

Summer Activities 2010

Cincinnati Zoo

Member's Night: Zoo members enjoy special discounts and a preview of the Dragon exhibit. June 4th

DRAGONS! New exhibit of monitor lizards of the world. Opens June 5th

Zoo Tales:

Zoo visitors can listen to stories, sing-songs and Meet & Greet with storybook costume characters each Tuesday at 10:30 am, July 6 – 27th.

Character Meet & Greet Schedule:

- July 6 Curious George
- July 13 Clifford the Big Red Dog
- July 20 Maisy
- July 27 The Berenstain Bears

Reds Day at the Zoo! June 14....meet your favorite players, TBD

The Call of the Wild: Experience an early morning hike and animal songs. June 5 – July 3

We Are Family: You and your family can learn about animal families. July 17 – Aug 21

Visitor Appreciation Days - 1/2 Price Admission & Parking! August 6, 7, & 8, 2010

The Cincinnati Zoo & Botanical Garden is offering 50% off the regular admission and parking for all visitors as part of Visitor Appreciation Days.

Summer camp:

The Zoo offers camps for children ages 4-14. The full-day camp operates M-F from 9am-4pm. Half-day camp operates M-F from either 9am-12pm or 1pm-4pm. Before and after camp program also available.
<http://www.cincinnati-zoo.org/discovery/children/summercamp.html>

The Museum Center

Free Fridays:

One Friday of each month, from May until September, admission for each museum will be free. The free admission hours are 4pm-8pm.

Day Camps

Summer break means learning and fun at Cincinnati Museum Center. Children between the ages of 7 and 12 can immerse themselves in their favorite topic for an entire week. Summer Day Camps run 9 a.m. to 3 p.m. each day. Cost for members is \$150; \$175 for non-members.

Daily Programs: www.cincymuseum.org, most are free with museum admission.



Contact 4C for more information and support today! 513-221-0033

Gorman Heritage Farm

Open Wed.-Sat, from 9am-5pm and Sun. from 12pm-5pm. Admission: Adults, \$5/Children (3-17), \$3. Visit: Also check out summer camps and be a farm kid. www.gormanfarm.org for more information

Cincinnati Recreation Centers

CRC's run various programs throughout the summer. Summer camps, art programs, sports programs, and family activities are all offered. Information can be found at: <http://www.cincyrec.org>

Hamilton County Parks

www.hamiltoncountyparks.org lists events and activities taking place at all the Hamilton County parks. Or, stop by a local park to pick up the current program listing brochure. Many programs/activities are free!

Some specific parks info:

Woodland Mound

8250 Old Kellogg Road, 45255

This park contains playgrounds, nature trails, picnic areas, and a wet playground. Wet playground costs \$1 at last notice.

Otto Armleder Memorial Park 5057 Wooster Pike, Cincinnati, 45226

This park has a playground plus a dog park, so the whole family can enjoy some fun

Sharon Woods

11450 Lebanon Road, 45241: This park has outdoor and indoor playgrounds. Indoor playground is \$2.50/child. Outdoor is free.

Park's Farm

10073 Daly Road, 45231

Though specific activities at the farm cost money (wagon rides, the Playbarn, and pony rides cost \$2.50 each), the farm itself (seeing the animals) is free and open to the public. Hours for the extras (rides and Playbarn) from June 8-August 16 are 10am-5pm M-F, 11am-6pm Sat. and Noon-6pm on Sun

Other Parks

Lunken Airport Playfield, located at 4744 Playfield Ln. Cincinnati, OH 45226 (next to Lunken airport).

Features a children's (12 and under) playground, "The Land of Make Believe" which costs \$1 per child (adults are admitted free). Another free smaller playground is also available as is miniature golf, tennis courts, a driving range, and a larger gold course. This park is held by the Cincinnati Recreation Commission.

City of Cincinnati Park System

Visit: www.cincyparks.com. Throughout the summer (on Thursdays), "Everybody's Backyard Picnic" will be held at several of the city parks. Each week, it moves to a different park. These are free and include family-friendly activities (face painting, a magician, balloon artist).

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Summer day camps are offered at several parks, running from 9:30am until 2:30pm for children age 4-14. Preschool-aged children can also attend morning programs. Camp programs cost \$30-\$50/week for City of Cincinnati residents, \$35-\$60 for non-residents.

Cincinnati Art Museum

Always free! Website: www.cincinnatiartmuseum.org. The calendar includes several events for children of all ages, however most include a fee.

Krohn Conservatory

Always free! Open every day from 10:00am until 5:00pm. Special events do charge admission.

Cincinnati Nature Center

Rowe Woods: Mondays are free! On Tuesday-Friday, \$3 adults, \$1 ages 3-12. On Sat.-Sun. adults are \$5. Special family-oriented events on Second Saturdays every month. Free with admission. Visit: www.cincynature.org for more information.

Civic Garden Center

Free admission! Open Monday-Saturday from 9:00am-4:00pm. Visit: www.civicgardencenter.org for additional information.

Coney Island

Summerfair June 4- 6 Adults \$10 and Children under 11 are free. Parking is also free.

Summerfair is Cincinnati's premier festival of fine arts and crafts. Summerfair features hundreds of artists from around the country exhibiting and selling their works. Other highlights include 5 stages of local entertainers, our Youth Arts Fest featuring hands-on craft projects for kids and a variety of delicious foods. Proceeds from Summerfair support grant and exhibition programs supporting the local arts community.

11th Annual LaRosa's Balloon Glow

Saturday, July 3

Coney Island comes alive at the 11th Annual LaRosa's Balloon Glow! Live music, family entertainment and Coney's Classic Rides make for a fun-filled evening. Later, the evening sky illuminates when as many as 20 hot air balloons of every color "glow" for all to see. The grand finale for the event is a spectacular Rozzi's Famous Fireworks display over the banks of Lake Como beginning at 10pm.

Admission to the event is FREE. Normal rates apply for Sunlite Pool and Coney's Classic Rides

Kids' Outdoor Adventure EXPO

Thursday, June 24

Two sessions: 9am – 12pm and 1pm – 4pm

Kids' EXPO is designed for children and teens to have fun and learn about paddlesports, boating safety, water pollution, ecology and the environment.

