

TODAY'S family

March 2025

Cuyahoga

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need to stop
saying to
your child**

Humor essay

St. Patrick's Day

Ireland vs. the United States:
A tale of two celebrations

Spring Discovery Days

Greater Cleveland Aquarium

**Providence
House**

Provides services
and programs to
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**What to do when
your child hits
their head**

**SUMMER
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Visit cutsncurls.net or call 440-542-1750 to learn more.

Girl Scouts of North East Ohio opens first Girl Scout DreamLab in Ohio

Girl Scouts of North East Ohio (GSNEO) officially opened the Jane Norton Girl Scout DreamLab, the first facility of its kind in Ohio, on January 24, 2025.

The Girl Scout DreamLab is part of a national Girl Scouts of the USA property strategy to create visible, innovative spaces where girls can try new things – like STEM projects, podcasting, performing on stage, or climbing a rock wall. DreamLabs are designed to elevate the Girl Scout experience among those who are new or unfamiliar with Girl Scouting or give existing members a new, unique experience. The Jane Norton Girl Scout DreamLab provides a space designed to be a Girl Scout destination that is modern, engaging, and appealing to today's girl. There are less than ten of these facilities in the country.

Inside the space is a rotating climbing wall, indoor campfire corner, classroom area with STEM Café, digital media booth to create podcasts and videocasts, presentation stage with group seating, and



updated retail shop. Special digital experiences include an interactive screen called Draw Alive where art meets technology and a touch screen Sparkle Wall that loops through 15 different light behaviors activated by the electricity in a user's fingertips.

The DreamLab was designed and constructed by Kent-based Metis Construction Services.

In addition to hosting GSNEO's own programs and summer camps at the DreamLab, area schools and local educators will use the space for field trips to impact a larger group of youth, both boys and girls.

To learn more or join Girl Scouts, visit gsneo.org.

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Spring Discovery Days at Greater Cleveland Aquarium

Have you observed a dwarf seahorse's bony plate exterior or watched a poison dart frog tap its tiny toes? Did you know that a spade-like lower jaw extension allows hungry little central stonerollers to scrape up algae? Were you aware that fused pelvic fins let ping-pong-ball-like lumpsuckers adhere to rocks and kelp so they're not swept away by currents?

Greater Cleveland Aquarium is highlighting these and other diminutive animals during Spring Discovery Days, March 22 – April 27, 10 a.m. – 5 p.m. daily. Daily animal encounters, small species shout-outs, a "Spot a Spotted" challenge, Splash Fund "Ohio Turtle Tales" popups, interactive Discovery Carts, a fill-in booklet and short videos are all part of this celebration of nature's hidden influencers and included with regular Aquarium admission.

While standing under 230,000 gallons of saltwater in the shadow of a massive sand tiger shark is a memorable part of any Greater Cleveland Aquarium visit, Curator Ray Popik



hopes Spring Discovery Days brings a little more attention to a few micro marvels and some of the features that help them make it in the big world—like the weedy seadragon's independently moving eyes, the spiny softshell turtle's pig-like snout or the pencil urchins blunt spines.

Tickets are \$19.95 ages 13 and older, \$13.95 ages 2-12, \$0 passholders and children younger than 2

Visit greaterclevelandaquarium.com to purchase your tickets.



Trending baby names in 2025

As 2025 unfolds, baby name trends reflect a mix of modern innovation, cultural revival, and timeless charm. Parents are leaning toward unique yet meaningful names, inspired by pop culture, nature, and global influences.

For boys, names like Atlas, Kai, and Ezra continue to rise, blending strength with a modern touch. Theo and Milo remain favorites, offering a classic yet playful feel. Names with celestial and mythological roots, such as Orion and Apollo, are also gaining traction.

For girls, Luna, Ivy, and Aurora dominate the charts, reflecting a love for nature and mysticism. Maeve and Ophelia bring a vintage

elegance, while shorter names like Zara and Nora are also in demand. Unisex names such as Rowan, Sage, and Indie are becoming increasingly popular, showcasing a shift toward gender-neutral choices.

Pop culture continues to influence naming trends, with characters from hit shows and movies inspiring parents. Additionally, names from diverse cultures, such as Aarav, Elio, and Sienna, reflect a more globalized world.

In 2025, the trend is clear—parents are seeking names that are meaningful, stylish, and stand the test of time while embracing individuality and heritage.

DD Awareness Month
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CUYAHOGA COUNTY
Board of Developmental Disabilities

CuyahogaBDD.org

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8 things you need to stop saying to your kids right now

They say there are no dumb questions. They are wrong. There are, in fact, many dumb questions. I know because I ask them more often than Kim Kardashian posts a selfie. In the spirit of conscious parenting and minimizing the urge to stab myself with a Lego, I've composed a list of dumb questions to stop asking my kids.

1) Are you ready to go?

Before asking this question, assess the situation. Are the child's shoes on? Has the child gone to the bathroom? (Alternatively: Is her diaper smuggling a wrecking ball?) Is the child already holding whatever toy, doll, or tchotchke she needs to bring? If not, save your breath and some aggravation. The child is not ready to go.

2) Can you wait a minute?

If you say this to someone who has no idea how long a minute is, prepare for the aftermath: A small voice will ask, "Has it been a minute?" approximately every 15 seconds until you lose your mind. Multiply the number of uninterrupted minutes required to complete whatever you were doing by 7,832. Plan to finish sometime next year.

Next time, try saying, "Not right now," and then placing either the child or yourself in a locked, sound-proof chamber where you or they will remain until your task is complete.

3) Do you have to go to the bathroom?

She might be emulating Michael Jackson, the way she's holding her

crotch, but if your child is like mine, unless she's actually on the toilet, the answer to this question is a big, fat "no." You might think you're being a responsible parent when you ask this question. In fact, you are wasting your time. Your kid will go when she's good and ready and not a second before... hopefully.

4) Did you poop? (toddler exclusive!)

You saw her disappear into the other room. She smells like a dumpster. And you know that every day of a toddler's life is sponsored by the word "no." Skip your lame attempts to get a confession, grab the child, and change the diaper.

5) Aren't you hungry?

Never in the history of man has this question inspired a child to eat the meal his loving caregiver carefully prepared (or frantically threw together). If your child had an attorney, she'd accuse you of leading the witness and request the question be overruled. Kids don't care how you'll feel at the crack of ridiculous o'clock tomorrow morning when they're STARVING. For miniature, enlightened yogis (aka children), the only moment is right now. And right now, they're not hungry.

6) Do you want to go to the store?

Unless your child dictates your agenda (in which case, we will never be friends), this question is Russian Roulette. When you go down this road, you're being as shortsighted as your children. Save time and just tell your kids where they are going



today. If they like the plan, consider it a bonus.

7) Why did you push your sister?

All kids do stuff we don't understand. They bite siblings, TP the bathroom, or wear footy pajamas in July. And we want to know why. Repeat after me: They do not know. (Also: they get this from your partner.) When our kids behave, we credit our stellar parenting. When they don't, we remember children are just animals, acting on instinct. They probably have no clue why they did what they did.

8) Do you know how late it is!?

If, like me, you're asking this question of someone who uses a Tot Clock to tell time, stop asking this question. If you have the kind of

child who, when told she must leave the park in five minutes, counters with "No, three minutes!" stop asking this question. You are talking to an overtired, undersized human whose life goals include becoming a ballerina or maybe an astronaut and staying up all night. Letting them know exactly how long they've been winning the war on fatigue will only embolden them to keep pushing through.

Life's too short for dumb questions, so I pledge to do my best to stop asking them. I don't know about you, but I would rather spend my precious time asking the important questions, like, "How long until bedtime," and, "Will they expect me to pay for therapy?"

~Article by Pam Moore

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Providence House provides services and programs to families in crisis

We all want our babies and children to be safe, but sometimes life gets in the way. Providence House is dedicated to helping them be safe while their families are experiencing a crisis. Since 1981, the organization, founded by Sister Hope Greener, offers emergency shelter to newborns through 12 years of age and meet parents or guardians where they are and guides them toward solutions. They provide the necessary programs, services, and resources aimed at protecting at-risk children, thus strengthening communities to battle child poverty, abuse and neglect.

"I was fortunate to have volunteered here as a student and was able to see the amazing growth through the years, with Sister Hope by my side," says Natalie A. Leek, Providence House president and CEO. "There are a number of reasons families come to us, and while only children stay with us, we give needed assistance to the families to help them in their crisis."

