

TODAY'S family

April 2024

Cuyahoga

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Food Bank**
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**Child Abuse
Prevention
Month**

**Mommy
Chronicles**
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**Family
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Festival**
Sunday, May 5

**Earth Day
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**Why parenting
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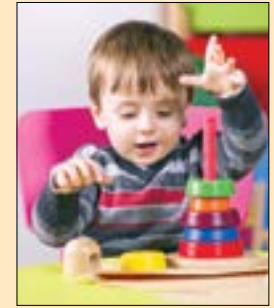
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Why parenting teenagers wears me out

By Katy M. Clark

How I recall those sleepless nights when my kids were newborns. Those nights morphed into long days carrying chunky toddlers, then chasing precocious preschoolers. Yup, parenting little ones wore me out.

As my kids grew, things settled down a bit when they entered elementary school. Still, they kept me moving with endless birthday parties and after-school activities like scouts and art class. I even recall a six month stint playing goalie in front of our backyard soccer net as they practiced their skills.

So it was with great anticipation that I envisioned a rest when they reached their teen years. They were more independent and less helpless after all. Welp, I was wrong! There are countless ways that nurturing my teens into adults exhausts me, physically and mentally. Here are all the ways that parenting a teen wears a parent out:

They keep me moving

I take way more than ten thousand steps a day as the mother of teens. There are the steps I take behind a cart loading it with more (and heavier) groceries that my teenage son consumes in just a few days. And all the walking I do behind my teens as they cruise the stores at the mall.

I'm always burning calories trotting to their events, too, whether it's

a concert in the school auditorium or claiming a seat at a game. Not to mention lugging snacks, water, or costumes as well as a chair or blanket, depending on the activity and the weather.

Then I pace the sidelines, jump up and down when something good happens, or stand and clap during an ovation. I wear out my voice cheering, not to mention my heart as it bursts with pride over whatever amazing thing my teens did just on the court or stage.

Around the house

They say your home should be your sanctuary, but as the mother of teens, sometimes it feels more like an exercise class. I'll stand and bend dozens of times in as many minutes picking up the cups, plates, and silverware left on their desks or bedroom floors. I scoop up that wad of clothes that hasn't moved from the corner of their room in a week.

I'm the one taking items, like the new pack of toilet paper, up the stairs that I'd left on the landing, hoping against hope that my teens would do it first. Plus, there's putting the mountains of groceries away, cooking the plethora of groceries for meals, and wiping down the kitchen, day in and day out. Sure, I appreciate the times my teens pitch in, but mostly I'm the captain of this ship we call home, hustling to keep them fed, clothed and alive. Phew!



Driving me crazy

There are long drives to tournaments, concerts, or taking them to or from college. Early morning rides to workouts and late nights sitting in a dark car waiting for your teen to finish social events after which you can finally take them—and yourself—home to bed.

And let's talk about how exhausting it can be teaching them how to drive. My hand hurts from clutching the passenger door and I think I've worn out my jaw from all the clenching. My right foot and calf muscle are tired from pushing the nonexistent brake pedal from where I sit on the passenger side while my teen practices driving.

Then there is the worrying that driving produces. Will my teens be safe? What about the drivers around them? How about when they ride with their friends? I have a permanent crease wedged on my forehead as the parent of teens. Forget sleep, too, as I lie awake in bed listening for them pull into the driveway.

Mental workout

Raising teens is mentally exhausting for sure. There are so many emails from their schools to digest,

not to mention apps for their activities and portals for their healthcare.

And their requests, too, like for the trendiest shoes or phones. Not only do they want things, but my teens are smarter, savvier and more persistent about begging me than when they were little. Sometimes I feel like I'm a lawyer arguing for the defense!

Then there's the mental load that comes from loving your teen and wanting what's best for them every day. Do they have friends? Like their classes? Why aren't they talking more? Oh, wait, maybe that's because they are tired, too.

The best kind of tired

Of course, while parenting teens wears the heck out of us, it produces a good kind of tiredness, too. I might not have the energy to leave the house, but I feel content knowing I've loved and cared for my teens. And I might not want to get up off the couch at the end of the day, but I still buzz with happiness when my kids are under my roof, at college or in the real world knowing all the care I've poured into them. Yup, parenting teens wear us out, but loving them makes it all worth it.

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Family Kindness Festival returns on Sunday, May 5

40 nonprofits, 25 innovative students and 25 area schools are joining together to celebrate *kindness rocks* at this FREE community festival

Join in for a special afternoon that brings kids and parents together to have fun, do good, and be kind---all under one roof! Family Kindness Festival, on Sunday, May 5, from 1-4 pm, at Beachwood High School (25100 Fairmount Blvd, Beachwood) is a free family event geared for children ages 5-13 years old. All ages are welcome to attend, however, children must be accompanied by an adult. Now in its third year, this one-of-a-kind festival is presented by Senders Pediatrics in partnership with Beachwood City Schools. Last year over 2,100 individuals, representing 70 zip codes, came together to celebrate the importance of kindness.

This year's theme is "Be A Kindness Rockstar!" And to amplify the point, the festival features Cleveland Keys Dueling Pianos, learn to be a DJ with DJ JT (JTemp 13), School of Rock house band, Panorama steel drums, Sirkus Dayz performers and music-themed crafts.

Forty nonprofits, 25 innovative students and 25 area schools will join together to create a one-of-a-kind symphony where families can have fun while engaging in service projects, participating in crafts for a cause, meeting inspirational kids and learning about volunteer opportunities within the community. The event also features rocking enter-



Mariana Edelman Photography

tainment, a bounce house, ice cream trucks and sweet treats, and so much more.

