

# TODAY'S family

September 2025

Cuyahoga

**Dance**  
How it can  
benefit your  
child's growth

**Clean  
Water  
Fest**

September 20

**Protecting  
Your Child**

How AI-generated  
photos are turning  
into weapons

**Fun  
Family  
Events**

**Preparing  
for an  
emergency**

Something that  
most families  
ignore – but  
shouldn't

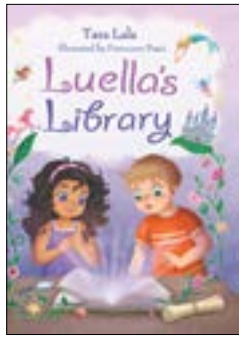
# Oh Baby!

From baby showers to first cuddles—  
your essential guide for today's  
expecting parents



See inside for  
lots more!

# Today's Family BOOK CLUB



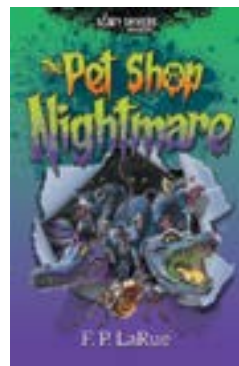
## Luella's Library

By Tara Lala

Luella loves to read books, but her best friend, Lino, doesn't.

What Lino soon discovers is that the books in Luella's library are magical! When one of her books transports them to an enchanted land, they have to face unexpected obstacles and help new friends.

Will Luella and Lino complete their journeys along the way? Will they be able to help their new friend find his way back home? Or will Lino choose his phone over the adventures Luella's library has in store? Grades 3-4.



## The Pet Shop Nightmare

By F.P. LaRue

Ollie receives a call from his cousin Claire, who is in a state of panic. Her best friend, McKenna, has disappeared without a trace. When Claire recruits the help of Ollie and his friends, she receives a mysterious note telling her to mind her own business.

As Ollie, Mellie, and Scotty delve deeper into the mystery of McKenna's disappearance, they uncover strange activities and dark secrets connected with the pet shop. With the disappearance of animals from the pet shop, they soon realize that something sinister is at play, and the evil forces involved will stop at nothing to protect their ominous plans.

In The Pet Shop Nightmare, can Ollie, Mellie, and Scotty unravel the mystery before they become the next ones to disappear? Grades 3-4.



## My Grandma and Grandpa Rock!

By Pat Benatar and Neil Giraldo

Grandparents love to rock every way they can whether it's by singing out loud, dancing to a song in their hearts, or just living their best lives!

Rock & Roll Hall of Famers Pat Benatar and Neil Giraldo were inspired to write the book by their own three grandchildren, and they wanted

to highlight the huge diversity of "rockin' grandparents," who can be rock stars, bakers, yoga teachers, electricians, retired, and more...but no matter what, all love their grandkids. Ages 3-8.

All three books go on sale September 9, 2025!

# MR. MOVER

Celebrating Over 29 Years of Excellent Service!



Home  
Office  
Apartment

**FREE ESTIMATES**

**mrmoverohio.com 440.951.4979**

# contents

**4 BE READY FOR AN EMERGENCY**  
Prepare today to avoid scrambling tomorrow

**5 CLEAN WATER FEST**  
Celebrate all things water on Sept. 20

**6 WHEN A PHOTO BECOMES A WEAPON**  
Protect your kids from AI generated exploitation

## BABY GUIDE

For today's expecting parents

**8** Modern baby showers

**9** Newborn health

**10-11** Baby products

**12** Rise of the doula

**12** To vax or not to vax

**13** Postpartum mental health

**13** Siblings and the new baby

**14** HUMOR: Birth and marathons

**16 DANCE GUIDE**  
How dance can benefit your child's health

**18 PATTERSON FAMILY FUN FEST**  
Families of children preschool through elementary ages

**19 CALENDAR**  
Lots of great events



# TODAY'S family

Lake, Geauga & Cuyahoga Counties

P.O. Box 7316  
Eastlake, Ohio 44097  
TodaysFamilyMagazine.com  
**440-799-8882**

### Publisher/Advertising

Kim Miller

kim@todaysfamilymagazine.com

### Publisher/Editor/Online

Dan Miller

dan@todaysfamilymagazine.com

### Writers

Deanna Adams

Sophia Filipiak

Dan Miller

Jeannine Todd

Stacy Turner



Subscribe to our monthly **EMAIL NEWSLETTER**

Visit [TodaysFamilyMagazine.com](http://TodaysFamilyMagazine.com) and sign up today!  
The link is in the upper left corner of the home page.