This can be anything from homelessness to unsafe housing situations, such as heat or water being turned off, or pending rental eviction. "And sometimes it's simply a parent with no one to keep their children safe while receiving medical care," Leek adds. "The majority of families that come to us lack the needed resources to keep their kids safe and that's what we're here for."

With 30 years' experience in nonprofit and corporate environments as a teacher, director, and marketing professional, Leek has been the company's leader since 2001.

Like many nonprofits, the organization started out small, in just a three-room house on West 44th Street. Within a year, the shelter moved to West 32nd Street in Ohio City, at first serving just five infants and toddlers at a time. That site remains its main campus today, which serves 30 children at a time—20 children in Leo's House, their traditional crisis nursery, and 10 children in Elisabeth's House, the pediatric crisis nursery for children with medical needs. In 2024 they cared for a total of 170 children. And now they will be able to help an additional 250 children, thanks to an added location on the east side. In February, Providence House opened a new crisis nursery on the corner of Buckeye Road and E. 118th Street.

The expansion was due to the increasing need for families on the east side, as well as Lake and Geauga counties, allowing the facility to expand their services. They do not have a boundary for service, and have served families in 37 zip codes in Ohio.

"We are only one of two organizations that fill this kind of need in all of Cuyahoga County, the other being Blessing House," Leek says. "We have a large waiting list and we're hoping to reduce that."

Despite the wait list, there is always someone available to guide a family in crisis. Anyone can get assistance by phone. "All they have to do is call our number, and they will get immediate support over the phone," Leek says. "However, I would say about

80% of those who reach out are through referrals. We work with over 100 other agencies to get them the help they need and partner with counties all around us who are able to provide the needed assistance."

Crisis nursery approach

The award-winning Providence House provides children with a warm, safe, home-like environment while connecting families to community organizations that provide family support. Children receive free shelter, personal necessities, medical and loving care from the professionally-trained staff. Their multi-generational approach has been proven to effectively prevent child abuse and neglect and reunite families with greater strength and stability.

"We layer in family support with child advocates who will understand their personal situation and work with them individually to get the help they need," adds Leek, "this can be anything from assisting in improved housing, parenting skills or help with addiction, sobriety, or mental health issues."

In addition to speech and hearing therapies, physical, developmental, and emotional therapies are provided on-site by licensed qualified professionals, if needed. The ultimate goal is long-term self-sufficiency. The agency has served more than 8,000 families through their decades of service.

"My greatest satisfaction in my job," Leek says, "is what I call the 'ring the bell moment' when Mom and Dad get to take their children home."

How you can help

Volunteering: Providence House has multiple ways for you to get involved. Volunteers are welcome and needed for childcare, done-in-a-day projects, special events (their three major events are listed below) and their PHriends Group where young professionals help raise awareness and funds for Providence House!

Donations: If your schedule doesn't allow for you to volunteer, there are several ways you can donate including:

- Monetary donations (which can be done through their website).
- Donation of NEW items including Uber and Lyft gift cards, children's clothing, diapers, toys for ages 6–12 and much more. A complete list is on their website.

Attend a fundraising event: Providence House hosts three major fundraisers each year. This year's dates are:

- 44th Annual Luncheon will take place on Wednesday, April 30, 2025 from 11:30 a.m. until 1:30 p.m. at the Westin Cleveland Downtown. Your ticket includes lunch, parking and a guest gift and donation to Providence House.
- Join the Providence House Board of Directors for the 2025 Providence House Charity Classic, which will be at the Barrington Golf Club in Aurora on Monday, August 18, at 11:00 a.m. This event is one of their most popular fund-



raisers to support their ongoing mission to help children and their families.

- The Deck the House benefit auction is another widely anticipated fundraiser that takes place every December and is a great way to spend the holidays by giving back. This annual event features celebrity hosts and guests. Information for 2025 to be announced at a later date.

If you are unable to attend these events, Providence House always welcomes donations.

For more information, call (216) 651-5982, or see www.provhouse.org. Be sure to read their success stories! (read one below.)

~Article by Deanna Adams

~Photo credits: Providence House

Success Story



Destiny reached out to Providence House after her teenage son, Michael, was assaulted by their neighbor.

She needed to move her family somewhere safe and help Michael through his traumatic experience.

Since all of the family shelters were full, Destiny brought her younger children to stay in the safe, loving environment of our Crisis Nursery while she worked to find a new home for her family.

While Destiny's younger children were safe and cared for at Providence House, our social work team helped refer Michael to support services, including connecting him with the Children Who Witness Violence Program.

With the support of Providence House, Destiny secured a safe, new home for her family, and our social work team referred her to our friends at Humble Design who helped furnish it!

When her family reunited, Destiny told us, "I am very appreciative for all the help and support from Providence House and cannot thank them enough."

At times, I felt like there was no hope, but Nora (her Providence House social worker) always spoke positively, listened, and helped me get through things that my family and I endured. I am forever grateful."

Free resource fair coming April 2

Connecting for Kids will offer their Eastern Cuyahoga County Resource Fair on Wednesday, April 2, 2025, 6:00 p.m. - 8:00 p.m. at Cuyahoga Community College (Tri-C) Eastern Campus in Highland Hills. The fair will provide local resources for those 0-22 years who are experiencing anxiety, depression, behavioral problems, academic struggles, developmental delays or disabilities.

According to a Health Policy Institute of Ohio December 2024 study, approximately one in four children, ages 3-17, across the country reported one or more mental, emotional, developmental or behavioral problems in 2021 and 2022. In Ohio, that same study reports that a fifth (20%) of middle school students and a third (33%) of high school students in 2023 reported that their mental health was not good most or all of the time.

With more than 70 providers, the free Eastern Cuyahoga County Resource Fair offers a number of options for families looking for help. Attendees can discuss insurance, services provided and explore program options directly with the provider.



Having face-to-face conversations allows families to assess whether a provider is a good fit.

Families who pre-register and attend the in-person event will be entered to win a \$100 Amazon gift card. In addition, the first 100 families who stop by the Connecting for Kids table at the fair will receive a free stuffed animal courtesy of Wild Republic with a disability awareness pin and bookmark. Those who have limited time can drive up to the tent in front of the Tri-C Eastern Campus Student Services Building during fair hours to receive a grab-and-go bag of resources.

To register, visit connectingforkids.org/east-cuyahoga-fair or call/text: 440-570-5908.

Adults-only night of camp-themed fun at Children's Museum of Cleveland

Have you ever dreamed of reliving the joy and excitement of camp—without the kids? Now's your chance! The Children's Museum of Cleveland (CMC) is thrilled to announce Camp CMC, a special adults-only event designed to bring back the magic of childhood summer fun. This one-of-a-kind evening of camp-themed activities will take place on Wednesday, March 5, from 6-8 p.m. at the Museum, including access to its vibrant and interactive exhibits.

Whether you're into arts and crafts, games, or having the space to create the most epic blanket fort ever, Camp CMC has something for everyone. Attendees will have access to all the Museum's exhibit spaces, where they can unleash their inner child through a variety of themed activities, games, and hands-on experiences. Proceeds from this event support the Museum's Wonder Fund, which makes the magic of a CMC visit accessible to all families by offering free and reduced admis-



sions programs for low-income and special needs guests.

Event highlights include:

- Camp-themed activities throughout the Museum's interactive exhibit spaces
- Two complimentary drink tickets
- Light snacks to fuel your adventure
- A special take-home tote

The Children's Museum of Cleveland is located at 3813 Euclid Avenue in Cleveland.

Tickets are \$50 per person and are available now on the Museum's website at www.cmcleveland.org/events. Space is limited, so be sure to secure your spot today!

join our team!

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What to do if your child hits their head

As a parent, one of the most nerve-racking experiences is seeing your child hit their head. Whether it's a tumble from a couch, a fall while learning to walk, or a playground accident, head injuries can be alarming. Knowing what to do in such situations can help ensure your child's safety and prevent complications. March is Brain Injury Awareness Month, making it an ideal time to educate yourself about head injuries and brain health. Here's a comprehensive guide on how to respond when your child hits their head.

1. Assess the severity of the injury

The first step after your child hits their head is to evaluate the severity of the impact. Most minor bumps and falls do not result in serious injury, but it's crucial to watch for symptoms that could indicate a more significant problem.