Highlights of the day:

- Learn to be a DJ -NEW!
- Music-themed crafts - NEW!
- School of Rock house band- NEW!
- Sirkus Dayz performers & hula hoops - NEW!
- Inlet Dance Studio performers - NEW!
- Panorama steel drums - NEW!
- Cleveland Keys Dueling Pianos - NEW!
- Live musical performances - NEW!
- Interact with Cleveland area nonprofit organizations and discover ways to get involved and give back.
- Connecting with area children and teens who

have developed awesome ideas to spread acts of kindness in their schools, neighborhoods and communities.

- Participating in the Wigs for Kids Cut-a-Thon or cheer on volunteers who are donating hair to help make wigs for children suffering from hair loss.
- Engaging in crafts for a cause - Participate in a variety of make-and-give-back projects that will benefit many local nonprofit organizations and those they serve.
- Savoring ice-cold treats from East Coast Custard and Kona Ice Trucks.

"We are so pleased to partner with Beachwood City Schools for the third year in a row to present an extraordinary afternoon for families," said Dr. Shelly Senders. "When our kids are encouraged to be kind and generous they can see, firsthand, how their individual acts of kindness can have a meaningful impact on those around them. Research shows that kids who learn to be kind have less stress, feel more happiness, have greater self-esteem and also have better mental health as adults. That's why we're committed to making Family Kindness Festival an annual tradition."

For a list of participating organizations and to register, visit senderspediatrics.com/kindness.

Spring cleaning? Donate to Goodwill and change a life for **GOOD.**

Donating and shopping at your local Goodwill helps thousands in our community. Last year alone, nearly 17,000 people were helped through job training, parenting programs, rape crisis services and much more.

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Ages entering K–14 yrs
June 10–August 16, 2024
9:15 am–3pm
\$300 Mon.–Fri. or
\$240 Mon.–Thu. or
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Open Gym: Follows each camp day from 3:30–5:00 pm and \$10 per participant.

Daily After-care: 3–5pm, \$10 per day and preregistration is required.

There are no refunds for canceled, absent, or unattended camp days or weeks, after-care, or open gym.

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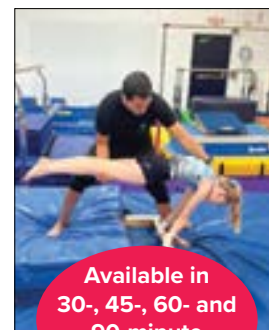
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FAMILY KINDNESS FESTIVAL

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Be a Kindness Rockstar!

Enjoy Hula Hoops, Bounce House, Ice Cream Trucks, Dancers, Music-Themed Crafts and much more!

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- Cleveland Keys Dueling Pianos
- Steel Drums
- School of Rock Youth Concert

Meet 25 Inspiring Students

- Connect with local youth who are making a difference

Interact with 35 Nonprofits

- Learn about volunteer opportunities

Learn to be a DJ

- Practice your performing skills with DJ JTemp 13

Wigs for Kids Hair Cut-a-Thon

- Participate or cheer on volunteers donating hair for kids experiencing hair loss

Crafts for a Cause

- Create crafts that promote kindness and support local non-profits

ADVANCED REGISTRATION ENCOURAGED

senderspediatrics.com/kindness

*All ages are welcome. Children must be accompanied by an adult.



Family Kindness Festival is a project of the Senders Pediatrics Health Initiative, a federal 501 (c) (3) charitable organization. Donations are tax deductible to the extent allowed by law.



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Today's Family BOOK CLUB



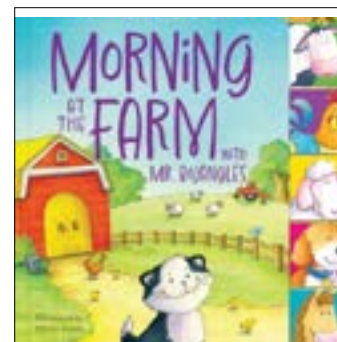
Sea of Constellations

Melissa Cristina Marquez—Author
Rocio Arreola Mendoza—Illustrator

Penguin Workshop

Release date: May 28, 2024
\$19.99 | Ages 5-8 years

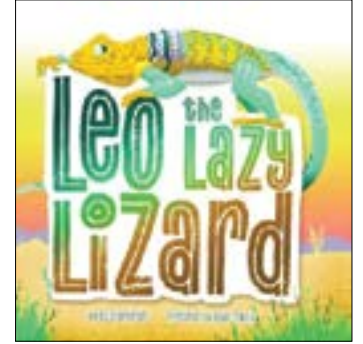
Maren the whale shark loves her life as the biggest, brightest fish in the sea. She spends her days exploring the water around her and finding fresh new snacks as she travels. But one day, the ocean goes dark and Maren's adventures come to a halt. With only the glow from the scales on her back and her best friend, Remy the remora, by her side, Maren sets out on her greatest quest yet—to cross the ocean and ask the Aztec goddess Huixtocihuatl about the darkness and to figure out how to bring back the light. Along the way she meets new friends and exemplifies the power of sharing!



Morning at the Farm with Mr. Bojangles

7 Cats Press—Created by
Helen Smith—Illustrator
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Have a blast exploring the farm with Mr. Bojangles, an adorable cat who sings his own silly version of that famous E-I-E-I-O song as he visits his animal friends.



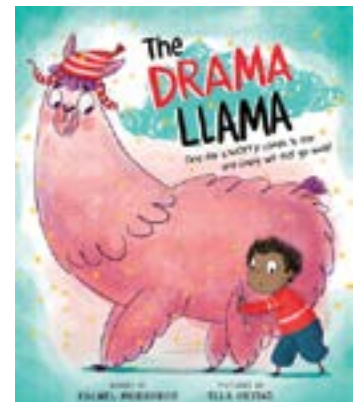
Leo the Lazy Lizard

Ed Shankman—Author
Dave O'Neill—Illustrator

Arcadia Children's Books

\$17.99 | Ages 5-8

Leo the lizard spends his days relaxing in the desert sand, gazing at the sky, and basking in the sun. The other desert animals think Leo is lazy, but the roadrunner isn't so sure . . . could it be that Leo has learned something the others have not? Leo the Lazy Lizard invites readers of all ages to discover the beauty of quiet moments—to smell every scent, feel every breeze, and love how they feel.