Like us on **Facebook!**

The opinions expressed in this magazine do not constitute an endorsement by the Today's Family Magazine® staff or our advertisers. All contributors and advertisers assume responsibility and liability for the accuracy of statements and claims in advertisements and press releases. **All readers assume responsibility for actions or decisions they may make as a result of reading this publication.** We reserve the right to refuse any advertising. Submission of articles does not guarantee publication. All submissions are subject to editing.

Copyright 2025  
Direct Market Publishing, LLC  
All rights reserved.

Today's Family Magazine is distributed free of charge for families living in and around Cuyahoga County.

Cover Photo  
iStock / Photohota



THE NUMBER ONE EVENT IN THE NUMBER TWO BUSINESS.

# CLEAN WATER FEST

# 9.20.2025

9AM-4PM | 4747 E. 49th St. in Cuyahoga Heights

More info at [cleanwaterfest.com](https://cleanwaterfest.com)

YOU REALLY GOTTA GO.



# Be ready for an emergency before you NEED to be!

September is National Preparedness Month — a reminder that emergencies don't send a calendar invite. A heavy storm, prolonged power outage, hazardous spill, or even a sudden evacuation can upend daily life in minutes. And yet, most families — even those who once had a "just in case" kit — eventually raid their supplies for paper towels, batteries, or toilet paper, assuming they'll restock later. Then "later" never comes.

The truth is, preparedness doesn't have to be overwhelming. Small, doable steps make all the difference. The goal isn't building a bunker — it's giving your family enough resources to be safe, warm, fed, and informed until help arrives or the crisis passes.

## The family preparedness checklist

Start here, and check it off over a few weekends instead of trying to do it all at once.

### 1. Water & food

- 1 gallon of water per person per day (three-day minimum)
- Nonperishable foods (cans, granola bars, peanut butter, dried fruit)
- Manual can opener

### 2. Safety & first aid

- First-aid kit (bandages, antiseptic, gloves, pain relievers, tweezers)
- Flashlights with extra batteries
- Whistle (for signaling if you need help)

### 3. Warmth & shelter

- Extra blankets or sleeping bags
- Sturdy shoes and seasonal clothing
- Plastic sheeting and duct tape (for temporary shelter or covering broken windows)

### 4. Communication & information

- Battery-powered or hand-crank radio
- Fully charged portable power bank for cell phones
- List of emergency contacts (printed, not just in your phone)

### 5. Personal needs

- Medications (seven-day supply)
- Glasses/contact lenses & solution
- Infant formula, diapers, pet food (as needed)
- Hygiene items (toilet paper, wipes, hand sanitizer)

### Practical tips to keep it ready

- Don't stash and forget. Mark your calendar twice a year to check expiration dates, rotate food, and test flashlights.
- Duplicate, don't borrow. If you "borrow" from your kit, replace it within 24 hours.
- Involve the kids. Let them choose a comfort item (small stuffed animal, favorite snack) to include in the kit — it makes the idea less scary.
- Think location. Keep one larger kit at home, smaller versions in cars, and a "go bag" for



Photo: By David Pereira

each family member near the door for quick evacuations.

### Resources for getting started

- Ready.gov — Comprehensive emergency preparedness tips for families.
- American Red Cross — Disaster supply lists, first aid classes, and local shelter info.
- FEMA App — Real-time alerts, shelter locations, and safety tips.

Bottom line: We never think it will happen to us — until it does. Having even a modest kit ready can turn a crisis into an inconvenience instead of a disaster. A little preparation today means you won't be scrambling tomorrow.

Villa Angela-St. Joseph  
HIGH SCHOOL  
Join. Family. Future.

**FEEL THE VIKING SPIRIT!**

**JOIN US AT OUR FALL OPEN HOUSE:**  
Sunday, October 12  
12-2 PM

## Asian Lantern Festival at the Zoo

Tickets are on sale now for the Asian Lantern Festival presented at Cleveland Metroparks Zoo through Sunday, September 13. Experience the wonder of Cleveland Metroparks Zoo illuminated after dark, featuring live acrobatic performances every hour and a variety of culturally inspired cuisine at the Asian Food Market.