9th Annual Ohio River Way Paddlefest

June 24-26

Celebrate the beauty of the Ohio River during the 9th Annual Ohio River Way Paddlefest. Recognized as the Midwest's largest on-water canoe and kayak event, this family-friendly event will draw over 1,500 paddlers to the Ohio River for two days of paddling, education, entertainment, competition and camaraderie. Paddlefest is made up of several events including:

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Local Festivals

The Juneteenth Festival: Music, history, and lots of activities for children. June 19-20, 2010. Website: <http://juneteenthcincinnati.org/>

Midwest Black Family Reunion: August 20-22nd at Sawyer Point <http://www.midwestbfrc.com/overview.html>

Hamilton County Fair: August 10-14, 2010

Cincinnati Symphony Youth Orchestra

Monday, May 31, 2010 3pm

Memorial Day Concert at Eden Park's Seasongood Pavilion. Free and open to the public.

Cincinnati Contemporary Arts Center:

www.contemporaryartscenter.com

Although they offer scheduled programming, families are encouraged to hear, smell, and touch art at the UnMuseum® anytime during the Contemporary Arts Center's regular hours. (The UnMuseum is a place for children to interact hands-on with art.). Below is the list of regularly scheduled programs at the UnMuseum® run by guest artists and educators. Please consult the calendar listings for specific topics. All family programs are free with CAC admission or with membership. For more information, call 513 345 8430 or email ajones@contemporaryartscenter.org.

Family Sunday: Guest artists and educators with a talent for working with children teach hands-on art projects that can be taken home or displayed in the UnMuseum's Art Lab. Projects use unusual materials and processes that artists of all ages can enjoy. Family Sunday is offered on the fourth Sunday of every month.

Thursday Art Play: This program uses storytelling, performance and hands-on artmaking activities to excite and educate our youngest visitors. It is designed especially for children ages 3 to 5 years old, and their parents and caregivers. Thursday Art Play is offered on the 2nd and 4th Thursdays of every month, 1-2 pm.

From Familyeducation.com: Top 10 Rainy Day Activities for Your Family

1. Cuddle up, grab a snack, and turn your family room into a theater experience.
2. Fort Fun! Build a hideaway out of pillows, furniture, and blankets.
3. Break out the board games.
4. Homemade craft day.
5. Cook in the kitchen with your kids. Create a family favorite.
6. Play Hide and Seek.
7. Release some energy. Dance!
8. Read to each other
9. Team up for Charades
10. Pet scavenger hunt. Leave doggie friendly treats for your pet to find.

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From Parents.com: Top 10 Animated Classic Movies

1. A Bug's Life
2. Chicken Run
3. Finding Nemo
4. Kiki's Delivery Service
5. Monster's Inc.
6. Mulan
7. The Secret of NIMH
8. Shrek
9. Spirited Away
10. Toy Story



Book Lists

It's summer again, and there's no better time for your child to settle down with a good book. The books below will foster reading skills and provide hours of storytelling fun and wonder for you and your kids. So head to the library or bookstore, grab some lemonade and let the reading begin!

Toddler / Preschool

Here are some terrific books for toddlers and preschoolers, who are at a stage when a love for reading is easily encouraged.



Take Off, by Nicola Baxter A lift the flap book that follows a family of four as they arrive at the airport. This sturdy 3D book keeps the attention of toddlers as well as older preschoolers as they manipulate the pop up features with a big finish!

Pat the Bunny, by Dorothy Kunhardt. A generational classic interactive book about the senses. Explore what your ears and nose can do. Take a look in the mirror. Smell the flowers.

The Very Hungry Caterpillar, by Eric Carle (Philomel, 1994). He was born to eat and eat and eat. Watch this very hungry caterpillar turn into a beautiful butterfly.

Caterpillar Spring, Butterfly Summer, by Susan Hood. A colorful board book to illustrate what happens when a caterpillar goes to sleep.

A Pocket for Corduroy, by Don Freeman (Viking, 1980). Lisa is warned by her mother to take everything out of her pockets before washing them. Corduroy, her teddy bear, hears this and after realizing he has no pockets, he searches to no end to find one.

Harold and the Purple Crayon, by Crockett Johnson (Harpercollins, 1981). Armed with only his imagination and a purple crayon, Harold takes us to a picnic, underwater and more.

Make Way for Ducklings, by Robert McCloskey (Scott Foresman, 1976). Two duck parents decide to raise their ducklings in a park away from foxes and turtles, plus the people throw them peanuts.

The Little Engine that Could, by Watty Piper (Grosset & Dunlap, 1978). This classic inspirational story is all about personal triumph. The little engine overcomes a mountain and is able to deliver the toys to the children.



Ages 4-8

These wonderful books for ages 4 to 8 will inspire your child's imagination and leave them asking for more.

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The Night Before Summer Vacation, by Natasha Wing. A girl and her family attempts to pack for their summer vacation trip. A twist on the Christmas rhyme.

Clifford Keeps Cool, by Norman Bridwell. The big red dog finds a place to keep cool in the summer.

Marshmallow Kisses, by Linda Crotta Brennan. A companion book to *Flannel Kisses*, presenting the fun of a summer day indoors and out.

Giggle, Giggle, Quack, by Doreen Cronin (Simon & Schuster, 2002). When Farmer Brown goes on vacation, Duck is up to his usual antics. Changing the note from Farmer Brown so the animals get pizza on Tuesday is just the beginning.

I'm Gonna Like Me: Letting Off a Little Self-Esteem, by Jamie Lee Curtis (Joanna Cotler, 2002). When two children can verbally say why they like themselves it's a great thing. From getting a bad gift to being wrong in class these children remain positive.

Alaska's 12 Days of Summer, by Pat Chamberlain-Calamar. Facts about Alaskan animals in their habitat based on the Christmas song.

Busy Bees Summer, Fun for Twos and Threes, by Elizabeth McKinnon. Great ideas for activities to keep your toddler or preschool busy in the summer time.