The Drama Llama

Rachel Morrisroe—Author
Ella Okstad—Illustrator

Cavalier House Books

\$18.99 | Ages 4-8

Alex, like lots of children, sometimes worries about things. But unlike lots of children, every time he worries a real-life llama appears! And the more Alex worries, the bigger Llama grows... which starts getting him into all sorts of trouble!

Will Alex ever learn how to control his worries and get rid of this pesky llama?

Old school pop culture references that my kids just don't get

By Katy M. Clark

I was sitting on the couch next to my teenage son. Growing cold, I reached out and grabbed the blanket that was near him.

That's when inspiration struck. "Reach out, reach out and touch someone!" I sang as I leaned over. "Reach out, reach out, and just say hi!"

He looked at me as though I had purple spaghetti noodles coming out of my nose.

"What?" I asked.

He continued to stare at me with both bemusement and shock.

That's when it dawned on me. While I had plenty of attachment to the phone company's catchy jingle from the last millennium, my 14-year-old did not. It was just another example of an old school pop culture reference I used that he and his younger sister just didn't understand.

Here are nine more old school pop culture references that they don't get, either:

Just say no.

I pull out this phrase, made famous by Nancy Reagan, every time I talk to my kids about the dangers of drugs. Hey, it worked in the '80s!

Pardon me, do you have any Grey Poupon?

Yes, I say this at the dinner table when I want someone to pass the mustard. No, my kids have no idea what I'm talking about, especially because we literally don't have any Grey Poupon in the house.

Nanu nanu!

Why be a boring mom who just says hello to her kids when I can be a cool mom who uses this Orkan greeting made famous by Robin Williams in *Mork and Mindy*?

Sometimes you feel like a nut, sometimes you don't.

This Almond Joy-Mounds phrase is perfect for when you are snacking on nuts and offer some to your kids. That's because you can sing it whether they want some nuts or not. Kids, especially teens, just love it when their moms sing.



Schlemiel! Schlimazel! Hasenpfeffer Incorporated!

Sometimes when I'm walking down the street I break into this catchy phrase and start bobbing up and down just for fun. Laverne and Shirley would be proud, even if my kids are mortified.

Plop, plop, fizz, fizz, oh what a relief it is.

I whip out this Alka-Seltzer ditty whenever I pour a fizzy drink. It also works when I'm relaxing in the tub with a bath bomb. Mercifully, now that my kids are older they are past the stage of following me into the bathroom.

Calgon, take me away!

Whenever life gets me down, I can escape from my worries by proclaiming this phrase just like they did in the Calgon commercials back in the day.

"Who's Calgon?" my son once asked.

Be kind, rewind.

There is a huge emphasis on kindness in today's schools. Perhaps us parents really started the kindness movement, though, because we were encouraged to be nice to our VHS cassettes. Just a thought.

Wonder Twin powers activate!

My kids are not twins. However, that does not prevent me from shouting this phrase out whenever I want them to work together. They should just be thankful I didn't name them Zan and Jayna after the original Wonder Twins.

There you have it, 10 old school pop culture references that my kids don't get. I still enjoy using them, though.

Like, totally. Gag me with a spoon.

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AGES 5-12 | ROBOTICS | FUN LEGO® THEMES

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Beech Brook “Bash for the Brook” fundraiser at Topgolf

Beech Brook is proud to present the 3rd annual “Bash for the Brook” on Friday, April 26, 2024, from 6:30-9:30 pm at Topgolf Cleveland (5820 Rockside Woods Blvd N, Independence, OH 44131). All funds will support Beech Brook's mission of helping the most vulnerable children and families of our community thrive.

Guests are invited to join in for cocktails, delicious food, as well as fun, engaging activities at the state-of-the-art Topgolf facility. The event will feature an open bar with premium offerings, a bourbon tasting station, and live music by the acclaimed Dave Sterner Quartet. Attendees can also participate in on-site raffles, Fund-A-Need activities, and other entertaining endeavors throughout the night.

Tickets are \$195 per person, with hosting options starting at \$1,000. Sponsorship opportunities are also available. Contact Heidi Lang at hlang@beechbrook.org or 216-831-2255, ext. 2240. Visit www.beechbrook.org/bash for more details.

Beech Brook helps children and families thrive by promoting healthy child development, strengthening the ability to overcome adversity, and enhancing family health and stability. Learn more at www.beechbrook.org.

April is Child Abuse Prevention Month

Child abuse or neglect affects more than three million children annually and causes the deaths of about four children every day. Preventing and reporting child abuse is one of the most important things a community can do for its children. Child abuse can include the following:

Physical abuse – an act inflicted against a child.

Sexual abuse – any sexual activity involving children who are not of the age or developmental capacity to consent to such activity. This includes verbal sexual harassment, fondling of sexual organs, penile or digital penetration, pornography, and exposing a child to sexualized objects and/or materials.

Emotional abuse – chronic acts that interfere with the psychological development of a child.

Neglect – another form of child maltreatment and occurs when a parent or caregiver fails to act on behalf of a child. A child who does not receive adequate food, shelter, clothing, medical care, safety, or education may be neglected.

Abuse is preventable. Reporting children who



may be at risk doesn't mean you're getting someone in trouble. You could be offering them a source of support and resources they desperately need.