Additional highlights include a four-story-tall hydrangea and butterfly tree, walk-through tunnels and uniquely themed areas including



Animals of the Nile as well as ocean creatures, botanical gardens and more.

The Eagle Zip Adventure and Circle of Wildlife Carousel will be open. Advance tickets are on sale now at [FutureForWildlife.org/lanterns](http://FutureForWildlife.org/lanterns).

## Taste of the Browns fundraiser

Join the Greater Cleveland Food Bank and the Cleveland Browns in celebrating 27 years of our city's love of sports and our acclaimed culinary talents at Taste of the Browns on Monday, September 15 from 6–9 pm at Huntington Bank Field.

Not only are guests able to sample the city's best cuisine and mingle with current Browns players and alumni, but a silent auction will also be available to bid on throughout the evening to benefit the Food Bank.

General admission tickets are \$225

and VIP tickets are \$325. Tickets include all food and beverages, a complimentary souvenir glass and valet parking. The Legends VIP Lounge features specialty cocktails, private VIP space and mingling with Cleveland Browns players and alumni. All proceeds benefit the food bank.

For more event information or to order tickets, call 216-738-2139 or visit [GreaterClevelandFoodBank.org/Taste](http://GreaterClevelandFoodBank.org/Taste). A full list of participating restaurants and online bidding instructions can be found here as well.

**TASTE OF THE BROWNS**

**MONDAY, SEPTEMBER 15, 2025**  
**6:00 - 9:00 PM**  
**Huntington Bank Field**  
[GreaterClevelandFoodBank.org/Taste](http://GreaterClevelandFoodBank.org/Taste)



## Cleveland Orchestra 2025–26 Family Concerts and Music Explorers Series

The Cleveland Orchestra is thrilled to announce its 2025–26 Family Concert Series and Music Explorers Series at Severance Music Center.

Family Concerts, aimed at children ages 7–12, offer performances that blend education and entertainment in the beautiful Mandel Concert Hall.

Kicking off the season is the Halloween Spooktacular on Sunday, October 19, 2025. This beloved annual event offers a spooky, family-friendly twist on classical music, giving families the chance to enjoy an afternoon of thrilling music and whimsical fun. The concert encourages kids to wear their Halloween best and join the orchestra for an afternoon filled with musical treats and playful tricks. Preconcert activities begin an hour before the performance, ensuring an immersive experience for attendees. There are two performances. The first performance at 1 p.m. is sensory friendly with a limited audience size, and the second performance begins at 4 p.m.

Alongside the Family Concert Series, the orchestra's Music Explorers Series offers a perfect first concert experience for the youngest music lovers — children ages 3 to 6. Held in the intimate Reinberger Chamber Hall, these 30-minute interactive programs introduce one instrument at a time through storytelling and live music, led by Cleveland Orchestra musicians and a lively host.

The 2025–26 Music Explorers Series begins with the Fantastic Flute on November 7 and 8, 2025, featuring Jessica Sindell and the graceful sounds of the flute. On December 12 and 13, 2025, families can ring in the season with the Holiday Brass Quintet in Mandel Concert Hall. It's a festive celebration filled with bright, brassy cheer and holiday favorites.

For tickets, please visit [www.clevelandorchestra.com](http://www.clevelandorchestra.com) or call the Severance Music Center ticket office at 216-231-1111. The ticket office is open Monday through Friday from 9 a.m.–6 p.m.



## Clean Water Fest 2025

Join in Saturday, September 20 for a day of free, fab fun!

Celebrate all things water at Clean Water Fest, a free, family-friendly event hosted by the Northeast Ohio Regional Sewer District. Enjoy a full day of games, giveaways, food, hands-on activities, and behind-the-scenes tours that highlight the work it takes to protect our environment and public health.

Event highlights include:

- Guided tours of one of the largest wastewater treatment plants in the country — the 300-acre Southerly Wastewater Treatment Center.
- A close-up look at their award-winning, state-certified

laboratory.

- Trucks, equipment, and interactive exhibits for all ages.
- Prizes, treats, and hands-on learning experiences.