Tikki Tikki Tembo, by Arlene Mosel (Henry Holt & Company, 1988). When Tikki tikki tembo-no sa rembo-chari bari ruchi-pip peri pembo falls into a well, his younger brother, Chang, tries to get help but is always out of breath after trying to say his brother's name.

Thank You, Amelia Bedelia, by Peggy Parish (HarperTrophy, 1993). She's everyone's favorite maid. Taking literal meaning from everything she is told causes Amelia Bedelia to string the beans and more mix-ups.

The Fishing Summer, by Teddy Jam. Every summer a boy and his mother visit his uncles where they fish for a living from the Atlantic. Finally, when he is old enough, the boy gets to be part of the crew.

Mouse's First Summer, by Lauren Thompson. A taste of the season for young readers, with lots of vivid pictures.

One Hot Summer Day, by Nina Crews. A city child dances through a hot summer day that gets relief from a much welcomed rainstorm.

Alexander and the Terrible, Horrible, No Good, Very Bad Day, by Judith Voirst (Aladdin Library, 1987). When your day can't get any worse, think of Alexander. Waking with gum in his hair and tripping on his skateboard are just the beginning.

Ages 9-12

For ages 9 to 12, these stories will help children learn about life and move them from children's stories to longer books.

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Shipwrecked!, by Rhoda Blumberg (Harpercollins, 2001). Marooned on an island for six months, the true story of Manjiro Nakahama chronicles his rescue and American education before he returns to Japan where he becomes an honored samurai.

Matilda, by Rohald Dahl (Viking, 2002). Matilda doesn't watch television. At age five she reads a lot. But when she gets frustrated with her school principal, Matilda uses her new found mental power to save the school.

The Secret Garden, by Frances Hodgson Burnett. Mary is a sour nine-year old girl whose neglectful parents die in India and she is taken to an even more neglectful uncle in a gothic castle in a remote part of England. Interest in something outside herself is sparked when Martha, the servant assigned to look after her, is shocked that Mary never learned how to dress herself.

Monkey Island, by Paula Fox (Yearling, 1993). When his parents are unable to care for him, Clay Garrity is left homeless in New York City. Afraid to go to the police, Clay, along with the help of two homeless men survives in a park until he is reunited with his mother and baby sister.

The Lion, the Witch and the Wardrobe, by C.S. Lewis (Harpercollins, 2000). Stepping through the back of a wardrobe, Peter, Susan, Edmund and Lucy find themselves in Narnia, a land ruled by a lion that is being threatened with an eternal winter by an evil witch.

The Wonderful Wizard of Oz, by L. Frank Baum. Familiar story of Kansas girl Dorothy and her three new friends.

Hatchet, by Gary Paulsen (Simon Pulse, 1999). When the plane he is on to visit his father crashes, Brian Robenson is left to survive in the woods with only a Hatchet. Will rescue come before winter sets in?

Summer Reading is Killing Me!, by Jon Scieszka (Bt Bound, 2001). The Time Warp Trio are back, and after the boys realize they placed the summer reading list in the magical book that transports them back and forth in time, they are faced with having to stop the bad literary characters, led by an evil teddy bear, before they get rid of all the good ones.

Black Beauty, by Ann Sewell (Grammercy, 1998). This classic tale told from one horse's point of view shares in the animal's hardships and fortune. Children will learn about relationships and consideration for others.

Nobody Owns the Sky, by Reeve Lindbergh. True story of brave Bessie Coleman, first licensed African American aviator.

Maniac Magee, by Jerry Spinelli Jeffery (Little Brown, 2000). Magee is just a kid from a small town. Sure he can run fast and hit homeruns, but Magee is better known for how he bridged the town's racial gap.

Activity ideas

Infants to Preschoolers

Take Art & Activities Outside

1. These are the longest days of the year. Take advantage of the late sundown to play outside after dinner -- chase fireflies, then go to sleep tired.
2. Babies love to people watch. So head to the park with a portable playpen and let baby take in the sights.
3. Enjoy less mess when a play date goes alfresco. Park your tots on an easy-to-wash blanket or sheet.
4. Even small parades and street fairs are exciting to children. You may think that the high school band and a few fire trucks don't amount to much, but kids like any kind of hubbub.
5. It's so much nicer to do big art projects in the yard. Make use of that old easel in the garage and let the kids create masterpieces.
6. It's easier to take photographs of your family in natural light. Try late afternoon to early evening, with the sun to your back so it lights up your little subjects.
7. Trees make a natural mobile, so let baby sleep outside in the shade while you read a book under the sun.
8. Send your kids on a treasure hunt. The funny thing about 2- and 3-year-olds is you can hide things -- like a ball -- in plain sight, and they still have fun searching for it.
9. You've got a reason to draw on the driveway. Take out sidewalk chalk and make streets for your children to drive their ride-on-toys or trace your child's shape and let him decorate it.
10. No more excuses for staying inside! Stash a mini cooler with snacks under baby's stroller, throw a beach towel in baby's diaper bag, and you'll be ready for any impromptu outing.

10 Fun Things to do With Your Kids This Summer

By Kelly Carter Crocker

Simple ways to capture the magic of sunny days in your own backyard.

- Swing in a Hammock Snuggle close to your child, and sway the afternoon away. Look for pictures in the clouds and watch them change, or read books to each other.
- Do Yard Work Together Toddlers can help pull weeds and sprinkle the flowers with a tiny watering can. Have a kid-size rake and a bubble-blowing lawn mower on hand.
- Play Dress-Up Collect funny hats, gloves, purses, flowing gowns, and "superhero capes" at a garage sale or thrift store. Slip into your new finery, and have a make-believe garden party, Spider-Man adventure, or masquerade ball.
- Build a Secret Fort: Drape old sheets over lower tree limbs and clotheslines. Eat dinner there. Stay up chasing fireflies and listening to "night sounds."
- Hold a Car Wash Line up toy cars and trucks (or any waterproof playthings), and let your child give them a good scrub in a pot of water or with the garden hose. Rinse and let dry in the sun.
- Go on a Bug Safari Dig for worms, scout for lizards, and hunt for frogs and tadpoles. Marvel at an ant carrying an oversize crumb.
- Befriend a Firefighter Bake cookies (or pick up some ice pops), and deliver them to your local fire station. The firefighters will appreciate the surprise -- and your child will meet some heroes, see those awesome trucks up close, and learn a lesson about giving to others.
- Chalk it Up Everyone loves sidewalk chalk. Use the glow-in-the-dark kind so you and your child can glimpse your artwork from the window at bedtime.
- Make Beautiful Music Spread a blanket in the backyard for a stage. Ask preschoolers to create (and collect) "tickets" to the big event. Invite kids to bring their instruments and perform -- even your littlest musicians can join in using pots, wooden spoons, and shakers. Set up lawn chairs for the audience, and cheer your little stars.
- Dance in the Rain Surprise your kids by taking them outside during a gentle summer shower. Dance around in swimsuits, catch raindrops in your mouth, and jump in all the puddles.