So if you suspect something isn't quite right, or you're just concerned a family needs help, pick up the phone and call one of the numbers below. You can be a hero for a child by speaking up.

Cuyahoga County

Children and Family Services
216-696-KIDS or send an email to
Protecting-Cuyahoga-Kids@jfs.ohio.gov

Lake County Department of Job and Family Services

440-350-4000 (then press 1)
440-918-4000 (then press 1)

Geauga County Job and Family Services

440-285-9141

April is Child Abuse Prevention Month

Issues like poverty and inadequate childcare can prevent parents from successfully parenting. But we as a community can help solve the issues and provide happier, healthier childhoods.

Learn how to get involved



Cuyahoga County
Division of Children and Family Services



Greater Cleveland Food Bank

Helping people move out of food insecurity

By Stacy Turner

One in eight Ohioans are currently food insecure, meaning they lack reliable access to affordable, healthy food. Cleveland's child poverty rate has been consistently among the highest of large US cities, with one in six children living in poverty. "Many of our neighbors face the difficult choice of whether to buy food or pay for rent or utilities to support their families," shared Jessica Morgan, chief programs officer at the Greater Cleveland Food Bank. "Our mission at the Food Bank is to ensure that everyone in our community has the nutritious food they need every day."

The Greater Cleveland Food Bank hasn't strayed from that mission since its inception over 40 years ago when a group of civic-minded individuals came together to help resolve the issue of hunger in their community. In its first year, the organization distributed more than 400,000 pounds of food to 100 local partner agencies. Last year, the Greater Cleveland Food Bank distributed 51 million pounds of food to nearly 410,000 people through over 1,000 partner agencies in Ashland, Ashtabula, Cuyahoga, Geauga, Lake, and Richland counties.

To address other needs affecting individuals and families in crisis today, the Food Bank operates a community food distribution center, providing food and other critical grocery products to local food pantries, hot meal programs, shelters, mobile pantries, and programs for the elderly.

"Our challenge," Morgan explained, "is that our organization serves a variety of communities — from urban areas to the suburbs, as well as rural and very rural areas. Implementing programs and services in each of these environments looks very different for us."

Some clients served through Food Bank programs are working families with low-paying jobs struggling to make ends meet. Others are seniors on a fixed income who, by month's end, have limited funds left for groceries.

The Food Bank Help Center answers hundreds of calls each day, referring low-income callers to local agencies and assisting them in applying for the SNAP program and other benefits. Last year, the outreach team helped more than 40,000 eligible people apply for public benefits. "We continue to connect our clients to other nonprofits to address the main drivers of food insecurity: housing, healthcare, and employment," Morgan explained. Assistance is available in person at the new Community Resource Center on South Waterloo, where no appointment is necessary, or via phone Monday through Friday from 9 am to 4 pm.

EXPANSION NEEDED

Back in 2018, the Greater Cleveland Food Bank started work on a three-phase expansion plan. "It began, in part because we were running out of space at our existing facility on South Waterloo Road," Morgan noted.

Phase one called for the creation of



a new partner distribution hub. The facility was built on land donated to the Food Bank and opened in October 2022 on Coit Road.

The Food Bank's Help Center is also located here as is the Greater Cleveland Food Bank Kitchen.

The Food Bank Kitchen has been around for 20 years and is one of nearly 200 Feeding America Network facilities spread across the US and Puerto Rico. Each day, more than 6,500 healthy meals are prepared at the Food Bank Kitchen, with 1,700 meals delivered by partner agencies to seniors in their homes and another 1,000 meals delivered to congregate programs in senior centers.

Another 1,300 meals are assembled to be reheated at Kids Café sites, while an additional 2,000 cold meals are packaged daily for sites without the ability to serve hot meals. In addition, from early June through mid-August, the Kitchen provides summer food service to 100 sites across its service area, where 3,000 cold meals and 2,500 hot meals are served each day to school-age children, with 1,200 breakfasts served daily as well.

The kitchen at the new facility is a shiny, new 18,000 square feet space. And while the kitchen currently produces roughly 7,000 meals each day, the new space will allow staff the capacity to produce up to 19,000 meals daily over time. The former kitchen measured a mere 4,000 square feet, producing 4,000 meals per day on-site, with additional meals packaged

off-site to meet the organization's growing needs.

The Food Bank's mission is to end hunger today, tomorrow, and for a lifetime. Access to healthy, nutritious food is the most basic need. But research has shown that the largest drivers of food insecurity are housing, healthcare, and employment, and the Food Bank now addresses these issues with the completion of phase two. The Food Bank's former facility on South Waterloo was renovated and in the fall of 2023 their Community Resource Center opened to the public.

The center helps clients with resources including housing, employment, legal services, and healthcare, as well as helping prepare low-income children for kindergarten. The facility also hosts a food pantry filled with healthy options, which provides clients with the ability to select items that support their tastes, health and dietary restrictions. By making these resources accessible at one location, the Food Bank is working to move people out of food insecurity forever.

"Helping people move out of food insecurity -- that's our ultimate goal," Morgan concluded. If you'd like to volunteer, donate, or find out more, visit greaterclevelandfoodbank.org.

To find out what resources are available to you, contact the outreach team at the help center Monday through Friday from 9 am–4 pm; in person at 15500 South Waterloo; or by calling 216-738-2067 or 1-855-738-2067.



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Contact Us:
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khanimalcamp@gmail.com



Visitation:

Visitation of the Animal Camp will be offered on an individual basis. Visitation must be scheduled, and is of limited availability.

Rising River Farm
6618 Chagrin River Rd
Chagrin Falls, OH 44022



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Phone: (440) 338-8092

Mail: Brochures will be mailed out upon request.