Mild injury signs: Brief crying, a small lump or bruise, minor dizziness, or a momentary daze.

Moderate to severe injury signs: Loss of consciousness (even briefly), persistent vomiting, confusion, difficulty walking, seizures, severe headache, or clear fluid/blood draining from the ears or nose.

If your child exhibits any of the moderate to severe signs, seek medical attention immediately.

2. Comfort and observe your child

If your child appears to have suffered only a mild injury, comfort them and keep a close watch for any developing symptoms over the next 24 hours. You can do the following:

Apply a cold compress: Use a cloth-wrapped ice pack to reduce swelling and relieve pain.

Encourage rest: While sleep is generally safe after a mild head

injury, wake your child periodically (every 2–3 hours for young children) to check for unusual behavior.

Monitor for symptoms: Look out for changes in mood, coordination, balance, or speech, as these could signal a more serious problem.

3. Know when to seek medical help

Not every head injury requires an emergency room visit, but you should contact a doctor if:

- Your child lost consciousness, even for a brief moment.
- They exhibit persistent vomiting or extreme drowsiness.
- You notice changes in their behavior, such as excessive irritability or difficulty recognizing familiar faces.
- They have trouble walking, speaking, or focusing their eyes.
- The injury was caused by a high-impact fall or object (e.g., a fall from a significant height or being struck by something heavy).

If your child has any of these symptoms, take them to the emergency room immediately.

4. Preventing future head injuries

While accidents happen, there are steps you can take to minimize the risk of head injuries:

Supervise young children: Always keep an eye on toddlers, especially around stairs, furniture, and playgrounds.

Use protective gear: Ensure your child wears helmets when biking, skateboarding, or playing contact sports.

Childproof your home: Install safety gates on stairs, use corner protectors on furniture, and secure heavy furniture to the walls.

Teach safe play habits: Encourage



safe play and educate older children about the risks of roughhousing or dangerous activities.

5. Follow-up and recovery

If your child has had a mild head injury but continues to have headaches, dizziness, or trouble concentrating in the following days, schedule a follow-up with their pediatrician. For more severe injuries, follow your doctor's recommendations on rest, activity restrictions, and symptom monitoring.

Head injuries in children are common but can often be managed with careful observation and prompt action. By staying calm, assessing the injury, and seeking medical care when necessary, you can help ensure your child's health and safety. Preventive measures can also reduce the risk of head injuries in the future, allowing your child to play and explore safely.

~Article by Justin Daniels

~Photo: Shutterstock/

By patarapong saraboon

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Take time to appreciate life's little things...



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10am – 5pm

216.862.8803 | greaterclevelandaquarium.com





Photo credit: Shutterstock/By Carlos Sanchez Benayas

In Ireland, the holiday was historically a solemn day, but in more recent years the celebrations have evolved to include public festivals and parades.

St. Patrick's Day

A tale of two celebrations – Ireland vs. the United States

St. Patrick's Day, observed every year on March 17, is a global celebration of Irish heritage and culture. While both Ireland and the United States commemorate the occasion with enthusiasm, the way the holiday is observed varies significantly between the two countries. From religious traditions to extravagant parades, St. Patrick's Day manifests in distinct ways, reflecting the cultural values of each nation.

St. Patrick's Day in Ireland: A traditional and reverent celebration

In Ireland, St. Patrick's Day is more than just a festive occasion; it is a national holiday with deep religious significance. As the country's patron saint, St. Patrick is honored for bringing Christianity to Ireland in the 5th century. Traditionally, the day has been observed with church services, family gatherings, and community events.

Religious observances are at the heart of St. Patrick's Day in Ireland. Many Irish citizens attend mass, where prayers and hymns are dedicated to St. Patrick. The holiday was historically a solemn day, with pubs even closing until the late 20th century to encourage reflection rather than revelry. However, in more recent years, the celebrations have evolved to include public festivals and parades, particularly in larger cities such as Dublin, Cork, and Galway.

Modern-day Irish celebrations still retain a strong emphasis on cultural pride. Festivals feature traditional Irish music, folk dancing, and storytelling. Many Irish people wear a sprig of shamrock, the three-leaved plant associated with St. Patrick, which he is said to have used to explain the Holy Trinity. While there are parades, they are generally more modest and community-focused compared to their American counterparts.

St. Patrick's Day in the United States: A grand spectacle

In contrast, St. Patrick's Day in the United States is a highly commercialized and grand celebration. With millions of Irish immigrants having settled in America over the centuries, particularly during the Great Famine of the 19th century, the holiday has transformed into a nationwide party celebrating Irish heritage with parades, music, and revelry.

Cities with large Irish-American populations, such as New York, Chicago, and Boston, host some of the world's largest and most extravagant St. Patrick's Day parades. The New York City parade, which dates back to 1762, is one of the biggest, featuring marching bands, floats, and thousands of participants. Chicago takes the celebration a step further by dyeing its river green, a tradition that has captivated onlookers since 1962. Unlike the more reserved Irish

approach, St. Patrick's Day in America is often synonymous with drinking and partying. Many people dress in green, don novelty shamrock accessories, and enjoy pints of beer—sometimes dyed green for the occasion. Bars and restaurants offer special promotions, and Irish pubs become the center of festivities. Corned beef and cabbage, an Americanized Irish dish, is a staple meal on this day, even though it is not commonly eaten in Ireland.

A shared love for Irish culture

Despite these differences, St. Patrick's Day remains a celebration of Irish heritage and culture in both Ireland and the United States. While Ireland embraces a mix of solemnity and festivity, the U.S. turns the day into a vibrant, large-scale event. Regardless of location, the holiday fosters a sense of unity, pride, and appreciation for Irish traditions worldwide.

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When your child doesn't like to read

I saw it again. Another post on social media from a friend singing the praises of her child who couldn't stop reading.

"How lucky am I?" she wrote. "My son finished Harry Potter and he's only in second grade!"

You are lucky, I thought, damping down my jealousy. My son hates reading. He loathes it with a passion unseen since he lost a game of Candy Land to me when he was 3 years old.

I can't exactly post, "My son hates reading!" on social media, though. He's a teenager now, and I've waited years to admit publicly how much he hates reading. I felt that my son's lack of interest in reading meant that I was a bad mother, that I had failed somehow.

However, the truth is kinder to me than I am to myself: reading is a pursuit that he is not passionate about.

He can read.

He doesn't like to read.

There is a difference.

Ever since he was born, I tried to instill in him a love of reading. In no particular order, here are the word-nurturing, pro-book, literature-lovin' experiences I exposed him to:

- I read in front of him. I love to

read!

- I read to him. Daily from birth until third grade.
- I took him to the library.
- I took him to story time at the library.
- I signed him up for the summer reading program at the library.
- I took him to the bookstore.
- I bought him books from the bookstore.
- I bought him books from the school book fairs.
- I made sure his daycare was a developmentally-appropriate, NAEYC-accredited child care center that was chock full of book nooks, story times, and language-enrichment activities.
- I signed those homework reading logs that came home every night from kindergarten through sixth grade.
- I chatted with him about books.
- I bought him a e-reader.
- I downloaded books for his e-reader.
- Did I mention I read in front of him? I love to read!

For years, I've felt bad about his lack of fervor for reading, especially during the dreaded "March is Reading month." Until one day I stopped.



It was the day a mom came over to pick up her child from a play date with my youngest (who loves to read, by the way). I don't remember how the topic of my son's lack of interest in reading came up, but she shared her thoughts.

"I hate reading, too," she commented. "It was never social enough for me. I always wanted to be doing something else."

Here she was, a successful vice president at an international company with three lovely children, confessing that reading wasn't for her.

It was a relief. It was the first voice I heard that defied the cacophony telling me that I must get my child to

love reading. That day I allowed myself to believe, to embrace even, that my son could succeed in life even though he doesn't like to read.

Reading is not for my son. However, what is for my son is socializing with friends and family, chatting with anyone he meets, participating in classroom discussions, being a leader, playing sports, and being pretty great.

Maybe I should put that on social media. He can't be embarrassed by such a post. Chances are he won't even read it.