Preschool to School-Agers:

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20 Activities To Do with Your Family This Weekend

By Cynthia Hochswender

Why not plan a treasure hunt, teach them a game, or go on a field trip? For more inspiring ideas, read on.

1. Rock on. Secure your picnic tablecloth with these colorful weights. To make, wash and dry rocks and cover each with a coat of decoupage glue, like Mod Podge. Before the glue dries, decorate the rocks using colored or patterned papers cut in a variety of shapes. To finish, paint a second coat of glue over the rock and let dry.
2. Visit a fire station. Most local stations will arrange tours for kids. This is an exciting field trip for preschoolers (especially those who love playing with toy trucks) and school-age children alike. They'll love checking out the different fire trucks and meeting real live firefighters.
3. Collect leaves. Children old enough to handle a crayon can make angel faces. Lay a leaf on paper and rub outward with side of crayon, creating a silhouette and making different halo and hairdo effects. Remove the leaf and draw in a chin, a face, and an outline for the hair.
4. Make sunflowers. Slice Styrofoam balls of varying sizes in half. Using Aleene's Original Tacky Glue, cover the rounded side of each half with sunflower seeds. Cut petals from yellow tissue paper, and attach them to the flat side of the Styrofoam with glue. Finish by covering the back side with a circle cut from yellow paper. Attach a ribbon and tie to the branch of a tree.
5. Root, Root, Root for the home team. You don't have to have season tickets to get into local sporting events such as a minor-league baseball game or a town swim meet.
6. Have a four-square tournament. You'll need four players and a large rubber ball. Draw a 12" x 12" square on your driveway. Divide into four squares, A, B, C, and D. One player stands in each square. The player in A starts by bouncing the ball in his square, then batting it with open hands into another square. That player must hit the ball into another square. When one player misses or hits the ball out of bounds, he moves to D, the players behind him advance, and you begin again.
7. Play capture the flag. You'll need six or more people and two pieces of fabric of different colors, cut into flags (one for each player). Using flour for the outline, divide your yard into two adjoining courts about 12" x 12" each. Divide into two teams; each person places a flag on the back line of his court. Starting from their flag line, players dash to the opposite side of the field and try to pick up a flag from the other team. If a player is tagged, he's out and must stand behind the opposing team's line of flags. If he captures a flag, he's safe and can return to his court. The team that captures all of the opposing side's flags first wins.
8. Eat out (way out). Choose an exotic cuisine that your children haven't tried, such as Thai or Portuguese. Find the country on a globe or a map, and read a short encyclopedia or Internet introduction to that nation's culture. Go to the restaurant early, before the evening rush begins, so your kids can really take in the atmosphere.
9. Volunteer. There are plenty of ways for youngsters to contribute to their community. For instance, many towns have gardening clubs that spruce up public spaces. Toddlers can mess around in the dirt or pull up weeds (with supervision), and older kids can plant seeds and bulbs. Another option is to help out at one of the many animal-rescue organizations, or take your kids to visit the elderly at a retirement home.

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10. Check out the stars. Buy a star chart to get started. Then choose one spot in your yard that affords a clear view of the heavens, and venture out after dinner to watch how the night sky changes hour to hour and day to day. A little fresh air before bedtime can really help your kids sleep later too.

11. Build a garden labyrinth. Outline a path in your backyard using stones, twigs, or unmowed grass. Simple patterns can be found on the Internet or in books. Little kids especially will love following the twists and turns of your creation.

12. Plan a treasure hunt. On your own, plant little dime-store jewels and treasures in the garden. Then draw up a map with directions. (For an ancient look, let some coffee soak into the map to brown it with age; while the paper is wet, rip it around the edges). You can even hide the map somewhere in the house and let the kids find it while making the bed or putting away toys.

13. Do magic tricks. Put on a show for little kids, or teach an older child some tricks he can perform in front of the whole family. If you don't know any tricks, pick up a copy of *101 Easy-to-Do Magic Tricks*, by Bill Tarr (Dover Publishers, 1993).

14. Get cooking. Kids especially love making pie crusts, biscuits, and pizza, because they can squish the dough with their fingers. Watching yeasty dough rise and then punching it down is especially entertaining.

15. Kick the can. Start with at least four people. The child who is "it" starts by kicking the can and counting to 100 while the other players hide. The kicker then sets the can upright and shouts, "Ready or not, here I come." Then he looks for the other kids. When he finds one, he yells the child's name and races her back to the can, trying to be the first to knock it over. If the kicker fails, the game starts over. If the kicker succeeds, the hider must stand near the can while the kicker searches. Other hiders may try to free captives by kicking the can before being spotted. If they succeed, everyone hides again. The game ends when everyone has been captured.

16. Create a dress-up box. On a rainy day, weed out unwanted dresses, hats, shoes, and costume jewelry from your closets. After your kids have picked out all the items they want for their costume box, take the rejects to a thrift shop.

17. Take up a new hobby. Learn a new skill with your child, such as horseback riding, pottery, or ballet. Children find it affirming to see you struggling to master new skills, just as they are.

18. Be a card shark. Turn off the TV tonight, and teach your child a classic card game, such as gin rummy, hearts, or Uno. Adapt the rules for younger kids.