CAMP STAFF

MIKE MORAN: Inducted into Ohio Basketball Hall of Fame in 2020; former head coach at John Carroll University w/ 459 career wins; guided JCU to 14 OAC titles, 12 trips to the NCAA Tournament & one Final Four appearance; former VASJ head coach where his teams won two state championships.

PETE MORAN: Head coach of John Carroll University.

PAT MORAN: Assistant coach of John Carroll University.

MATT MORAN: Head coach of Lake Catholic.

MARK CHICONE: Former head coach of both Lake Catholic boys team and Mentor High School girls.

TONY REDDING: Head coach of girls at St. Martin de Porres.

RYAN SCHNEIDER: Head coach of boys at St. Martin de Porres.

JOHN GIBBONS: Legendary coach.



Finding the right PRESCHOOL for your child



Be aware of the difference between daycare and a functioning preschool. Daycare facilities provide custodial care, but don't always offer an educational curriculum. Daycares often take children of all ages and offer extended hours. A preschool usually has limited hours and may or may not offer before- and after-school care. In a daycare children of all ages may be grouped together while a preschool offers segregated age groups.

the school.

- Clear rules and regulations, health/illness policies, pickup and drop-off times.
- Clean, well-kept facilities with adequate indoor and outdoor play areas.
- Qualified, caring staff.
- Stimulating curriculum and age-appropriate toys.
- A philosophy and climate pleasing to you and right for your child's temperament.

By Jan Pierce

Where to begin

There are many considerations before choosing, but be sure you start your search early. Many excellent preschools have long waiting lists. In general you'll be looking for a school that provides the following:

The NAEYC (National Association for the Education of Young Children) has a database of accredited preschools you can access at families.naeyc.org/find-quality-child-care. This site lists currently accredited day cares and schools all across the nation and is updated weekly. Spend a little time on their website for top-notch thinking about early childhood education.

When it's time to search for the perfect preschool for your little one, you want to be sure you're making the right decision. If you're lucky enough to have friends who've done their research and are happy with their choice, you're fortunate. You'll have first-hand recommendations.

- The convenience of proximity to your home and/or your workplace.
- A solid reputation and up-to-date accreditation and licensing. The state has approved

Questions to ask

You'll want to do your homework to find the

the Y
YMCA

BRIGHT FUTURES START HERE

»»» Y-Club Before and After School Enrichment and Preschool Programs

For more information visit www.clevelandymca.org/child-care or simply scan the QR code

PRESCHOOL

right school for your family. Here are some questions to ask before narrowing your search and visiting several schools:

- Is there currently room for my child? Is there a waiting list?
- What are the fees? How and when are we billed?
- How do you communicate with parents? (phone calls, emails, newsletters, website, etc.)
- What is your staff to student ratio? (NAEYC recommends one adult to every four to nine children as optimal at ages 2–3 and one to eight to ten for ages 4–5.)
- Do your staff members have credentials and training? Are they background-checked? Up to date on CPR? Receiving ongoing training?
- What is your educational philosophy? (academic-oriented, exploration, faith-based, etc. Some distinct philosophies include Montessori, Waldorf, or Reggio-Emilia.)
- What health/hygiene standards are enforced? (immunizations, sick child rules, hand-washing, etc.)
- How do you handle discipline?
- Are meals and snacks provided? Are naps taken?
- What safety precautions are in place? (strangers on-campus, release policies, sign-in/out)
- Can you give me a list of references? (be sure to follow up and call them.)
- Can you provide a sample of your weekly curriculum and activities? How often do you change the activities?

As you gather information you'll be able to narrow your list down to

two or three good choices. When you're ready, go ahead and schedule a visit to the school. Decide whether you want to do this with your child or on your own.

You'll be looking for all of the above qualities of a good school, but more than that you want to get a "feel" for the school. Do you feel welcome? Are the children busy and engaged in work or play? Is the facility pleasing to the eye and orderly? Do you get the sense that you'd feel comfortable leaving your child in this school's care? Are the children happy?

Jot down your first impressions and any new information you find during the visit. You may want to use the Preschool Visit Checklist on our website.

If for any reason, you don't feel comfortable with the school environment, trust your instincts and look for another school. It might be preferable to find a safe daycare situation and use that until you can locate a preschool of the highest standards.

You want the perfect preschool and your child deserves it. All the time and effort you put into your search will pay huge dividends in a happy, healthy, and well-cared for child.



Curiosity, Collaboration & Joyful Learning

We are excited to share the Ruffing Montessori community with you. Schedule your tour today by calling Julie or Rosie in Ruffing's Admissions Office at 216.321.7571.



18 months–8th Grade • 3380 Fairmount Boulevard, Cleveland Heights • ruffingmontessori.net





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These are exciting times for families of preschool-age children, and the Little Falcon Learning Center can be a valuable resource to you during your child's important formative years. Parents can customize their child's preschool schedule and even add on special programs like our Falcon Friday or Lunch Bunch.

Discover for yourself how the Little Falcon Learning Center is changing the way we prepare our students for a lifetime of success, continued learning, and service to others!



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PRESCHOOL

CLEVELAND MONTESSORI

12510 Mayfield Road, Cleveland
(216) 421-0700
www.clevelandmontessori.org

Cleveland Montessori has been serving the Little Italy and Greater Cleveland community for nearly 30 years.

Students from preschool through eighth grade are met with respect and compassion as they strive to meet their individual potential in beautifully prepared classrooms that offer social, emotional and academic experiences in a diverse and unique urban setting.

A Cleveland Montessori education begins at the preschool level with the focus on developing independence, concentration and confidence to build a foundation for lifelong learning with multi-age children working and learning together. Close proximity to the resources of Little Italy and University Circle provides culturally rich extensions to classroom learning.

Applications for preschool (3- and 4-year-olds) are being accepted for the fall. Contact their admissions director for more information and to discuss enrollment for your child.