~Article by Katy M. Clark
~ Photo credit: By Adobe Stock/
Slava Dumchev

MOMMY CHRONICLES

In parenting, the only constant is change

As a new parent, I read all the books, magazines, and online posts to try and prepare for the coming changes. I signed up for the weekly prenatal emails that explained each new step in development, from when my baby was the size of a bean, to an orange or a pear, and eventually, a fully formed little human. I wanted to know what to expect even before those first few weeks and months, so I sought information from doctors, nurses, parenting experts, and sometimes just confident-looking parents a few years ahead of me on the journey.

I felt unprepared for this new adventure and relied on the adage that knowledge is power. I approached it like I do most new or unfamiliar things: by gathering information from a variety of sources. I thought that by learning all I could, I'd prepare myself for parenting my kids. While I now know that notion is laughable, I can appreciate that my younger self needed the distraction from all the changes that were about to take place in my body and in our lives.



The frantic drive to the hospital to deliver baby number one was the first indicator. My husband blew through red lights along the early morning streets getting us to the hospital in record time. And learning the steps that take place during childbirth and practicing breathing during a pre-planned class didn't dispel the fear and panic we felt during labor. Despite this, our sweet, healthy daughter entered the world, and we officially became adults.

A day or so later, sore and sleep-deprived, those highly educated doctors and nurses told us it was

time to go home. Just the three of us. Once settled in the car, with baby snapped safely into her car seat, my husband and I looked at each other and wondered aloud how they could trust us to just drive away with this tiny, precious new life.

But we each learned and grew and thrived. And even though we mostly knew what to expect with baby number two, we worried about our transition from a family of three to four. We figured it out together, just as we have continued to do so in every new season that comes. Because the only constant is change, and we're all just figuring it out as we go along.

I guess my point is that whatever stage you're in right now, know that you've got what it takes to make it (even if you don't think so). If you don't believe me, just take a minute to look back at how far you've come. impossible or improbable – you've handled them all. And you can tackle this new season, too.

~Article by Stacy Turner
Photo credit: Adobe Stock/ By sutichak

SUMMER CAMP GUIDE

History of Summer Camps

Early Beginnings

(Late 19th century)

- The concept of summer camps began in the U.S. in the late 1800s.
- Camps were created to provide boys with outdoor experiences away from urban life.
- First known U.S. camp: The Gunnery Camp (1861), founded by Frederick Gunn in Connecticut.

Expansion & Formalization

(Early 20th century)

- The American Camping Association (ACA) was founded in 1910 to standardize camps.
- Girls' camps emerged, such as Camp Fire Girls (1910, now Camp Fire USA).
- Scouting movements, like the Boy Scouts (1910) and Girl Scouts (1912), influenced camp programs.
- YMCA and church-affiliated camps grew in popularity.

Mid-20th Century Growth

(1920s–1950s)

- More specialized camps appeared (sports, arts, science).
- Jewish and minority-focused camps provided inclusive experiences.
- WWII and economic growth led to increased family interest in camps.

Modern Evolution

(1960s–present)

- Coed camps became more common.
- Themed camps emerged (STEM, adventure, performing arts).
- Technology-free and wilderness survival camps gained popularity.
- International expansion brought the American summer camp model worldwide.

Current Trends

- Focus on diversity, inclusion, and mental wellness.
- Eco-friendly and sustainable practices in outdoor camps.
- Digital detox programs to counteract screen time.

10 tips for choosing a summer day camp

Choosing the perfect summer day camp for your child can feel overwhelming with so many options available. A well-chosen camp provides children with a safe environment to learn, grow, and have fun, while also giving parents peace of mind. Here are some essential tips to help you navigate this decision and find the best fit for your family.

1. Identify your goals and priorities

Before diving into camp brochures or websites, take time to identify what you and your child hope to gain from the experience. Are you looking for a camp that focuses on academics, sports, arts, or outdoor adventures? Does your child want to make new friends or improve a specific skill? Clarifying these priorities will help narrow down your options and ensure you choose a camp that aligns with your expectations.

2. Consider your child's interests & personality

Each child is unique, and their preferences and personality should play a significant role in selecting a camp. For example, an introverted child might thrive in a smaller, quieter setting, while an extroverted child may enjoy a bustling camp with diverse group activities. Engaging your child in the decision-making process can also help them feel excited and invested in the experience.

3. Research camp options thoroughly

Begin your search by gathering recommendations from friends, family, and online reviews. Many camps have websites or social media pages where you can find detailed information about their programs, schedules, and staff. Look for camps accredited by organizations like the American Camp Association (ACA), which ensures they meet high safety and quality standards.

4. Assess safety and supervision

Safety is paramount when choosing a day camp. Check the camper-to-staff ratio and ensure it aligns with industry standards. Ask about staff qualifications, including background checks, certifications in first aid and CPR, and relevant training. Inquire about the camp's protocols for handling emergencies, illnesses, and injuries.

5. Evaluate the schedule and activities

Review the daily schedule and activity options to ensure they align with your child's interests and energy levels. A good camp will offer a balance of structured activities and free time, catering to various age groups and skill levels. If your child has special interests, such as coding, dance, or swimming, look for camps with specialized programs in those areas.

6. Consider the location and hours

Logistics are an essential factor in choosing a summer day camp. Consider the camp's proximity to your home or workplace and whether the hours fit your fam-



ily's schedule. Some camps offer extended care options, which can be a lifesaver for working parents.

7. Visit the camp in person

If possible, arrange a visit to the camp before enrolling your child. A tour allows you to see the facilities, meet the staff, and observe the environment. Pay attention to cleanliness, the condition of equipment, and whether the atmosphere feels welcoming and inclusive. This firsthand experience can provide valuable insights that you won't get from brochures or online descriptions.

8. Review costs and budget

Day camp fees can vary widely, so it's essential to understand the costs upfront. Ask about what the tuition covers and whether there are additional fees for meals, field trips, or supplies. Some camps offer discounts for early registration or multiple children, as well as financial aid for families in need.

9. Seek feedback from other parents

Talking to other parents who have experience with the camp can provide honest insights. Ask about their child's experience, the camp's strengths and weaknesses, and whether they would recommend it. Online parenting forums and local community groups can also be valuable resources for reviews and recommendations.

10. Trust your instincts

Finally, trust your gut feeling. If something about a camp doesn't feel right, keep looking. The right camp should give you confidence in its ability to provide a safe, enriching, and enjoyable experience for your child.

Choosing a summer day camp is an important decision that requires careful consideration. By identifying your goals, understanding your child's needs, and thoroughly researching your options, you can find a camp that offers a rewarding and memorable summer experience. With the right preparation, summer day camp can become a highlight of your child's year, fostering growth, learning, and lifelong memories.

~Article by Justin Daniels

~Photo credit: Adobe Stock/ By Lightfield Studios



Ready, Set, Adventure!

Sign her up for a lifetime of memories this summer at Girl Scout Camp.

To learn more
visit gsneo.org/summercamp



girl scouts
of north east ohio

customercare@gsneo.org
800-852-4474

Types of summer day camps to consider

Summer day camps provide children with opportunities to explore new interests, develop skills, and make lasting memories. For parents, choosing the right camp can feel overwhelming given the variety of options available. To make the process easier, it's essential to consider your child's interests, needs, and goals. Below are the primary types of summer day camps for parents to explore.

1. Traditional day camps

Traditional camps offer a classic summer experience, typically including a mix of outdoor activities, arts and crafts, sports, and games. These camps are perfect for children who enjoy variety and socializing with peers. They foster teamwork, independence, and problem-solving skills. Activities like hiking, swimming, and team sports ensure a balance of fun and personal growth.

2. Sports camps

Sports camps cater to athletic kids who are passionate about specific activities like soccer, basketball, tennis, or gymnastics. They often feature skill-building sessions led by professional coaches or athletes. These camps help children refine their techniques, enhance physical fitness, and develop a competitive spirit in a supportive environment. Whether your child is a beginner or an experienced player, sports camps can be tailored to various skill levels.

3. Art and performing arts camps

For creative kids, art camps are an excellent choice. These camps focus on activities such as painting, sculpting, photography, theater, music, and dance. Performing arts camps may culminate in recitals or performances, giving children a chance to showcase their talents. These



programs encourage self-expression, confidence, and creative thinking while allowing children to connect with like-minded peers.