19. Frame it. Gather sticks, pebbles, seashells, beach glass, and other natural objects from the beach or your yard. Cut cardboard into squares or rectangles, and cut out a display area (3" x 5" and 4" x 6" are standard photo sizes) using an X-Acto knife. Have your child paint the cardboard and secure his treasures to the frame's face with Aleene's Original Tacky Glue. Pop in a photo, and add a cardboard back for support.

20. Watch old movies. Many classic movies are excellent entertainment for kids 3 and up. Some we like: *Baby Take a Bow*, with Shirley Temple; *Top Hat*, with Ginger Rogers and Fred Astaire; *Young Tom Edison*, with Mickey Rooney; *National Velvet*, with Elizabeth Taylor; and anything that stars Laurel and Hardy.

5 Ways to Find Family Time

By Laura Broadwell

Creative ideas for spending more time with your children and spouse during the busy summer months.

Now that the long, light-filled days of summer are here, you'll no doubt want to spend more time with your family. But coordinating schedules with your kids -- who may be attending camp, working a part-time job, taking summer classes, or craving social time with friends -- can sometimes be tricky. Here, Sheila Ellison, author of *How Does She Do It? 101 Life Lessons from One Mother to Another* (Harper San Francisco, 2004), offers five ways to sneak in some family time.

1. Plan a weekly dinner. Even if everyone's running around in separate directions during the day, it's a good idea to eat at least one dinner together a week -- even if you're just ordering pizza. Or you can make it an event. Over the course of a summer, ask each child to choose one or two meals she'd like to prepare, and have her be the "chef's assistant" for the night. Summer dinners can be fun and casual, so you can pick a cultural theme, such as a Mexican fiesta, where everyone makes their own tacos. Or simply have a picnic in your yard or a nearby park.
2. Schedule game nights. From time to time, pick a night when everyone can get together to play. Bring out a deck of cards or a favorite board game, or stage a talent show with other relatives, friends, or neighbors. Ask participants to make up a silly poem, put on an impromptu play, sing a song, or read a book -- backwards!
3. Maintain an element of surprise. To keep the excitement flowing, ask kids to grab a bathing suit (or a bike or their sneakers), and take them on a surprise outing. Don't tell them where you're going, but drop hints and have them guess along the way. If you have an older child, have him choose and research a local destination; then let him plan a short family day trip, within a set budget.
4. Organize a family project. Weekend mornings (or afternoons) are a great time for families to tackle a household task. Put on some music or the ball game, and wash the car, clean out the garage, or weed the garden as a team. As an option, break out into small groups, and have each team clean up a room, sweep the kitchen, or recycle old mail. Follow up by making ice cream sundaes or going for a family swim.
5. Be flexible -- and not exclusive. If you can't always get your whole family together, make a date to do something special with each of your kids. Let each child choose what he or she wants to do -- whether it's shopping, canoeing, going for a walk, or attending a local concert -- and spend a few hours together having fun.

You can also ask your kids' friends to join in family activities. For instance, if your teenage son has a girlfriend, or your younger child has a best friend, invite them to go along on an outing. Also, make your home a comfortable, playful place to be so that your kids -- and their pals -- will willingly want to hang out there and spend relaxed summer moments with you.

School-Agers

Contact 4C for more information and support today! 513-221-0033

Summer Learning without the Expense

by Larry Wiener

If you're the parent of school age children, you probably are getting the notes from the teacher reminding you to keep up your child's education. You probably are also getting the ads from tutoring centers, book companies, and other providers who will keep your child's education going-at a price.

Of course you want to keep your child involved in reading and math during the summer months. Don't feel, however, that you have to fork out money to these fancy tutoring centers to get the job done. You can put together a program to help your child keep learning throughout the summer without the expense.

Here are a few suggestions:

- Check out the library. Of course your local library is a source of books to borrow, but many libraries also have other services to enhance summer learning. Some have incentive programs in which children can earn various incentives for reading. Others have special events such as videos or story hours.
- Use online sources to buy used books. There are many books that you may want your children to own. Small children often enjoy hearing the same story over and over and this is actually good for them. You can buy used children's books at remarkably reasonable prices online. Look at Ebay, Half.com and Amazon. Don't forget to check out the yard sales as well.
- Set up a realistic schedule. It's generally not enough to say, "I'm going to make sure my children read." You need to set up a realistic schedule that includes reading and other brain-building activities.
- Check out museums. Museums are remarkably affordable and have become much more user-friendly in terms of their presentation. Many museums are free and many have free days. Many have affordable children's programs as well. A trip to a museum with a picnic in the park is a lot cheaper and often more beneficial than a day at the local amusement park, including the food which is often as under-nourishing as it is overpriced.
- Involve your child in practical math. Various home projects provide many opportunities for reinforcing the math your children have been learning at school. Your children can measure, cook, and work with you on couponing. These cost nothing. By the way, your child will probably be better off if you do this kind of practical math than if you force him or her to do rows and rows of computation.
- Start your child on a creative computer project. Perhaps your child can make a book, put together a family calendar for next year, make t-shirt transfers, or create other products using your home computer.
- Watch quality videos. Children love the latest action movies, but time spent watching productions of good literature and other educational material can be time well spent. Videos of classics such as The Lion, The Witch, and The Wardrobe and The Secret Garden are easily available at the library and are worth watching.
- Allow your child to earn money. Then help him or her manage it well. Generally, I believe that children should get an allowance because they are part of the family and should have chores to do because they are part of the family. During the summer, however, you may want to give your child the opportunity to earn extra money for doing something beyond normal chores. You may also want to arrange for your child to earn money by working outside the home (in ways that are age-appropriate according to your state law and common sense). Perhaps (s)he can help a neighbor. Then you can help your child manage the money by helping him or her establish savings goals and other money management tools.

Summer is a great time for children to relax and recharge. It is also a time when you can give them a rich learning experience without paying through the nose for it.

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100 Activities and Ideas for parents and kids to do over the Summer Holiday!