CORPUS CHRISTI ACADEMY PRESCHOOL

5655 Mayfield Road, Lyndhurst
(440) 449-4242 ext. 102
www.corpuschristiacad.org

The Corpus Christi Academy prekindergarten program offers both full- and half-day options to meet the needs of your family. The half-day program is offered M-F from 8:15-11:15 am and the full-day program is offered M-F from 8:15 am-2:15 pm.

Prekindergarten students will examine their world using a play-based approach that encourages critical thinking and builds confidence as the littlest Eagles learn to soar. Before-care and after-care options also available.



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www.creativeplayrooms.com

At Creative Playrooms Montessori & Child Care Centers, their mission is to offer the highest quality, learning environment for the successful development of the total child, in clean, modern, and safe facilities. This is achieved through programs balancing individual experience, small group participation, and large group activities with nurturing, caring caregivers.

They believe that children carry within them the full potential of the person they will someday become. They are continually at the forefront of innovation program development and continue to set industry standards. Their goal is always to ensure that the best interest of the total child remains the single most important consideration.

They offer programs for ages 6 weeks to 12 years old; infant/toddler, nursery school, prekindergarten, Montessori program, chartered private kindergarten, before- and after-school programs, and summer camp. Some activities offered are swimming lessons in their indoor pool, computer labs, music, gymnastics, Spanish classes, and science. Their experienced cooks serve breakfast, snacks and hot lunches.

HORIZON CHILD DEVELOPMENT CENTER

8303 Tyler Boulevard, Mentor
(440) 205-8420
1050 E. 200th Street, Euclid
(216) 481-3830
2285 Columbus Road, Cleveland
(216) 344-3000
www.hl.center

Horizon offers a program for children 6 weeks to age 13. They have an enhanced preschool and pre-K program that includes Creative Curriculum. They are the only center in Lake County to receive a grant from ODE to provide free preschool, for qualifying children who are 4 years old, from 9:00 am-11:30 am, Monday

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BEGINNING AT AGE THREE



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At Laurel, girls are leaders in the classroom, on the field and on the stage. Through a demanding academic curriculum informed by our Center for Research on Girls, our unparalleled public-speaking coursework and our beyond-the-classroom experiences, girls at Laurel lead every day.

Come see how Laurel girls lead!

**18 months-Grade 12
Open House**

**Saturday, April 13, 9:00-11:00 am
1 Lyman Circle, Shaker Heights**

Scan the QR code to RSVP today!
LaurelSchool.org/OpenHouse



**#1 All-Girls
High School
in Ohio!**



LAUREL
LaurelSchool.org

Horizon cont'd

through Friday. Their summer program stimulates enthusiasm through their piano lessons and educational field trips. They believe that given the right to progress, children become empowered to achieve multiple tasks and develop a willingness to learn.

Whether your children are marvelous at math or adore science, Horizon empowers them to learn through their own curiosity and sense of wonder. They provide ongoing professional development by supporting an award-winning program. Contact their office for more information or to enroll your child.

LAUREL SCHOOL

www.LaurelSchool.org
(216) 464-0946
Lyman Campus

1 Lyman Circle, Shaker Heights
Butler Campus
7420 Fairmount Road, Novelty

Laurel School, founded in 1896, is a nationally recognized college preparatory, independent

day school for girls, kindergarten through grade 12, with a coeducational early childhood program. Named the #1 all-girls school in Ohio by Niche.com, its traditional Lyman Campus is in Shaker Heights and its 150-acre Butler Campus is in Novelty. The Butler Campus is home to competitive athletics and outdoor experiential learning, including grades 3-5, northeast Ohio's first outdoor prekindergarten class, and its new environmental justice semester for 10th- and 11th-grade girls from any northeast Ohio school.

Laurel's Center for Research on Girls (LCRG) was established in 2007, drawing on the school's long history as a site of pioneering research on girls. LCRG conducts and sponsors original research on girls, harnesses existing research to shape the day-to-day education of girls and connects Laurel parents and teachers with research findings relevant to raising and educating girls.

RSVP for the April 13 all-school open house at LaurelSchool.org/OpenHouse.



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the heart of Little Italy*



CLEVELANDMONTESSORI.ORG

PreK-Grade 8



Students utilize the culturally-rich University Circle area to enhance their classroom experience.

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MONTESSORI SCHOOL OF UNIVERSITY HEIGHTS

23599 Cedar Road, Lyndhurst
(216) 381-8388
www.ms-uh.org

The Montessori School of University Heights, established in 1968, is a preprimary school dedicated to helping the child become the unique person his/her Creator intended in a Christian atmosphere of peace, love, and respect. Their approach involves:

Providing comprehensive, individualized opportunities for growth. Each child is introduced to the materials as the child becomes ready for the concepts that the material embodies. Children develop order, concentration, coordination, independence, and self-discipline.

Engaging children in a caring, supportive community. Their multi-age environment, serving children ages 3 through 6 years old, provides a family-like atmosphere. Children develop compassion and confidence.

Respecting each child's devel-

opmental abilities and personality. Montessori children enjoy choosing their own work each day guided by adults who are sensitive to each child's unique personality. Children experience joy in learning.

They encourage interested parents to schedule a personal tour.

THE NEST SCHOOLS

www.TheNestSchool.com

The Nest Schools curriculum and program design incorporates the most current research in early development to best prepare children for the future in and out of the classroom. Each element of their Nest Play curriculum shares one goal: to help children love to learn.

The Nest believes that involving children in hands-on experiences is the true definition of teaching. Each day, they're re-imagining learning through creative play opportunities and their enrichment programs Art of Living, Fit Buddies, and Paints and Pianos. They encourage children to wonder, question, work with their peers,

and experiment with different possibilities.