4. STEM and academic camps

STEM (science, technology, engineering, and math) camps engage curious minds with hands-on projects like robotics, coding, and chemistry experiments. Academic camps, on the other hand, may focus on specific subjects such as writing, math, or foreign languages. These

camps are ideal for children who enjoy problem-solving and exploring innovative ideas. They foster critical thinking and can provide a head start in school-related topics.

5. Nature and adventure camps

Nature-focused camps immerse children in outdoor exploration, teaching them about environmental conservation, wildlife, and survival skills. Activities like hiking, kayaking, and rock climbing encourage physical

Continued on page 13



Children ages 4 and up can learn, explore, and create lasting memories and friendships at University School this summer!

DAY CAMPS

EXPLORER PROGRAMS

ACADEMIC COURSES

ATHLETIC CAMPS

Register Today!
www.us.edu/summer



LOCATED IN SHAKER HEIGHTS & HUNTING VALLEY

SUMMER CAMP GUIDE

Types of summer camps from page 12

fitness and an appreciation for nature. Adventure camps provide thrilling experiences that can boost confidence and resilience while fostering a love for the great outdoors.

6. Specialty camps

Specialty camps cater to niche interests, such as cooking, horseback riding, or even video game design. These camps allow children to dive deeply into a specific passion, offering expert guidance and advanced learning opportunities. Specialty camps can be a fantastic way for kids to explore hobbies or consider future career paths.

7. Camps for special needs

For children with special needs, there are inclusive camps designed to provide personalized care and adaptive activities. These camps focus on creating a supportive and accessible environment, ensuring that all children can enjoy enriching summer experiences. Staff are typically trained to work with children with disabilities or medical conditions, offering peace of mind to parents.

Selecting the right summer day camp involves understanding your child's interests and comfort levels. Whether they are aspiring athletes, budding scientists, or creative dreamers, there's a camp to match their personality and needs. By choosing thoughtfully, parents can ensure their children have a memorable and rewarding summer filled with growth, fun, and discovery.

~Article by Justin Daniels

~Photo credit: Adobe Stock

By Sandris Veveris



Catholic Charities
Disability Services
& Ministries
DIVISION OF CATHOLIC CHARITIES

Camp Happiness Is Hiring!

Camp Happiness is a day camp for kids and teens (5-18) with IDD (Intellectual and Developmental Disabilities). We are looking for passionate individuals interested in sharing their talents with our campers! Our camp offers adaptive recreational activities including swimming, arts & crafts, games, sports, community outings and more!

Contact us for more information:

(216) 672-1515 | Megan.Bonilla@ccdogle.org

www.ccdogle.org/careers (Search "Camp Happiness")



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CAMP CURIOUSITY

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SUMMER CAMP GUIDE

Adrenaline Monkey

26800 Renaissance Parkway
Cleveland
(216) 282-3100
www.cleveland.adrenaline-monkeyfun.com

Maintain your sanity and allow your warriors to run wild in the half-day and full-workday week-long adventure camps for campers ages 5–12 featuring a mix of active adventures, enterTRAINment from the ninja coaches, and valuable (yet entertaining and engaging) life lessons on nutrition, science, and social skills.

More specifically, campers will:

- Experience ninja warrior-style obstacle courses
- Scale climbing walls
- Enjoy outdoor activities
- Participate in interactive nutrition and science demonstrations

With unique weekly themes promoting valuable life skills including teamwork, perseverance, and leadership, campers will not only burn off excess energy and enhance their athletic skills but also build confidence and focus among other important life skills.

HALF DAY

(Weekly rate: \$300 M–F)
9 a.m.–1 p.m. / 1–5 p.m.

FULL DAY

(Weekly rate: \$375 M–F)
9 a.m.–5 p.m.

Animal Camp

Hosted by Rising River Farm
6618 Chagrin River Road
Chagrin Falls
(440) 463-3146
www.RisingRiverCorp.net

Animal Camp is a unique farm, day camp experience for kids ages 5–13. Since 2006 they have honed an interactive, self-directed, technology-free experience for the children. Kids enjoy and explore farm animals (horses, cows, goats, bunnies, chickens, dogs, and cats), participate in horseback riding (weather permitting), an end-of-week trail ride, crafts, games, cooling off in the Chagrin River, which is both shallow and located on the property, and “Feed-em-Friday” when kids can bring apples and carrots to feed the animals.

They offer 11 individual sessions during June, July, & August from

9 a.m.–4:30 p.m. Campers can participate in one, or multiple sessions. All activities are supervised by experienced counselors, many of whom are Animal Camp graduates! (Typical ratio camper to counselor 4:1.)

Horseback riding helmets are provided, sneakers or boots, water bottle, and lunch are required. Schedule a visit of the farm prior to the commencement of camp.

Rising River Corporation is a 501c-3 dedicated to equine education, vocational opportunities, and horse rescue/sanctuary. The majority are rescue animals.

Beck Center for the Arts

17801 Detroit Avenue, Lakewood
(216) 521-2540

www.beckcenter.org

Beck Center for the Arts in Lakewood is more than a nonprofit organization that combines professional theater with arts education. They create arts experiences through music, dance, theater, and visual arts all summer for ages 5–19 and you can enroll today. Throughout the year they offer

classes and lessons for all ages, skill levels, and abilities.

Families bring their kids to experience all of the art forms. Year-round each child can immerse themselves in an art form that excites them, while growing new skills, and making new friends.

With a talented staff of award-winning instructors, they produce theater and arts education. Visit www.beckcenter.org for all their offerings.

In addition, Beck Center has free art exhibitions in the main building and Music & Creative Arts Therapies building. Their professional theater productions offer high quality shows with tickets starting at just \$10, and student and senior discounts are also available at www.beckcenter.org/professional-theater.



Cedarbrook CampTM of Ohio at Stony Glen

- Residential, nondenominational Christian youth camp
- American Camp Association (ACA) accredited
- Located in Madison, Ohio
- Camper weeks run Sunday afternoon – Saturday mornings
- \$320 per week (early bird savings, \$20 off camp fee if registered by April 1, 2025)
- Grades 3–12, all weeks | Grades 1 & 2, week of July 6
- Girls camp • Weeks of July 6, 13, & 20
- Mother/daughter half week, grades 1–4, week of July 20
- Boys camp, week of July 27–August 2
- Spring Into Cedarbrook Weekend • April 11–13
- Your child will have a fun-filled day exploring God’s creation with His word being infused throughout.



Serving youth since 1947

Check out our website for more information.

www.cedarbrookcampoh.com





GYMNASTICS

FOR KIDS & ADULTS!



Now in our 22nd year of helping gymnasts to reach their goals!

Six-Week Sessions

- 1-hour class, 1x per week = \$140 per session
- 1.25-hour class, 1x per week = \$165 per session

Spring Session 1

Thursday, March 6 – Saturday, April 16, 2025

Closed

Spring Break: Thursday, April 17–Sunday, April 20, 2025

No make-up classes needed. All days off are factored into the calendar session.

Summer Camp

JSG offers gymnastic camps for all ages, boys and girls, and all levels of experience, from recreational to competitive. Weekly & daily campers are welcome. You can customize the schedule to your needs.



Camp is offered 9:15 a.m.–3 p.m.

Weekly or daily enrollment is available through the parent portal on our website.

Per week: **\$300** (\$60 per day)

- \$10 after-care available from 3–5 p.m.

(We will be closed on June 19 and the week of July 4.)



TWISTERS

2–6 years old

FLIPS FOR GIRLS

7–10 years old

FLIP AND SALUTE FOR TEENS & BETWEENS

10–16 years old

GYM SKILLS FOR BOYS

7–10 years old

COMPETITIVE TEAM

JUMP START SKILLS

AAU FLIP STARS

USAG JUMP START

ADULT OPEN GYM

Follows session calendar dates.

\$10 per participant.

Thursdays 7:45–8:45 p.m.

SUMMER YOUTH OPEN GYM

Walking through 14 years old

June 16–August 8 • 3:30–5 p.m.

\$10 per participant

**Call today to learn more about
these great programs!**



Birthday Parties



Jump Start is a great place to celebrate that special occasion! Our coaches will tailor the party activities to the age of the birthday child. All of the guests are sure to enjoy our gymnastic games and equipment, including our 50 feet of trampoline

and in-ground foam pit! Party guests will enjoy organized and loosely-structured instruction on the gymnastic equipment.

