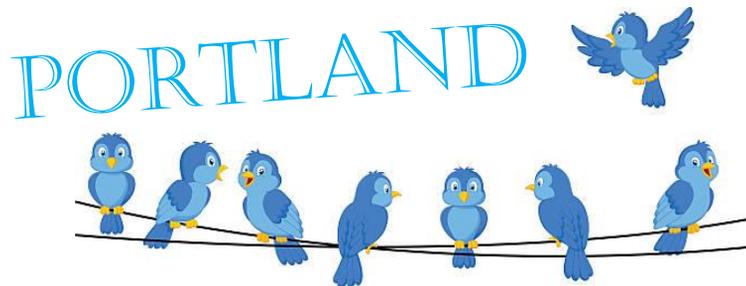


Parenting done, write

Let Pen Parentis Help Take the Stress Out of AWP for Writers with Kids



Hints and tips for bringing the kids:

1. Bring snacks, or immediately shop for basic groceries upon arrival
2. Get someone you trust to babysit at least a couple of hours here and there
3. HYDRATE - all those air conditioned rooms are killer for drying out little eyes and mouths. (If you have a toddler, a popsicle can be refreshing!)
4. Tag-team if your spouse or S.O. or another willing parent can do so – AWP panels are always better without distraction.
5. If you are the one who is scheduled to attend the events (while tag-team partner is watching kid/s) BE ON TIME when you return, even if you run into your editor or whatever, have them walk with you. It's only fair to the person stuck waiting.
6. IT'S OK TO SKIP STUFF. REALLY!! Follow #AWP19 on Twitter to catch up – and don't bother attending anything that will be podcast. Easier to watch the podcast.
7. Bring friends up to your room or find an empty room to socialize. (keeps the kid contained)
8. Wearable carriers are better than strollers for watching crowded panels. Stand in the back so you can rock.
9. The lights and recycled air in conference rooms are hell on babies. Expect a lot of crying if you don't get outside a lot.
10. A lot of people will want to touch/hold your baby.
11. Follow baby's lead: watch for signs of overstimulation (turning head away, for example, rubbing eyes, etc.)
12. Do the best you can, realize it won't be like it used to be. Be proud of yourself for making it at all. Lots of parents of tiny tots won't!

Need a break from the conference & fun with the kids?

The Oregon Zoo in Washington Park, an hour+ walk <https://www.oregonzoo.org/>

The Portland Aerial Tram, an hour+ walk <http://www.gobytram.com/>

The World Forestry Center, an hour+ walk (It's a tree museum! It has tons of interactive exhibits and a raft ride) <https://www.worldforestry.org/>

The Portland Children's Museum, an hour+ walk <https://www.portlandcm.org/>

The Oregon Museum of Science and Industry (OMSI), a 35-minute walk (Tons of interactivity and its own planetarium) <https://omsi.edu/>

Floating World Comics, a 20-minute walk <https://floatingworldcomics.com/>

Oaks Amusement Park, an hour+ walk <http://oakspark.com/site/>

The Lan Su Chinese Garden, a 16-minute walk <https://lansugarden.org/>

Pedal Bike Tours, a 20-minute walk (and then a long bike ride)

<https://pedalbiketours.com/tag/portland/>

Labyrinth Escape Games, a 20-minute walk

<https://www.labyrinthescapegames.com/oregon/escape-room-games-portland/>

Parenting done, write

Need to find a child-friendly café or restaurant?

There are several restaurants inside the convention center, and they are mostly family-friendly. Down toward NE Grand Ave and NE 7th Ave there are plenty of restaurants

Red Robin, 1139 NE Grand Avenue; 6-minute walk

<https://www.redrobin.com/>

Voodoo Doughnut, Too!, 1501 NE David St.; 20-minute walk – note, it's cash-only

<https://www.voodoodoughnut.com/locations/voodoo-doughnut-too-portland/>

Pine State Biscuits, 125 NE Schuyler St.; 15-minute walk

<https://www.pinestatebiscuits.com/>

Slappy Cakes, 4246 SE Belmont St.; hour+ walk (It's a make-your-own-pancake breakfast place!) <https://www.slappycakes.com/>

Burgerville, 1135 NE Martin Luther King, Jr. Blvd.; 5-minute walk

<http://www.burgerville.com/>

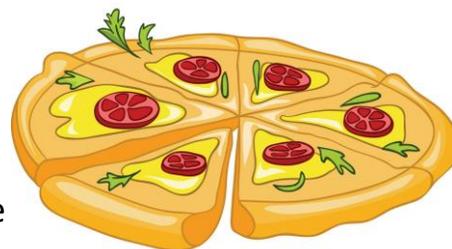
Denny's, 425 NE Hassalo St.; 5-minute walk

https://locations.dennys.com/OR/PORTLAND/246800?utm_source=yext&utm_medium=local-listing&utm_campaign=yext-listing

Sizzle Pie, 1 N Center Ct. St.; 11-minute walk <https://www.sizzlepie.com/>

Chipotle Mexican Grill, 704 NE Weidler St.; 13-minute walk

https://locations.chipotle.com/or/portland/240-sw-yamhill-st?utm_source=google&utm_medium=yext&utm_campaign=yext_listings



Need a babysitter while you do the conference?

There are several sitter websites with Portland sitters (will probably cost \$15+ per hour): Care.com, Sittercity.com, Urbansitter.com, Sitter.com, etc.

But for a super temporary thing, it's best to look for on-call sitters here:

http://cgpa.com/temporary_nannies_babysitters.html

<https://www.abnanny.com/for-families/hire-a-sitter/>

