn, info@cvc.school.cn)

Concordia International School Shanghai 999 Mingyue Lu, by Huangyang Lu 明月路999号, 近黄杨路 (5899 0380, www.ciss.com.cn, admissions@ciss.com.cn)

Deutsche Schule Shanghai No 30, 399 Zhuguang Lu 诸光路399弄30号 (3976 0555, www.ds-shanghai.org.cn, info@ds-shanghai.org.cn)

Dulwich College International School 266 Lan'an Lu, by Mingyue Lu 蓝桉路266号, 近明月路 (5899 9910, www.dulwich-shanghai.cn, admissions@dulwich-shanghai.cn)

Livingston American School 580 Ganxi Lu 甘溪路580号 (6238 3511, www.laschina.org, Info@laschina.org)

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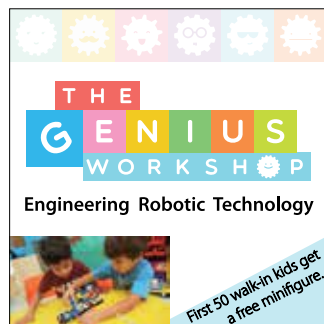
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ADVICE FROM DAD

By Leonard Stanley

From a father and educator's perspective, Leonard is here to give you the advice you've been seeking – whether it's a question about school, your teenager, family life, expat life or if you just need a dad's point of view.



MY CHILD IS AT THAT AGE WHERE HE OR SHE NO LONGER CONFIDES IN ME THE WAY HE OR SHE USED TO. HOW CAN I BE SURE THAT HE OR SHE CONTINUES TO MAKE GOOD DECISIONS WITHOUT INVADING HIS OR HER PRIVACY?

The social development of teenage children can seem like a mystery to most parents. As an educator most of the non-academic questions I receive from parents deal with how their child is developing socially. If you think about it, children spend a majority of their day at school with their peers, and as they get older they share less with their parents about what goes on outside the house. Even those of us fortunate to work in the same building where our children are educated have to deal with this sudden reluctance to communicate. My own child has gone from seeing me as a source of endless information and good advice to that old dude who is always asking him about his feelings and how his day was. He used to offer up information that I now almost exclusively receive second-hand from my number one informant – his younger brother.

So what is a concerned parent to do? The first and most important thing is to let your child know you support them and love them no matter what decisions they make. They need to understand that you have their best interest at heart. Next, they need to have at least one trusted adult they know they can talk to. That person should be someone who you also respect and trust.

Another important concept for them to grasp is that their friends are oftentimes as clueless as they are and are not to be considered reliable sources of information and advice. It is for that reason that you should keep speaking to them! Be the adult in the situation. I have had parents in the past

tell me that their child stopped talking to them so they quit trying to communicate too. Not cool! You have to reaffirm what you have been teaching them throughout the years, and even when it seems like they aren't listening, you have to trust that they actually do hear you. Believe that they are the same good-natured, responsible young person you have been raising all these years and that when it comes time to make a tough decision they will remember the values you have instilled in them.

When they make mistakes (which they will), reassure them that your love is unconditional and that no matter what, they can come and talk to you without fear of being judged or punished for what they say. They need to feel that even if you don't agree with the decision they made, you understand them and remember what it was like to be a young adult.

Their push for privacy could be attributed to a number of things from the major to the mundane, but is most likely not triggered by anything that you did directly. They are simply at the point in their lives where the opinions of their peers matter more to them than that of their parents, and it doesn't mean that they love you any less. They know you love them, and although it may seem like a harsh thing to say, they take that for granted. They care much more about fitting in and in order to do that they need the acceptance of those in their social circle – which you are not a part of.

One thing you cannot do is invade their privacy and destroy their trust. Although it may be difficult, this is when you must not only have faith in your parenting skills but also your child. There are no foolproof ways to get them to confide in you more, but there are ways you can damage your relationship and get them to actually confide in you less. You have taken the time to raise a mature young adult; now it is time to let them be just that.

Leonard Stanley was born and raised in Washington DC, and has lived in Shanghai since 2009 with his wife and two young children Kyle (12) and Christopher (8). Leonard teaches Theory of Knowledge as well as Language & Literature at the Western International School of Shanghai.

Do you have a question for Leonard? Email urbanfamily@urbanatomy.com for your question to be answered in the next issue.



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Uniting Cultures

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To develop inter-cultural competency, YCIS students are immersed in a dual culture learning environment with abundant opportunities for cross-cultural interaction and collaboration.



Committed to **Global Education**

*Each School is independently registered and operated 每间学校均独立营运

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