An hour of gym time and a half-hour of celebration time

\$195 for 10 children & \$20 for each additional child. JSG provides white paper plates, forks, tablecloths, napkins, and clean-up.

Jump Start

Gymnastics



23700 Mercantile Road, Beachwood

Rear of National Biological Building

(216) 896-0295

Website: jsgymnastics.com

Email: jsgymnastics@jsgymnastics.com

Grow Confidence, Camaraderie and Community as Your Dreams Become a Reality!



Summer Camps & Classes June 9–28 & July 7–August 9

Choose one week or more!

Open House: Saturday, May 24, 2025

Bring in this ad and receive \$20 discount on a week's camp.

Call or visit our website for more information!



216-295-2222

ClevelandCityDance.com



SUMMER CAMP GUIDE

Camp Fitch YMCA

www.campfitchymca.org

Camp Fitch YMCA is a great camp on a great lake with over 100 years of transforming young lives. Located on 425 scenic acres along the shores of Lake Erie, their programs help kids aged 6–17 grow into confident, independent learners while connecting them with nature.

Guided by carefully selected, caring staff, campers build *friendships*, *achieve* new skills, and experience a powerful sense of *belonging* (FAB). These transformative moments foster resilience, self-confidence, and independence, making Camp Fitch a life-changing experience. Camper surveys consistently highlight making friends, connecting with counselors, and enjoying activities as their top reasons for returning.

Their traditional camp combines classic activities like rock climbing, archery, canoeing, crafts, and mountain biking with unique access to Lake Erie's beach and two additional waterfronts. Specialized focus programs, including adventure trips, computer camp, diabetic camp, farm, and equestrian experiences, offer something for everyone.

Overnight sessions run weekly from June 15 to August 2, with many campers staying for multiple weeks. High retention and referral rates reflect the unforgettable impact of their camp.

Camp Happiness

Catholic Charities Disability
Services & Ministries
(216) 672-1515

www.ccdocle.org/disability

Camp Happiness provides opportunities for children and teens, ages 5–18, to participate in traditional camp activities including games, arts, crafts, music, and swimming—all modified to meet the needs of each individual. Campers also go on weekly community outings, enjoying new experiences in a supported environment. Each summer, the camp serves 20–25 youths per week, with a range of intellectual and developmental disabilities (IDD) and mobility limitations (ML). This summer, Camp Happiness will run from June 16 through July 25 (off on July 4).

The purpose of Camp Happiness is to provide much-needed social and recreational services to enhance quality of life, and more importantly, to create an environment of inclusion, fun, and support in order to foster a feeling of belonging.

For information, email Megan Bonilla at megan.bonilla@ccdacle.org; call (216) 672-1515; or visit www.ccdacle.org/disability.

Camp Invention

Invent.org/local

Inspire your child's creativity and watch their confidence soar with the all-new Camp Invention® program, Discover! Campers in grades K–6 will team up with friends for hands-on, open-ended STEM fun. They'll create their own claw machine, uncover the science behind optical illusions, rev up for the ultimate road trip and embark on an eco-expedition to investigate penguins in Antarctica! Each experience is designed to spark curiosity, build persistence and create an unforgettable summer.

Visit invent.org/local to secure your spot! Use the promo code, MYCAMP25, to save \$25. Payment plans available.

Cedarbrook Camp of Ohio at Stony Glen

www.cedarbrookcampoh.com

Cedarbrook Camp of Ohio is an ACA accredited nondenominational Christian youth camp located 35 miles east of Cleveland, just south of Madison, Ohio.

Target sports, hiking, fishing, kayaking, and crafts are just a handful of activities your child can participate in. Your child will have a fun-filled day exploring God's creation with His word being infused throughout.

A camper week runs Sunday afternoon through Saturday mornings. There are three girls' weeks which run July 6–July 26. Boys' week is July 27–August 2.

Hesitant to send your first- to fourth-grade daughter to camp? They have a special program for both moms and daughters the week of July 20. You both will have a chance to experience camp during this partial week.

They are the most affordable residential camp in the area offering a program that has been



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SUMMER CAMP GUIDE

in operation for over 75 years. Check-out their website, www.cedarbrookcampoh.com, for more information.

Cleveland City Dance

13108 Shaker Square, Cleveland
(216) 295-2222
www.clevelandcitydance.com

You will love watching your child's eyes sparkle as their confidence grows and they make new friends in magical camps and classes. Are you looking for a full-day camp for children age 3–5, 6–8 and 9 and older? They can help you. Dance develops confidence, camaraderie, community, poise, and technique. Teachers encourage dancers to do their personal best.

Sessions run June 9 through August 9. Choose one to eight weeks.

- Twirling Tots Camps are a magical journey using your child's imagination to create a dance, and a craft to go with the theme. Ages 3–5 return every year for a royal ball, Peter & the Wolf,

Adventure of Mother Goose and more!

- Children ages 6–8 will love being creative in Picasso and Ballet.
- Both Twirling Tots and Picasso and Ballet create their own props and more.
- Camps for ages 9 and up including preprofessional, work on mastering technique with friends in ballet and pointe, jazz, modern, conditioning, choreography and classical variations, dance history and more.
- Adult and children individual class options available.
- Intermediate and advance intensives.

Space is limited so visit their website or call for more information.



OHIO'S PREMIER SUMMER CAMP EXPERIENCE!

Falcon creates opportunities for young people to grow and learn in a healthy, safe environment — all while having a great time.



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Ages 6–16



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Try a class for FREE or register today online!

SPRING SESSION (12 WEEKS) March 11–May 31

- Youth soccer development program
 - 50-minute classes, one day a week (Tuesdays, Thursdays, or Saturdays)
 - Ages 18 months–12 years old
 - Payment plan available! • Register anytime
- Cost: Kickers \$17.50/class • Skills \$19.50/class



Contact Paul Liotta | PLIOTTA@LNSPORTSPARK.COM

Lil Sluggers



SPRING SESSION (12 WEEKS)

Registration opens February 10, 2025

- Nationally franchised youth baseball development program
 - 50-minute classes, one day a week (Tues or Thurs)
 - Ages 2–6 years old • Payment plan available! • Register anytime
- Cost: \$17.50/class

Contact Noah Koscho | NKOSCHO@LNSPORTSPARK.COM

Mike Moran Basketball Camps



June 16–20 & June 23–27 • 9:00 am–3:15 pm

Camp Fee \$195

Early Bird Fee \$180 for campers registering by May 1, 2025

Each camper receives a camp T-shirt

For more info and/or to register please visit

www.morancamps.com or call (440) 338-8092

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Indoor Links



Monday–Friday, 9 am–4 pm • \$28/hour | \$15/half hour

Monday–Friday pm–close \$38/hour | \$20/half hour

Saturday & Sunday \$38/hour | \$20/half hour

Contact Bob Dame for tee times or any questions.

440-602-4000 ext. 229 | BDAME@LNSPORTSPARK.COM

Birthday Parties

Custom design your own birthday party package!

Includes your choice of sports activities, plus exclusive use of our party room. Sports include soccer, baseball, batting cages, basketball, virtual reality golf and volleyball. Contact Marilyn for pricing options and more info.



MARILYN@LNSPORTSPARK.COM or 440-602-4000 ext. 223



38630 Jet Center Dr., Willoughby
North of Rt. 2 off Lost Nation Road

440-602-4000

www.LostNationSports.com

CSU Rec Summer Camp

Cleveland State University
Recreation Center
(216) 802-3211
csurec.com

Looking for an unforgettable summer experience for your child? CSU Rec Summer Camp offers 10 uniquely-themed weeks filled with adventure, creativity, and fun! Designed for children ages 5–14, their camp provides a welcoming environment where kids can explore new activities and make lifelong memories.

Each week brings a fresh theme, keeping campers engaged with exciting activities like group games, arts and crafts, outdoor play, open swim, and special guest visits. Their experienced staff fosters creativity, teamwork, and personal growth in a safe and supportive setting. Whether your child loves sports, art, or simply making new friends, CSU Rec Summer Camp has something for everyone.

Give your child a summer of discovery and excitement—enroll today and let the adventure begin!

Creative Playrooms Montessori & Child Care Centers

Solon • Independence
Maple Heights • Parma
Strongsville • Westlake
(440) 349-9111

www.creativeplayrooms.com

Summer's coming, which means longer days, fun in the sun and great friends! Join the "voyagers" at Creative Playrooms Montessori and Child Care Centers for the best summer ever—full of adventure, imagination and engagement to keep campers ages 5 through 12 busy and active.