1. Write numbers from 1 to 100.
2. Find an object in your house that begins with each letter of the alphabet.
3. Write 10 sentences. Use a number word in each sentence.
4. Make something in the kitchen involving the use of measuring cups.
5. Go outside and find things for every color of the rainbow.
6. Write a story about your pet or a pet you would like to have.
7. Write a letter to someone.
8. Write the names of five friends, now make as many words using the letters of their names as you can. 9. Write the long vowels on a sheet of paper. Think of four words for each vowel sound.
9. Make a scrapbook of animal pictures. You might want to choose a animal you like. See if you can find some old magazines or calendars to look for the pictures.
10. Read a story to someone.
11. Count the money in your wallet or ask mom or dad to give you some coins to count.
12. Keep a journal of what you do during the Summer. Write in it at least 2 times each week.
13. Write numbers from 101 to 300.
14. Write the alphabet three times in your best printing or cursive writing.
15. Go outside. Find things for the sense of touch, things that are smooth, rough, prickly, sharp, hard, soft, dry, wet, etc. Make a log book of what you discover.
16. Correctly spell as many color words as you can, try some of the harder ones too like turquoise and burgundy.
17. Write numbers by 5's to 100 and then to 1000.
18. Make little signs to name things in your room. Put them up in your room.
19. Draw a picture of something outside. Write 5 or more sentences about it.
20. Write all the number facts that will add to 10. ($6 + 4 = 10$, etc.)
21. Go on a nature hike. Collect things and put them in a picture.
22. Pretend you are a giant. Write a short story about it.
23. Write numbers from 301 to 500.
24. Cut out words from the newspaper - one for each letter of the alphabet
25. Use the letters in the word SASKATCHEWAN to write as many words as you can.
26. Write all the number facts that will add to eighteen.
27. Find a recipe that uses a color word in its title and help your mom or dad make it.
28. Count out loud to 1000
29. Write 10 sentences. Use a color word in each sentence.
30. Write numbers by 2's to 100 (2, 4, 6...)

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31. Have your mom or dad register you in a day camp program with your community league, library or a church.
32. Write a fairy tale. Then read it to someone younger than you.
33. Write the short vowels on a sheet of paper. Think of a five words for each vowel sound.
34. Write a poem about the weather, an animal or a plant.
35. Plant something outside or help take care of a garden.
36. Imagine that you have an alligator as a pet. Write a story about it.
37. Cut apart the squares of a comic strip. Mix them up. Rearrange them in the correct order and then rearrange them into a funny mixed up story.
38. Compare your bike with a friend's bike. How are they alike? How are they different? Then do a safety check on both bikes.
39. Make a sandwich. Cut it in half and then in fourths, see if you can cut it into eighths too.
40. Make a list of everything you can find that is orange.
41. Cut out words from a magazine. Make sentences out of them.
42. Video tape your neighborhood and any holidays you go on to share with your friends when you go back to school in the Fall.
43. With your parent's permission, find one person on your block who is elderly and offer to help them with their yard work one afternoon.
44. Write any ten numbers between 1 to 100. Cut them out and mix them up. Arrange them again from smallest to largest.
45. Cut out a picture from an old calendar. Cut it into puzzle pieces and then put it back together.
46. Take your dog or your neighbor's dog for a walk, read a book about dogs and try to teach it a new trick..
47. Choose a flower out of your garden, learn everything you can about that flower.
48. Make price tags for several objects in your room. Make some play money and use it to buy the things in your "play store."
49. What would you do if you lived during the time of dinosaurs? Write a story about it.
50. Write numbers from 501 to 700.
51. Draw a map of your neighborhood, put a treasure (a small box with a few treats) somewhere in your neighborhood and mark it on your map. Invite your friends to try to find the treasure.
52. Find objects around your home that begin with the sound SH . Draw a picture of each of them or have someone help you write them down. (sheets, shoe, etc.)
53. Look at a British Columbia. map. Find Vancouver, Victoria, Prince George, Kelowna, Nelson.
54. Write your name. Cut out each letter. Arrange the letters in A,B,C, order.
55. Pick anywhere in the world and find out more about that place by going to the library or searching on the internet.
56. Read 26 books, starting with a book in which the authors last name begins with A, and then B until you get to Z.
57. Write numbers by 10's to 500.

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58. Look at an Alberta map. Find Calgary, Edmonton, High Level, Drumheller, Edson, Camrose and Lethbridge.
59. Go to the library and check out some books about space.
60. Go outside and find 3 different kinds of leaves. How are they alike and different? Try to find out what types of leaves they are.
61. Write numbers from 701 to 1000.
62. Go outside. Learn which direction is north, south, east, and west. Walk 10 steps north and then 5 steps west. Where are you? (Stay out of the street!)
63. Volunteer - ask your mom or dad to help you find someplace in your community where you can volunteer once or twice a week to help (places like the library, a veterinarian clinic, a senior's home).
64. Collect bottles from your neighborhood and donate the money to a local charity.
65. Write all the names of animals you know and have a friend do the same thing. Who can write the most names in 5 minutes. Have your mom time you.
66. Find pictures of objects that when matched will make a compound word. Suggestions: a horse and a shoe: a nut and a shell; a tree and a house; a cow and a boy. etc.. Then have a younger relative try to match all the pictures.
67. Look for rocks in your neighborhood. See if you can find 10 unusual rocks.
68. Find out something new about your pet. See if you can teach it one new trick.
69. Visit 3 tourist spots in your hometown or area.
70. Make a picture journal of your Summer. Each week take 3 or 4 pictures of some of the things you are doing and when you develop the film, put your photos into your journal and write a description about each picture.
71. Find out if any of your local museums or libraries have any summer programs just for kids.
72. Memorize a poem and recite it for your family, or have everyone in your family memorize a poem and have a family poetry night.
73. Count out loud from 400 to 500.
74. Have a game night each week with your family, try some indoor and outdoor games.
75. Make a list of everything you can find that is the color red.
76. Make kites with your friends out of newspaper.
77. Play the "What's Missing?" game with someone. Find 5-10 objects inside your home. Arrange them on a tray. Have someone look at them for 5 seconds and then cover eyes while you take one of the items away. Can they guess what is missing? Then let your friend remove an item and you try to guess what is missing.
78. Have a paper airplane contest, who can make a paper airplane that flies the furthest.
79. Find a neat recipe for a dessert and have your mom or dad help you make it..
80. Write a thank you letter to someone who has done a great job or helped you in some way.
81. Plan a picnic with your family, make up the list of items you want to take and games to play while on your picnic. Then help your mom and dad get things ready for the special day.