Older preschoolers will participate in a literacy exposure and awareness program designed to build awareness and a foundation for strong literacy skills. The Nest Schools' preschool program will also prepare children for the Kindergarten Readiness Assessment (KRA).

RUFFING MONTESSORI SCHOOL

3380 Fairmount Boulevard
Cleveland Heights
(216) 321-7571
www.ruffingmontessori.net

Ruffing Montessori School in Cleveland Heights is more than just a school for children ages 18 months through 8th Grade. It is a beloved community where bright and curious children are guided by experienced Montessori-trained faculty and immersed in a rigorous curriculum that prepares students to become independent thinkers and creative problem solvers.

Walking through Ruffing's classrooms, you will see students

working with purpose and joy, and excelling academically with confidence and compassion. A Ruffing education offers children a global perspective with an understanding of the profound impact they can have on the world, preparing them for high school, college, and beyond.

Learn why Ruffing is the compelling school of choice by calling Ruffing's admissions office or scheduling a tour online at www.ruffingmontessori.net.

ST. RITA SCHOOL Little Falcon Learning Center

33200 Baldwin Road, Solon
(440) 248-1350
www.stritaschool.com

The Little Falcon Learning Center offers parents a variety of schedule options. Parents can customize their child's preschool schedule and even add on special programs like their Falcon Friday or Lunch Bunch. They offer half-day and full-day preschool options for all 3 year, 4 year and pre-K students. After-school childcare is available as well.

Help Your Preschooler Thrive



Enrolling Now

At Creative Playrooms, our preschool programs help young learners explore their world through a variety of age-appropriate activities. With both Montessori and traditional offerings available, preschoolers will develop fine and gross motor skills, problem solve, build emotional skills, and more.

- Serving children from 6 weeks to 12 years
- 6 locations in the greater Cleveland area

LEARN MORE

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2285 Columbus Rd.
216-344-3000



www.hl.center

PRESCHOOL

YMCA OF GREATER CLEVELAND

www.clevelandymca.org

YMCA of Greater Cleveland child care programs are licensed by the State of Ohio and highly rated according to Step Up to Quality.

Childcare: The YMCA is one of the largest childcare providers in Greater Cleveland. Their goal is to deliver childcare programs in a positive environment where children can develop to their full potential. Their before- and after-school enrichment programs (known as Y-Club) provide safe, nurturing care so you can have peace of mind while you are at work or school.

Their curriculum helps support

youth development and build positive communities through social-emotional learning. Their school-age program also offers fun weekly themes that align with Ohio's K-12 state standards.

Preschool: Preschools at the Y are all about discovery. Kids can explore nature, find new talents, try new activities, gain independence, and make lasting friendships and memories. Their programs focus on preparing children for kindergarten. Their curriculum is based on school readiness skills and is aligned with the Ohio Department of Education's Early Learning and Development Standards.

Learn more at www.clevelandymca.org.

Did you miss our Summer Camp Guide?
No problem! Check it out on our website at:
Today'sFamilyMagazine.com

It's time for them to soar



corpuschristiacademy/pre-kindergarten | 440-449-4242, x102

5655 Mayfield Road, Lyndhurst OH 44124

create

play

learn



29th annual Market at the Food Bank

Featuring Cleveland's most delicious cuisines from nearly 40 restaurants

Tickets are on sale now for the Greater Cleveland Food Bank's premier event, Market at the Food Bank. The event is set to take place on Sunday, April 21, between 6 and 8:30 p.m. at the Greater Cleveland Food Bank's Partner Distribution Hub. The signature event benefits the annual Harvest for Hunger campaign, a 21-county food and funds drive, coordinated by the Greater Cleveland Food Bank.

The event welcomes guests and donors behind the scenes of the Greater Cleveland Food Bank's 197,000 square-foot partner distribution hub, providing an exclusive look at how their contributions make the Food Bank's mission possible.

Hundreds of guests will spend the evening sampling superb cuisine and delicious drinks from nearly 40 of Cleveland's premier restaurants and beverage purveyors. There will also be a silent auction and bag pull, where guests can choose a surprise bag filled with at least a \$50 value. Guests will have the chance to walk



away with fabulous restaurant and unique entertainment packages.

General admission tickets to the event are \$125 per person and inclusive of all event food and beverage.

VIP tickets are \$200 per person and grants attendees access to all food and beverage as well as access to the party an hour earlier at 5 pm, a first look at the auction, specialty cocktails, private lounge and seating, as well as an intimate performance from Cleveland's piano man, Mike Petrone.

Visit www.GreaterClevelandFoodBank.org/Market today to purchase tickets.

Spring Discovery Days runs through April 7

Greater Cleveland Aquarium to spotlight smaller species

Did you know that eastern musk turtles are little "stinkpots" that emit a foul odor when threatened, or that three-inch-long Vietnamese mossy frogs are mini ventriloquists able to make it sound like their voices are coming from 10 to 13 feet away?

Join Greater Cleveland Aquarium in taking a closer look at these and other diminutive animals during Spring Discovery Days now through April 7. Tiny animal trivia, daily animal encounters (with special appearances by Nora the Explorer on Fridays from 11 am–3 pm), pop-up Discovery Cart activities, an I Spy Challenge and short spotlight videos round out the celebration of smaller species, included with regular Aquarium admission.

Housed inside a historic, brick powerhouse, the Aquarium's geographically-themed fresh and saltwater galleries include many floor-to-ceiling, overhead and free-standing, 360-degree habitats.

Get your tickets today!



SPRING DISCOVERY DAYS

Greater Cleveland Aquarium
2000 Sycamore St., Cleveland
216.862.8803
greaterclevelandaquarium.com

Now–Sunday, April 7
10 am–5 pm
(last ticket sold at 4 pm)

\$19.95 ages 13+;
\$13.95 ages 2–12;
\$0 passholders and children
younger than 2

Capacity limited; advance tickets strongly encouraged.