- Themed activities and programs.
- Explorations around famous people, places and things.

They believe in encouraging children to explore more deeply through doing, asking questions, and having a great time. Join them this summer as they heat up the fun factor. Save your space by calling (440) 349-9111 or visiting www.creativeplayrooms.com.



Falcon Camp

Carrollton, OH
(330) 627-4269
www.falconcamp.com

Recognized throughout the Midwest as Ohio's premier summer camp since 1959. Falcon Camp has been chosen as a "Top Ten Camp in USA" and selected as the "Coolest Camp in Ohio." Falcon offers a beautiful lakefront setting, talented staff and wide variety of activities. Boys and girls ages 6–16 choose their own schedule within a general framework and daily activities are separate with planned coed events.

Horseback riding, sailing, swimming, riflery, crafts, tennis, drama, archery and much more.

Falcon has a strong reputation for making sure a camper's first overnight experience is very positive. The noncompetitive environment is inviting to new campers while their awards system challenges more experienced campers. The 1:4 staff/camper ratio allows individual instruction and attention. Most of all it's great fun!

Falcon has a special intro program for campers ages 6–10. ACA accredited, many references available. Falcon is an outstanding opportunity for fun and learning.

Girl Scouts of North East Ohio

(800) 852-4474

gsneo.org/summercamp

Summer is around the corner, and it's time to start planning your girl's next big adventure. The best part is - all girls are welcome — no Girl Scout experience necessary! From overnight camps, day camps, family camps, travel, to educational and STEM camps — there is something for EVERY girl. They also have week-long resident camps at Camps Ledgewood and Timberlane. With classes ranging from archery, low ropes, campfire cooking, and exploring nature, your girl will experience everything that makes camp feel like camp. Girl Scout camp gives girls an opportunity to grow, explore, and have fun under the guidance of caring, trained adults. If she loves the water, Splish Splash may be her perfect day camp, but if she loves nature, maybe Friends of the Forest is the perfect week-long day camp for the girl who's eager

SUMMER CAMP GUIDE

to learn about animals and their native habitats! Whichever camp themes she chooses, fun is sure to follow!

For more information visit gsneo.org/summercamp or call customer care at (800) 852-4474.

Great Lakes Science Center
Camp Curiosity:
Summer Science Camps
601 Erieside Avenue, Cleveland
www.GreatScience.com
(216) 621-2400

Welcome to Camp Curiosity 2025, presented by Timken. Their week-long summer day camps for kids in grades K–6 offer unforgettable science adventures, new opportunities to grow their interests, and the chance to make new friends and create amazing memories. Great Lakes Science Center camps combine fun with STEM themes designed to keep kids engaged and learning during the summer.

Kids can make some waves while exploring a Great Lakes steamship, discover how to build structures that can withstand a

hurricane, or learn how to solve mysteries like Sherlock Holmes. Whether your kid dreams of exploring space, loves tinkering with simple machines or longs to discover what chemical reactions can be created with ingredients from your kitchen, there is a camp sure to capture their interest.

Sessions begin June 2 and run through the week of August 11.

Call (216) 621-2400 or visit GreatScience.com to register.

Guardians Youth Summer Camps

www.cleguardians.com/camps

They're back for the summer of 2025! Any boy or girl who has ever picked up a bat, a ball and envisioned themselves on a Major League field will find these week-long camps as close to Guardians baseball as they can get without needing to be José Ramírez. Their promise? A world-class Cleveland Guardians baseball or softball experience that will create moments that your ballplayer will cherish forever.

The experience doesn't →



theater

visual arts

music

dance

creative arts therapies

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216.521.2540





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The Best Camp Ever!
Is celebrating its 19th year and we are inviting you to be part of the fun!!

9 one-week sessions

For kids 5 to 13 years old

Camp hours 9 a.m. to 4:30 p.m.

Featuring:

Horseback riding, playing with rabbits, goats, chickens, cows and dogs. Plus crafts and games all day long.

Visit us at:

www.risingrivercorp.net

Contact Us:

khanimalcamp@gmail.com
or 440-463-31469



Visitation:

Animal Camp visits will be offered on an individual basis. Visitation must be scheduled with limited availability.

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

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"My son attended two summer camps and each week he was thrilled to go! He wished they were longer. We look forward to next year!" - Jen

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www.snapology.com/ohio-cleveland

SUMMER CAMP GUIDE

Guardians Camp cont'd

end on the field; each camper receives an MLB-quality Guardians jersey and cap, participate in a Guardians skills competition, plus two tickets to a 2025 Guardians game. Join them this summer and discover why their camps are the ultimate summer highlight for every young baseball and softball player.

Hawken Summer Programs

Gates Mills and Lyndhurst
(440) 423-2940
summer.hawken.edu

Hawken Summer Programs camp offerings include a variety of exciting activities led by experienced professionals for boys and girls ages 4-14. While your child is enrolled, you'll rest assured knowing he or she is in a safe, nurturing environment. Camp offerings include Hawkings, Boys or Girls Day Camps, Boys Sports Camp and Girls Lifetime Adventure Camp.

Passport Camps offer week-long, full- and half-day opportunities to learn, create, and explore. Hawken Athletics camps offer skill-driven instruction and provide young athletes the opportunity to hone their skills, improve team play, and learn from the best. Hawken Summer Studies Program, open to public and private school students, is a six-week program of credit and enrichment for students entering grades 6-12.

Camps run at varying intervals between June and August. For more information, contact summer-programs@hawken.edu, (440) 423-2940, or visit summer.hawken.edu.

Jump Start! Gymnastics

23700 Mercantile Road
Beachwood
(216) 896-0295
www.jsngymnastics.com

Jump Start Gymnastics offers nine weeks of summer camps from June 9 through August 15, 2025, for boys and girls entering kindergarten through 14 years old.

Jump Start Summer Camp is a great way to explore and experience gymnastics for new and experienced gymnasts wanting to grow their skill base. JSG believes gymnastics benefits everyone, setting a foundation for physical fitness and a healthy lifestyle, and teaches coordination and move-

ments that apply to every sport. In addition to traditional gymnastic instruction, games, and open gym, weekly themes round out each camper's experience for a whole summer of fun.

JSG offers enrollment for selected days or the entire week. Open gym follows each camp from 3:30-5 p.m. for an additional \$10. Registration is available online at jsgymnastics.com.

The Little Gym of Shaker Heights

20707 Chagrin Boulevard
Shaker Heights
(216) 752-9049
www.tlgshakerheightsoh.com

Have you ever been transported to an island or explore the moon? If not, keep reading and let the adventures begin!

The Little Gym offers a summer full of fun and excitement with a variety of themes including Maui's Mystical Island, TLG Crazy Carnival and Race to Outer Space. Their specially developed curriculum combines physical fitness, imagination and creativity giving your child the opportunity to learn and grow all while having serious fun!

Half-day and full-day camps are available for kids ages 3-9 years old. They offer flexibility to match your schedule that's difficult to find anywhere else. Choose the days and weeks that fit your needs. Camps run Monday through Friday. Sign your children up for one day, multiple days, several weeks or the whole summer!

Call (216) 752-9049 or email tlgshakerheightsoh@thelittlegym.com for more information.

Lost Nation Sports Park

38630 Jet Center Drive
Willoughby
(440) 602-4000
www.lostnationsports.com

Mike Moran Basketball Camps

Open to boys and girls ages 6-14

- Session #1: June 16-20
 - Session #2: June 23-27
 - Weeklong program (M-F) 9 a.m.-3:15 p.m.
 - Weekly tuition is \$195
 - Early registration discount is only \$180 (by May 1, 2025)
 - All campers receive a T-shirt
- Call (440) 338-8092 for more information or visit morancamps.com for easy registration.



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The Guardians Youth Summer Camps are back and better than ever. These weeklong camps are the perfect blend of terrific instruction and an unforgettable Guardians experience.



Locations Throughout Northeast Ohio

Camps are open to all ballplayers ages 6 to 14. Each camp runs Monday through Friday from 9 a.m. to 3 p.m. The price for the weeklong camp is \$425. Join us!