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82. Think about a job you might like to do when you grow up. Write a letter to someone who works in that job and ask them questions about their job.
83. This is the year 2009. Write down 2009 words you can spell or read. You might want to work at this over a few days.
84. Cut out food pictures from magazines. Make 4 category cards - Dairy Products, Meat, Fruit and Vegetable, and Bread and Cereal. Arrange the pictures under the correct category.
85. Draw a map of your house and label all the exits you would use in case of a fire. Plan a meeting place with your family in case there ever was a fire and what talk about what you should do as well.
86. Measure things in your house. Make up a chart. Measure the items by the length of your finger, hand and arm. Then try measuring using a ruler. Record the results.
87. Play the "Direction Game." Have someone tell you three directions and see if you can do them correctly and in the right order. Example: Clap your hands 5 times. Go look out the window. Write your name on a piece of paper.
88. Make up some bubble solution and find some objects around the house to blow bubbles with, try some unique things using straws, string, and other objects.
89. Practice the times table. Day 1 do the 1 times table, Day 2 do the 2 times table and go as many days as you can.
90. Take your mom or dad to a baseball game or other sports game.
91. Go to the library or look on the internet for a neat craft you could make. Ask your mom or dad to help you find all the materials.
92. Sign up at your local library for their Summer Reading Program.
93. Get a book about birds and spend one afternoon seeing how many birds you can identify that live in your backyard.
94. Ask your mom or dad to take you to a Nursing Home or Senior's Home with 2 of your friends so that you can read a story to someone who stays there.
95. With your mom or dad's help, go through your old books and donate them to a hospital for sick kids to be able to read.
96. With your mom or dad's help find some "good" old toys and clothes and donate them to a shelter in your town.
97. On a piece of paper write the dates for 20 days during the Summer months. Beside each date write the name of a fruit or vegetable you ate on that date. See if you can have 20 different fruits or vegetables on your list.
98. Choose a sport you like. Either find a way you can play that sport or write a list of new things you have learned about it.
99. Write a letter to your last teacher. Tell your teacher the best things about your class last year. Give your teacher one new idea you think next year's class would like to learn. Take the letter to school on your first day back to give to your "old" teacher. If they have moved away, ask the school's secretary if they could send the letter to your "old" teacher for you.

"I'm So Bored"

By Julie Knapp

Sound familiar? We came up with some great ways to help your kid make the most of his downtime.

He's got enough toys, DVDs, books, and computer games to keep him entertained until he's old enough for college, but still, 8-year-old Robert Travis has one constant complaint: "I'm bored!" His mother, Nicole, of Torrington, Connecticut, is baffled. "Not only does he have endless stuff to keep him busy, but he's got two younger siblings to play with too," she says. "How could he possibly be bored?"



Not only is it possible, it's actually very common for 6- to 8-year-olds to have trouble figuring out what to do with themselves, especially during the summer months, when their daily rhythms change. During the school year, kids get used to highly structured schedules, with teachers telling them when to eat, when to read, and when to play. Their after-school hours are often booked solid with activities, sports, and playdates. Not surprisingly, those long stretches of downtime in the summer—the kind of free time moms long for—can seem completely daunting to a child.

"Kids this age are still developing the cognitive and emotional skills that help them decide what to do next," says Kerrie Laguna, Ph.D., a developmental psychologist in Annville, Pennsylvania. So they often rely on their parents to plan things for them. Six-year-old Jenna Wilson, of Allen, Texas, complains she's bored whenever her older brother decides he doesn't want to play with her. "It's obvious that she wants me to tell her what she should do," says her mother, Kim.

But it's not your job to entertain your child all the time. Actually, a little boredom isn't necessarily a bad thing for a kid. "If your child doesn't have opportunities to come up with her own activities, she'll always look to an outside source for entertainment," says Jean Illsley Clarke, Ph.D., coauthor of *How Much Is Enough?* "She wouldn't have learned how to tie her shoes if you kept tying them for her either!" Here are six ways to help your child learn to enjoy those unscheduled moments.

- Limit screen time. Many school-age kids have trouble finding creative ways to entertain themselves because they've overdosed on watching television and playing video games and with electronic toys—activities that offer instant stimulation with very little effort. These kids have a difficult time switching from passive into active mode. Help your child get moving by setting firm and consistent limits on the number of hours he spends plugged into computers, digital games, or television. "After my 8-year-old son, Roger, runs out of his daily video-game time, I often find him building forts with the couch cushions in the living room," Dr. Laguna says. "It seems as if once I take away the technology, he always manages to get his imagination started.
- Offer a choice. Andrea Bopp, of Wheatland, Iowa, often tells her 6-year-old son, Logan, that he can either help out with household chores or dream up an activity on his own. "It's amazing how quickly he finds something else to do, like playing a card game or drawing a picture," she says.
- Brainstorm together. "The next time your child complains, tell him what you would do if boredom struck you," Dr. Laguna suggests. You might say, "If I were bored, I'd ask myself, what have I been meaning to do but haven't had the time to get around to? I could call Grandma or finish that crossword puzzle I've been working on." Then, ask your child to tell you a few things he's been meaning to do. Eventually he'll be able to work through the problem on his own.

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- Promise to play later. Instead of dropping what you're doing to entertain her, use delaying tactics to give her a chance to find an activity on her own. "Try telling her that you need to finish what you are doing, but as soon as you're done you'll come play a game with her," Dr. Clarke advises. Chances are, by the time you're ready to play, she'll be happily immersed in her own independent game.
- Be prepared. Create a list of boredom busters with your child and hang it on the refrigerator. Then, when he says he's bored, tell him to go to the kitchen and pick something from the list. Eventually your child will learn to go to the list before he complains that he has nothing to do.

Encourage her to pretend. When 6-year-old Haley Williams, of Plano, Texas, claims she's bored, her mom, Teri, says, "You can't be bored because only boring people get bored, and you have too much imagination to be boring." In turn, Haley often dreams up a fantasy vacation, creates her own story, or acts out a scenario with her dolls.

