

**LISTEN UP! IT'S TIME TO GET ORGANIZED!**



Tips on bringing structure to long summer days—because the alternative is an all-day grazing buffet of individually packaged snacks and a 14-hour TV marathon.

# P&P SUMMER

## SURVIVAL GUIDE

**Creative Hour** Give each day a theme: Make it Monday for DIY projects, Tinker Tuesday for legos and STEM, and so on. *This also mitigates the kids pulling allllll the art supplies out every day!*



**Morning Kickstart** Set a consistent wake-up time, eat breakfast, and tackle a quick chore to start the day.

**Fresh Air First** Get outside for playtime or a short walk before the heat kicks in.

**Daily Adventure** Plan one structured outing each day, whether it's to the library, the park or even a special "field trip."

**Water Play** In the evenings, pull out the kiddie pool or the sprinkler. Add in some soap and call it bath time!



**Enrichment Hour** Let kids pick a skill or hobby to improve, provide the tools within your means, and set aside time each afternoon to practice.

## Louisiana State Cotillion






We are a youth social and civic organization designed to instill and enhance contemporary etiquette, dining courtesies, social skills, community service responsibility, age appropriate social and basic ballroom dance, and more.



**OUR PROGRAMS**

- Cotillion Kids (Age 5-1st Grade)*
- Pre-Cotillion Club (Grades 2-4)*
- Junior Cotillion League (Grades 5-8)*
- Teen Cotillion Society (Grades 9-12)*

Member Acceptance Period is April 1st - July 15th, or until full. Group size is limited.

FOR MORE INFO EMAIL: [MEMBERSHIP@LASTATECOTILLION.COM](mailto:MEMBERSHIP@LASTATECOTILLION.COM)





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FIND YOUR Y**

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[YMCABR.ORG/CAMP](http://YMCABR.ORG/CAMP)



# HEALTHY EATING TIPS

by Bianca Coats, MPA, RD, LDN,  
Supervisor of Child Nutrition ZCSD

With long days of outdoor play, pool time, and adventures, kids need the right fuel to stay energized. Summer is the perfect time to instill good nutrition habits by making small, simple swaps:

Instead of ice cream, blend up a refreshing peach pie smoothie that includes vanilla Greek yogurt (for extra protein), fresh peaches, cinnamon, and a drizzle of honey for a creamy and refreshing treat!



Replace those chips with apple nachos—thinly slice apples and add a melted nut-free butter with granola, mini chocolate chips, and top with popcorn.



Skip the corn dogs and let kids have fun customizing their own chicken & veggie skewers! Pile on the veggies like onions, zucchini, peppers, or tomatoes. Grill them up and serve with a side of Greek yogurt or hummus for dipping.

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# Mom Hacks



Breakfast			Lunch		
Proteins	Carbohydrates	Fats	Proteins	Carbohydrates	Fats
Kodiak muffins	Fruit	Eggs	Chicken meatballs	Veggie straws	Peanut butter
Kodiak waffles	Eggo waffles	String cheese	Hamburgers	Fruit	Trail mix
Kodiak oatmeal	Cheerios	Peanut Butter	Leftovers	Fruit chips	String cheese
Clif Kid Zbar	Pancakes	Nutella	Clif Kid Zbar	Pickles	Chips
Yogurt	PopTarts		Grilled chicken tenders	Carrots	
Eggs	Toaster streudel		Turkey Sandwich		
Granola			Yogurt	PB&J Sandwich	
Sausage balls				Easy Mac	
Egg Sandwich			Egg Sandwich		

## Inventory Menu

Megan Southall, mom of four, created an easy guideline for healthy eating over the summer, so that kids don't get overwhelmed with choices and know what's in the fridge and pantry.



## Daily Snack Basket

Cut down on all-day snack time! Each morning, let kids pick 1 dairy, 1 fruit, & 1 treat to fill their basket. It gives them independence while keeping portions balanced & snack requests in check! When their basket is empty, snack time is over!



**FREE Community Shred Day**  
9am – Noon

**Central Branch**  
Saturday, April 26<sup>th</sup>  
14395 Grand Settlement Blvd | Central

**Watson Branch**  
Saturday, May 3<sup>rd</sup>  
32340 La. Highway 16 | Watson

**Main Branch**  
Saturday, May 3<sup>rd</sup>  
4743 Main Street | Zachary

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# KEEP KIDS MOVING

## TIPS FOR A SCREEN-FREE SUMMER

### SIGN UP FOR ACTIVITIES

Keep kids busy and learning by enrolling them in fun programs like day camps, the library's summer reading challenge or free summer programs.

### CREATE A DAILY ROUTINE

Establish a schedule that includes outdoor play, creative time, and family activities. Consistency helps limit screen time without constant reminders.

### BE A ROLE MODEL

Kids are more likely to follow your lead. Set the example by unplugging and enjoying screen-free activities together.

### ENCOURAGE OUTDOOR ADVENTURES

Plan regular park trips, nature walks, or backyard games. Even simple activities like sidewalk chalk or water balloon fights can keep kids entertained.

### GET CREATIVE INDOORS

On rainy days, try crafts, puzzles, or cooking together. These hands-on activities provide fun alternatives to screens.

### GIVE KIDS AGE-APPROPRIATE JOBS

Whether it's folding their own laundry, weeding the garden, or putting away the groceries, teach kids the value of household responsibility with age-appropriate jobs.

*NEW STUDENT  
ENROLLMENT: OPENS  
MAY 1*

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SCAN ME!