- 30 hours of Professional Guardians Instruction
- Current/Formers Guardians Player Appearance at Camp*
- MLB Quality Uniform
- 2 Guardians Tickets*
- Guardians Skills Competition*

*Subject to change depending on MLB Protocols

REGISTER AT CLEGUARDIANS.COM/CAMPS

REGISTER NOW!

SUMMER CAMP GUIDE

Mike Moran Basketball Camps

(Held at Lost Nation Sports Park
in Willoughby)
(440) 338-8092
www.morancamps.com

Session #1: June 16–20

Session #2: June 23–27

The Mike Moran Basketball Camps are the oldest running basketball camps in northern Ohio, with over 40 years of operation. All the instructors are successful college and high school head coaches.

Because it is always well attended, participants will be working with other players of their same age group and ability level. The Moran Camp has always stressed the teaching and drilling of fundamentals. It is truly a camp designed for young players who want to improve their skills and be able to play competitive basketball.

The camp runs all day, Monday through Friday, from 9:00 a.m.–3:15 p.m. Over the years it has been acclaimed by many newspapers and organizations as the top

basketball camp in the area!

The Mike Moran Camps are very popular and fill up quickly. Take advantage of the early registration discount. Visit their new website, morancamps.com, for easy registration. Call for a free brochure!

Ruffing Montessori School Summer Ruffing It

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

A staple for over 40 years, Summer Ruffing It is a six-week day camp designed to promote academic, athletic, and artistic enrichment. Campers work with a variety of professionals and trained educators who provide a joyful, quality experience in small, student-centered groups. Topics covered include art, athletics, community service, drama, media, music, science, and technology. Field trips to a variety of nearby educational/cultural institutions further enhance each camper's experience. Sign up today at www.ruffingmontessori.net.



Give your child a summer of discovery and excitement

CSU Rec Summer Camp offers 10 uniquely themed weeks filled with adventure, creativity, and fun! Designed for children ages 5–14, our camp provides a welcoming environment where kids can explore new activities and make lifelong memories.

Whether your child loves sports, art, or simply making new friends, CSU Rec Summer Camp has something for everyone!

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csurec.com

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Mike Moran Basketball Camps

2025 Boys/Girls Camp

June 16–20 | June 23–27

9:00 am–3:15 pm each session

Lost Nation Sports Park, Willoughby

- **Eligibility:** Open to boys and girls ages 6–14
- **Camp Fee:** \$195.00
- **Each camper receives a camp T-shirt.**

Registration

Early registration discounts/group rates available

Online: MoranCamps.com

Phone: (440) 338-8092

Mail: Brochures 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: Asst. coach of John Carroll University.

MATT MORAN: Head coach at 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.

LUKE CHICONE: 1st Team All Ohio from Mentor High School Graduate, All American Collegiate Guard & Player of the Year in the Ohio Athletic Conference.

SUMMER CAMP GUIDE

Snapology of Cleveland

23645 Mercantile Road, Suite H,

Beachwood

(216) 990-8988

www.snapology.com/
ohio-cleveland

Snapology of Cleveland offers exciting day camps at their Discovery Center in Beachwood and other partner locations!

Your kids will love their fun and educational summer offerings! Campers will enjoy robotics, STEAM, and building with LEGO® bricks while making new friends and having tons of fun!

Day camps at their Beachwood Discovery Center are either half day 9:00 a.m. until 1:00 p.m. or full day 8:15 a.m. until 4:15 p.m. Call or text (216) 990-8988 for more info, visit their website to enroll, or email www.snapology.com/ohio-cleveland with any questions!

Summer at University School

www.us.edu/summer

Junior Kindergarten–Grade 8

20701 Brantley Road

Shaker Heights

Grades 9–12

2785 SOM Center Road

Hunting Valley

Boys and girls can create their one-of-a-kind summer at University School! Camps turn curiosity into adventure, creativity into craft, and fellow campers into friends. Camps are offered at both their Shaker Heights and Hunting Valley Campuses.

University School's classic six-week day camp for boys, grades K–7 (now in its 99th year!), now offers two weeks for boys and girls, grades K–3.

Adventurous artists will have fun with The Great Create, an everything art camp for all elementary and middle school students. Planes, boats, and cars will drive the imagination of preschool boys in one of three weeks of Super Summer Preschool Camp. Boys and girls of all ages can hoop it up on the court, learning foundational basketball skills while having a ball.

Many camps are run by their dynamic University School teachers. Learn more about these and all of University School's summer programs at www.us.edu/summer.

Valley Art Center

155 Bell Street, Chagrin Falls

(440) 247-7507

www.valleyartcenter.org

Summer fun is happening at Valley Art Center, June 16–August 8! Nothing compares to spending an entire week immersed in creative projects at a Valley Art Center art camp. Your child will thrive in an environment where all skill levels are welcome and every camper will learn at just the right pace.

VAC's dedicated and enthusiastic instructors guide young artists to bring ideas to life through painting, mixed media, ceramics, painting, jewelry and more. Camps are available in sessions of five consecutive half-days or full day camps for ages 6–16.

Whatever camp your child chooses, you can trust that your young artist will explore and learn while meeting new friends and engaging in creative play.



Summer ART Camps June 16 – August 8



155 Bell St, Chagrin Falls, OH | 440-247-7507 | valleyartcenter.org/camps



The Little Gym's summer camps are full of fun, creative missions where kids will exercise their muscles, and imaginations! Plus, flexible scheduling allows you to sign up for several weeks, a single week or even just a day at a time!

**NOW ENROLLING SUMMER CAMPS & CLASSES!
CALL TODAY!**

The Little Gym of Shaker Heights

20707 Chagrin Blvd

216-752-9049

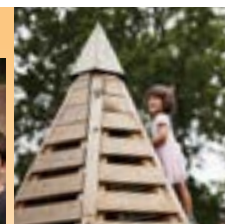
www.tlgshakerheightsoh.com

Summer Ruffing It!

Summer Camps

JUNE 16–JULY 25

Offering camps for 3-year-olds through rising 8th graders. For more information and to register, visit ruffingmontessori.net.



Ruffing Montessori School

3380 Fairmount Boulevard, Cleveland Heights

Preparing your child to attend summer day camp

Summer day camp is an exciting adventure for children, providing them with opportunities to learn new skills, make friends, and enjoy outdoor activities. However, for both parents and children, the transition to camp life can bring a mix of excitement and anxiety. Proper preparation can help ease any concerns and ensure a smooth and enjoyable experience. Here are some key steps to prepare your child for summer day camp.

Discuss expectations and build excitement

Talk to your child about what they can expect at camp, including daily schedules, activities, and new friendships. Highlight the fun aspects, such as games, crafts, and outdoor adventures. If possible, visit the camp beforehand or explore their website together to familiarize your child with the environment. This helps to reduce uncertainty and builds excitement.

Pack smart and label everything

Ensure your child has the necessary items for camp, including weather-appropriate clothing, a water bottle, sunscreen, a hat, and any required medications. Packing a healthy lunch and snacks is also important if the camp does not provide meals. Label all personal belongings to prevent mixups and lost items.



Encourage independence

Day camp often requires children to take on small responsibilities, such as keeping track of their belongings, following instructions, and making choices about activities. Encourage independence at home by allowing them to pack their own backpack, dress themselves, and practice good hygiene habits. Teaching them problem-solving skills, like how to ask for help or handle minor conflicts, can boost their confidence.

Address any anxieties

It's natural for children to feel nervous about a new experience. Validate their feelings and reassure them that it's okay to feel a little anxious. Share stories about your own positive experiences with camps or new activities. Encourage them to talk about their worries and provide solutions to

potential concerns. If they feel apprehensive about making friends, role play social scenarios to help them feel more prepared.

Establish a routine

Camps often have structured schedules, so transitioning from a relaxed summer routine to a more structured day can be challenging. A few weeks before camp starts, adjust your child's schedule to align with camp hours, including wake-up times, meal schedules, and bedtime routines. This will help ease the transition and reduce morning struggles.

Foster a positive attitude toward new experiences

Encourage your child to embrace new activities and step out of their comfort zone. Remind them that making mistakes and trying new things are part of learning and growing. Reinforce a positive mindset by celebrating their courage and effort rather than just their achievements.

By taking these steps, you can help your child feel confident and prepared for their summer day camp experience. With the right preparation, they will have a fantastic time, creating lasting memories and building valuable life skills.

~ Photo credit: Adobe Stock/By Alexey

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