SAINT IGNATIUS HIGH SCHOOL
SUMMER ENRICHMENT PROGRAM
JUNE 10-28, 2024

Join us for our 56th annual academic, social, and athletic enrichment camp for young men entering the 8th grade. Through a combination of academic instruction and team activities, SEP offers a highly interactive atmosphere that builds new relationships and prepares students for the challenges of high school, all under the direction of Saint Ignatius students, teachers, and coaches.

WWW.IGNATIUS.EDU/SEP     @SIHSCLEVELAND

Take time to notice the joy in your life

By Stacy Turner

When my daughter came home for her college spring break, she wanted help with filing her taxes. With myriad W2s from jobs in two states, finding and filing the appropriate local, state and federal tax documents wasn't something she wanted to tackle on her own. When we finally sat down to sort it all out at the end of the week, she complained heartily. "I'm just a poor college student -- I didn't even make that much money! And why do they make it so hard to figure out what I owe them?" she wailed.

I remember making similar complaints at her age, as I made the realization that what I had been pushing so hard to achieve -- becoming an adult -- might not be quite what I had pictured through rose-colored glasses. Anyway, just three hours later the appropriate forms were filed. To mark the end of this momentous task, we laughed at late-night reruns of "The Office" and ate ice cream, because that's what adults can do when they finish something hard.

A wise friend shared a quote by Gary Haugen that says, "Joy is the oxygen for doing hard things." It's true that joy is essential, because at every age and life stage, life is chock full of hard things. Sleepless nights as new parents, the epic struggle

of wills over potty training, and eventually helping your child learn to operate a motor vehicle without losing your cool. Luckily, those moments are woven together with strands of incredible joy. Things like seeing that first toothless smile, watching your kid beam with pride after learning a new skill, and yes, even helping them become tax-paying, vote-casting adults.

If we're not careful, it's easy to get distracted by hard things, and fool ourselves into believing that's all there is. Like when you've started looking for a particular type of car, and then suddenly, you see it everywhere. The number of cars hasn't changed; but when your brain is subconsciously looking for it, you notice it more. Instead of seeing all the difficulties, why not train our brains to notice joy in the large and small ways it shows up in everyday life instead?

Like the bright red buds on the maple tree after the cold, gray winter, or the comfort of cold hands wrapped around a warm mug. Even amid rain and mud, daffodils and tulips reach skyward, ready to bloom. Grey skies and mud will persist, just like our struggles, both large and small. Luckily, so will our joy...as long as we make sure to notice it.



Just For Laughs



"I like playing in the mud. It helps me stay grounded."

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History of Earth Day



The story of Earth Day is a story of collaboration and cooperation. Fifty-four years ago on April 22, 1970, an estimated 20 million Americans participated in “teach-ins,” marches, letter-writing campaigns and more to bring awareness to the problems of smog, polluted water, pesticide poisoning, and other environmental concerns. Activities were sponsored by local colleges, schools, and community groups, and while many of those involved were high school and college students, older citizens turned out as well from farmers to scientists, teachers to politicians from both sides of the aisle.

Behind the grassroots activities, though, was a bipartisan steering committee sponsored by Sen. Gaylord Nelson, a Democrat from Wisconsin, and Congressman Paul McCloskey, a Republican from California. Nelson had been working for conservation efforts in his home state for over a decade but

was inspired by two headline grabbing stories in 1969 to tap into growing environmental concern, the enthusiasm of youthful demonstrators, and the scientific community to affect political change. The two headline stories that motivated him were the Santa Barbara oil spill and the fire on the Cuyahoga River.

The combination of support by Nelson and McCloskey in Washington, and the local groups was a successful strategy. Earth Day activities empowered citizens to engage in actions in their communities, making it personal and relevant. Here in Cleveland there were “teach-ins” at Cleveland State University and nearby Baldwin Wallace College aimed at informing people of environmental issues. There were cleanups and tree plantings at Edgewater Beach, a Vote Against Pollution rally on Public Square, and an anti-pollution march in the Flats.

All of the above activities, along with thousands more around the country led to a concerted effort by Congress to pass legislation that could make real impact. The Clean Air Act passed in 1970 and the Clean Water Act in 1972. They adopted a proposal by President Nixon to create a plan to consolidate environmental responsibilities of the federal government under one agency, a new Environmental Protection Agency, which was adopted in December of 1970. But Earth Day activities continue to this day, encouraging everyday people to speak out and act to preserve and protect this planet we all love.

Search “Earth Day Cleveland Metroparks” for more Earth Day games, activities and info.



Earth Day 2024

Earth Day brings about an opportunity for change and a time to explore more about our planet. This year, discover what you can do to help restore our planet with a free event at Lake Metroparks.

- Eco-fair with local conservation organizations
- Earth Day Marketplace with locally-made and fair-trade merchandise
- Free tree for each family
- Wildlife programs
- Games and crafts
- Shop in The Nature Store
- Miniature train rides (1 to 3 pm, weather permitting)

April 21, 2024

Noon – 4 pm

Penitentiary Glen Reservation
8668 Kirtland-Chardon Rd., Kirtland

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Making kids better, forever!



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- ✓ Spark your curiosity with hands-on experiences.
- ✓ Take a closer look at nature in action.
- ✓ Build an app and explore the world of STEM.

Experience all the possibilities that await you this year. Join your local Girl Scout community today!

Be a Girl Scout

Scan the QR code to learn more about our Extended Year Membership!

For a limited time,* you can join for \$35 and keep the fun going through September 2025!



girl scouts
of north east ohio

800-852-4474
customer@gsneo.org

*Girl Scout membership must be renewed annually. Membership year is October 1–September 30.

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