The fest will be held from 9 a.m.–4 p.m. (last tour at 3 p.m.) on Saturday, September 20, 2025. The Southerly Wastewater Treatment Center is located at 4747 East 49th Street in Cuyahoga Heights.

Join thousands of fellow water enthusiasts from across northeast Ohio for the #1 event in the #2 business.

Visit [www.cleanwaterfest.com](http://www.cleanwaterfest.com) for more details.



OHIO'S CENTER  
FOR  
ORAL • FACIAL • IMPLANT SURGERY



TRUSTED PROFESSIONALS FOR  
*Wisdom Teeth*

*Now booking consultations!*

- DENTAL IMPLANTS
- FACIAL COSMETIC SURGERY
- BOTOX & FILLERS
- PEDIATRIC CARE
- WISDOM TEETH
- TMJ

Board Certified Surgeons

KEITH SCHNEIDER, MS, DMD, FACS | DONALD LEWIS JR., DDS  
JILL WEBER, DDS | MAX G. BEUSHAUSEN, DMD, MD  
MARIA DELEONIBUS, DMD

[WWW.OHSURGERY.COM](http://WWW.OHSURGERY.COM)



Mentor • 7207 Hopkins Road  
Highland Heights • 6151 Wilson Mills Road #110  
Bainbridge • 17747 Chillicothe Road #203

Call us today at 440-255-3700

Call us or  
scan the  
QR code

BOOK YOUR NEXT  
BIRTHDAY PARTY  
AT CUTS N CURLS!

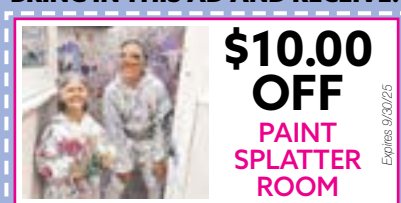


a unique hair salon & toy store

**Cuts N Curls**  
for Boys and Girls, Inc.  
(and grown-ups, too)



BRING IN THIS AD AND RECEIVE:



**\$10.00  
OFF  
PAINT  
SPLATTER  
ROOM**

Expires 9/30/25

HOURS: Tue-Fri 10 am–7 pm, Sat 9 am–6 pm  
Sun 10 am–5 pm  
Appointments preferred.

6025 Kruse Drive, Solon • 440-542-1750 • [www.cutsncurls.net](http://www.cutsncurls.net)

# When a photo becomes a weapon

## Protecting kids from AI-generated exploitation

In the past, parents worried about strangers lurking in dark corners of the internet. Today, the danger can be hiding in plain sight — on popular apps and platforms kids use every day.

A growing number of “nudify” and explicit deepfake tools are being openly promoted on mainstream social media like Instagram, TikTok, and Reddit. With just one photo — perhaps lifted from a school yearbook, team roster, or a public profile — these apps can produce a convincing, sexualized image in seconds. What was once the stuff of the “dark web” has moved to where our kids scroll, share, and socialize.

### The harm is real

While some teens might dismiss it as a joke or a prank, these altered images can lead to devastating emotional trauma, cyberbullying, and even sextortion — where criminals threaten to share the images unless money or more images are sent.

### What parents can do

Keeping kids safe in a world where the technology is this fast and accessible takes more than installing parental controls. It requires ongoing, honest conversations and a few critical habits:

**Lock down privacy settings.** Make sure your child’s social media accounts are private and that only friends they truly know can see their content.

**Limit public photos.** Encourage your kids to think twice before posting images — especially in swimsuits, sports uniforms, or other settings where they could be misused.

**Talk about deepfakes.** Kids need to understand that images can be altered in ways that look real, and that sharing or creating such images can be illegal and harmful.

**Teach “pause before you post.”** Even a silly or harmless picture could be twisted into something damaging.

**Have a plan if something happens.** Let your child know they can come to you without fear of punishment. If an explicit image is created or shared, preserve all evidence, report it to law enforcement, and visit [takeitdown.ncmec.org](http://takeitdown.ncmec.org) to request to have it removed.

Bottom line: AI tools can be used for creativity and fun, but in the wrong hands, they can cause lasting harm. By staying informed, setting boundaries, and keeping communication open, parents can help make sure a single photo doesn’t become a lifelong nightmare for their child.