Daily Learning Experience Ideas

Taken from: <http://www.kidsource.com/kidsource/content2/summertime.fun.html>

Every Day

- Give your child a hug & say "I love you."
- Praise your child.
- Talk with your child.
- Read & write with your child for at least 30 minutes.
- With your child, make a dictionary of new words & add to it.
- Count with your child.
- Share news with your child.
- Listen to music with your child.

Summer Daily Activities

June

June 3 Make a poster of summer safety tips with your child.

June 4 Share family history, photos with your child.

June 5 Watch an educational television show with your child and discuss it.

June 6 Pick up a library reading list appropriate for your child's age and help your child get a library card.

June 7 Count the number of steps it takes to walk to the corner with your child.

June 10 Read a newspaper article about the environment with your child.

June 11 Have your child look for bugs. How many different kinds of bugs can he or she find? Size? Color?

June 12 Have your child list all uses of math around the house.

June 13 Cut pieces of paper into shapes and paste them in a quilt pattern with your child.

June 14 Cook dinner with your child and show him or her the do's and don'ts of preparing food.

June 17 Make up a board game with your child.

June 18 Have your child tell you a favorite story.

June 19 Have your child put an ice cube outside. How long until it melts? Until it evaporates?

June 20 Look up events on the day your child was born.

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- June 21 Take your child on a field trip.
- June 24 Make finger puppets with your child. Cut the ends off the fingers of old gloves. Draw faces on the fingers with felt tip markers, and glue on yarn for hair.
- June 25 Help your child find your town on a map.
- June 26 Teach your child a new skill like setting the table.
- June 27 Ask your child to watch for numbers in TV programs and commercials.
- June 28 On trips, make a game of measuring distances and times.

July

- July 1 Encourage your child to check out 2 books this month from the library.
- July 2 Write a list of your child's favorite animals. Talk about what makes each animal special.
- July 3 Include your child in preparing a healthy meal.
- July 4 Explain origin of holidays, such as Independence Day.
- July 5 Ask your child to write a thank you note or write a note to a relative or friend.
- July 8 Ask your child to watch the moon & record changes in size and color.
- July 9 Have your child decorate a shoe box to store treasures.
- July 10 Talk to your child about fire safety. Discuss a fire escape route and have a mock fire drill.
- July 11 Make a grocery list that fits within a budget with your child.
- July 12 Learn a tongue twister with your child.
- July 15 Talk to your child about avoiding strangers.
- July 16 Hide a treasure with your child and draw a map to find it.
- July 17 Practice printing or handwriting with your child. Make a certificate for job well done.
- July 18 Take a walk or bike ride with your child.
- July 19 Discover when things were invented with your child. Make a timeline.
- July 22 Have your child swap favorite books with a friend.
- July 23 Tell a story. Ask your child to tell it back to you.

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July 24 Ask your child to make a collage from things found around the house -- ribbons, string, buttons, pebbles.

July 25 Show your child how and when to dial 911.

July 26 Take your child to the grocery store. Talk about prices and weights of food.

July 29 Make a wish list of places you would like to visit with your child. Look them up on a map.

July 30 Make a personalized bookmark with your child.

July 31 Read a poem aloud with your child.

August

August 1 Ask your child to study town history from old newspapers.

August 2 Make fingerpaints with soap flakes, water and food coloring with your child.

August 5 Tell your child a story about looking both ways before crossing the street.

August 6 Ask your child to organize the coins in a coin jar.

August 7 Find and use a computer with your child.

August 8 Look for community service activities that can include your child.

August 9 Have your child read a story with a friend or sibling.

August 12 Have your child talk with a person from another state or country.

August 13 Cut a snack, such as an apple or orange, into equal parts and talk about fractions with your child.

August 14 Turn off the TV for family reading time.

August 15 Compare history as presented on TV and in reference books with your child.

August 16 Have your child read your recipe to you.

August 19 Take your child to the park or playground.

August 20 Have your child find 3 jobs in the classifieds that interest him or her and discuss them.

August 21 Ask your child what being responsible means to him or her.

August 22 Measure objects in a room with your child. Make a floor plan.

August 23 Read about your state bird and state flower with your child.

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- August 26 Visit the library for a special children's program.
- August 27 Help your child organize his or her own library.
- August 28 Have your child be a pet detective and observe an animal.
- August 29 String a macaroni necklace with your child. Have him or her count the pieces of macaroni.
- August 30 Make a time capsule with your child and save it for a year or two.

ARE YOUR KIDS SAFE THIS SUMMER? Summer is almost here. That means more outdoor activity, riding bikes, swimming, bug bites, camping, etc. Take this online quiz to see how you rate. http://pediatrics.about.com/cs/quizzes/1/bl_summer_quiz.htm For more detailed information on summer safety go to this link <http://www.keepkidshealthy.com/cgi-bin/MasterPFP.cgi>

Budget Friendly Summer Stay-cations

Have a picnic at a local park or beach. Grab a frisbee or football and spend the day playing.

Visit a local amusement park or county fair.

Check local newspaper for kid friendly festivities, or go see a movie.

Let your kids make a summer wish list. Let them pick out five things they would like to do over the summer. Vote on two or three from each child and plan according to your budget. Knowing their ideas will help you be more creative and including them in the planning will make them feel important!

Summer Day Trips from Ohio

Roscoe Village: Visit an authentic canal boat town and living history exhibits in Coshocton, OH
<http://www.roscoevillage.com/Hours.html>

Tecumseh: Witness the ultimate outdoor drama of legendary Shawnee leader in the Sugarloaf Mountain Amphitheatre of Chillicothe, OH. Not recommended for children under age 6.
<http://tecumseh-drama.com/show.htm>

The Wilds: A living safari adventure in Cumberland, OH. View rare and endangered animals in open-range habitats. <http://www.thewilds.org/visit>

Shaker Village: Self-guided and guided walking tours of the largest restored Shaker buildings and community in America, located in Pleasant Hill, KY. http://www.shakervillageky.org/tours_tickets/

Hocking Hills: Nine state parks and state forests in Southwestern OH. Includes outdoor adventure, hiking, camping, etc. <http://www.hockinghills.com/daytrips.html>

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