# Staying Active and Confident:

## How Molly Myers Dance Academy Empowers Young Dancers

When Layla Leonard and her family moved to Zachary in 2018, they were searching for a dance studio that felt like home. They found that and more at Molly Myers Dance Academy (MMDA). Having danced since the age of three, Layla quickly embraced the supportive and welcoming environment at MMDA.

"We absolutely love Molly and her wonderful staff," her mother, Laura, shared. "They are so friendly, helpful, and trustworthy, and they truly put their dancers and their families first."

Over the years, dance has played a significant role in shaping Layla's character, helping her develop confidence, discipline, and perseverance. That confidence recently led her to step out of her comfort zone and try out for the Broncos Belles dance team—a challenge she took on with enthusiasm. She made the team, an accomplishment that highlights her dedication and passion for dance.

Beyond technique and performance, MMDA has instilled valuable life lessons in Layla. The studio has helped her stay motivated, maintain a positive attitude, and push through challenges with determination.

Despite her busy schedule, which includes travel softball, track, and Beta Club, Layla continues to find joy in dance. As she grows into a strong, confident young woman, her parents are grateful for the role MMDA has played in her journey.

"We absolutely love Molly and her wonderful staff. They are so friendly, helpful, and trustworthy, and they truly put their dancers and their families first."



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# ENCOURAGE READING THIS SUMMER WITH THE LIBRARY'S SUMMER READING CHALLENGE

Summer is the perfect time for kids to dive into books, explore new worlds, and keep their reading skills sharp. The East Baton Rouge Parish Library (EBRPL) makes it easy and fun with its annual Summer Reading Challenge, offering engaging activities, exciting prizes, and plenty of opportunities to spark a lifelong love of reading.

## HOW IT WORKS

Children of all ages (and adults) can set reading goals and track their progress throughout the summer. Whether they're flipping through pages of their favorite series or listening to audiobooks, every reading milestone earns them points and fun rewards.

## BEYOND THE BOOKS

EBRPL takes summer fun to the next level with interactive events like storytelling sessions, puppet shows, craft workshops, and live performances. Teens can enjoy art-themed escape rooms, Bob Ross paint-alongs, and other creative challenges designed just for them.

## AWESOME REWARDS

Kids who complete the challenge earn a certificate, a free book, a cool bag, and a chance to win gift cards. Teens who log three books can snag a clear drawstring backpack, pick a surprise from the Bin of Mysteries, and enter weekly prize raffles. The top teen reader will even win a special grand prize!

## JOIN THE FUN

Sign up starting June 1 at any EBRPL location or online at [ebrpl.beanstack.org](http://ebrpl.beanstack.org). Don't miss the Summer Reading Kick-Off Party on Thursday, May 29 at the Main Library, packed with music, magic, and family-friendly fun from 10 AM to 1 PM. Grab a calendar of events while you're there.

Make this summer one for the books—literally! Encourage your kids to read, explore, and enjoy all the adventures waiting at the library.

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# ZACHARY TOY STORE: THE ULTIMATE STOP FOR SUMMER FUN AND LAST-MINUTE GIFTS

Introducing **Zachary Toy Store**, a new addition to Fun Time Pools offering a unique variety of toys to inspire kids' imaginations. From TikTok fidget toys to classic playroom favorites, it's perfect for all ages. Need a last-minute gift? Just call ahead, and they'll pick it out, wrap it up, and have it ready to go. Here are some of our favorite things:

1. Make Your Own Lava Lamp, \$16.99
2. Classic ViewFinder, \$18.99
3. Insect Lore Butterfly Garden, \$27.99
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SUMMER

# Daytrippin'

Nearby destinations for a change of scenery.



photo credit: Dr. Melanie McHenry

Visit **Prehistoric Park in Henderson, La.**, where larger than life animatronic dinosaurs are guaranteed to make a core memory!



Head over the Atchafalaya Basin to **Breaux Bridge** for an alligator swamp tour, then hit any gas station or hole in the wall you pass to sample the best boudin in the state!

## Mission: Day Date



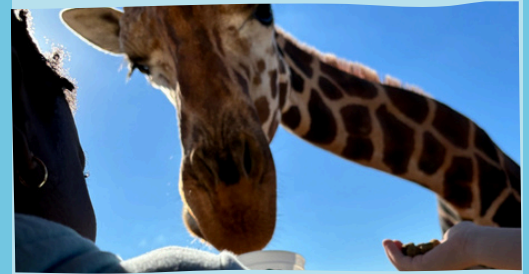
photo credit: Jordan Heffer

Rum tasting in a castle at **Galvez Tasting Room & Gardens in Jackson, La.**



Biking the levee at sunset **downtown** with a cheap, easy e-bike rental from **We Bike BR**

## Destination: Northshore



**Go on a safari at Global Wildlife**



**Cool down at the Abita Brew Pub**



photo credit: Chris Granger

**Glamp at Fontainebleau State Park**

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# TRAVEL-READY CHECKLIST:



## Health & Wellness

- Rx meds (*refilled & packed*)
- Motion sickness relief
- Pain relievers
- Cold & allergy meds
- Electrolyte packets



## First Aid Must-Haves

- Bandages/Ointment
- Anti-itch cream & antihistamines
- Bug spray & sunscreen
- Blister pads & travel-sized hand sanitizer



## Eye & Ear Care

- Contact solution & extra cases
- Eye drops for dryness & redness relief
- Earplugs & sleep masks



## On-the-Go Comfort

- Travel-sized toiletries & wipes
- Lip balm & lotion for dry skin
- Digestive aids
- Snacks & protein bars

**STOP BY HOMETOWN  
BEFORE YOU GO!**