**2025 NICHÉ BEST SCHOOLS**

**Best All-Girls Schools in Ohio**

# Laurel girls today. Leaders tomorrow.

**Explore a Laurel education for your daughter.** Learn about how Laurel’s Center for Research on Girls puts cutting-edge research into action to create an environment in which girls thrive.

**Join us at an admissions event to see how we develop tomorrow’s leaders today.**

**RSVP today!**  
Admissions@LaurelSchool.org  
216.464.0946

**Lyman Campus Open House  
Grades 6-12**  
October 9 | 5:00-7:00 pm  
Shaker Heights, Ohio

**Butler Campus Open House**  
October 23 | 5:30-7:00 pm  
Novelty, Ohio

**LAUREL**  
LaurelSchool.org





# GYMNASTICS

## FOR KIDS & ADULTS!



Now in our **22<sup>nd</sup>** year of helping gymnasts to reach their goals!

### Six-Week Sessions

You choose the day & time that your gymnast will attend their weekly lesson.

- 45 min class = \$ 130
- 1-hour class, 1x per week = \$145 per session
- 1.25-hour class, 1x per week = \$165 per session

#### Fall Session 1

Monday, August 25 – Monday, October 6

Closed September 1 – Classes automatically prorated.

#### Fall Session 2

Wednesday, October 8 – Monday, November 17

### Private Lessons

Jump Start is offering:

- Individual private lessons
  - Semi-private lessons
  - Small group lessons
- 30-, 45-, or 60-minute lessons  
Saturday & Sunday afternoons



Email your requested day & time to:

[jsgymnastics@jsgymnastics.com](mailto:jsgymnastics@jsgymnastics.com)



#### TWISTERS

**Little Twisters (with adult)**  
20 months–3.5 years old / 45 mins

**Swinging Twisters**  
3–4.5 years / 1 hour

**Tumbling Twisters**  
4–5.5 years / 1.25 hours

**SuperSonic Twisters**  
5–6.11 years

#### FLIPS FOR GIRLS

7–10 years old

#### FLIP AND SALUTE FOR TEENS & BETWEENES

10–17 years old

#### GYM SKILLS FOR BOYS

8–14 years old

#### COMPETITIVE TEAM

Call for details!

#### OPEN GYM

Follows session calendar dates.  
\$10 per participant.

#### **YOUTH**

Sundays / Call for times.

#### **ADULT**

Thursday 7:45–9:00 pm



### 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](http://jsgymnastics.com)

Email: [jsgymnastics@jsgymnastics.com](mailto:jsgymnastics@jsgymnastics.com)

# Baby showers

## REIMAGINED!

Modern showers are all about connection, creativity, and making memories your way

Baby showers have evolved far beyond the pastel streamers and endless gift unwrapping of decades past. Today's parents-to-be — and their friends — are reimagining the tradition, turning it into a celebration that's as much about the guests as it is about the baby.

"I went to one where the mom didn't open a single gift," says Lauren M., a Pepper Pike resident. "Instead, everyone brought their present unwrapped so we could spend more time eating, talking, and taking photos. It was so much more fun — no one was stuck for hours watching gift after gift get opened."

These "no-wrap" or "display" showers are gaining popularity, allowing guests to showcase their gifts beautifully on a table while giving the parents-to-be more time to

mingle. It also cuts down on waste, making the event more ecofriendly.

Another growing trend: co-ed showers — or even dropping the word "shower" entirely in favor of "baby brunch," "sip and see," or "baby bash." These inclusive events bring together friends and family of all genders for games, food, and activities that appeal to everyone. Think lawn games instead of diaper pins, charcuterie boards instead of tea sandwiches, and mocktail stations with creative, baby-themed names.

Photo-worthy details are also taking center stage. Balloon arches, floral backdrops, and personalized signage turn showers into Instagram-ready affairs. Many hosts now hire a photographer or set up a DIY photo booth so guests can leave with a keepsake from the day.



A display shower is a baby (and bridal) shower where guests are asked to bring their gifts unwrapped, with a ribbon or bow on the gift itself, and a tag to say who the gift is from. The gifts are then set out for display for all to see, with a label or tag to show who the gift came from.

Games, while still a staple, are shifting toward interactive fun that sparks laughter rather than awkwardness. Popular picks include "decorate a onesie," "guess the baby food flavor," and team-based trivia about the parents-to-be.

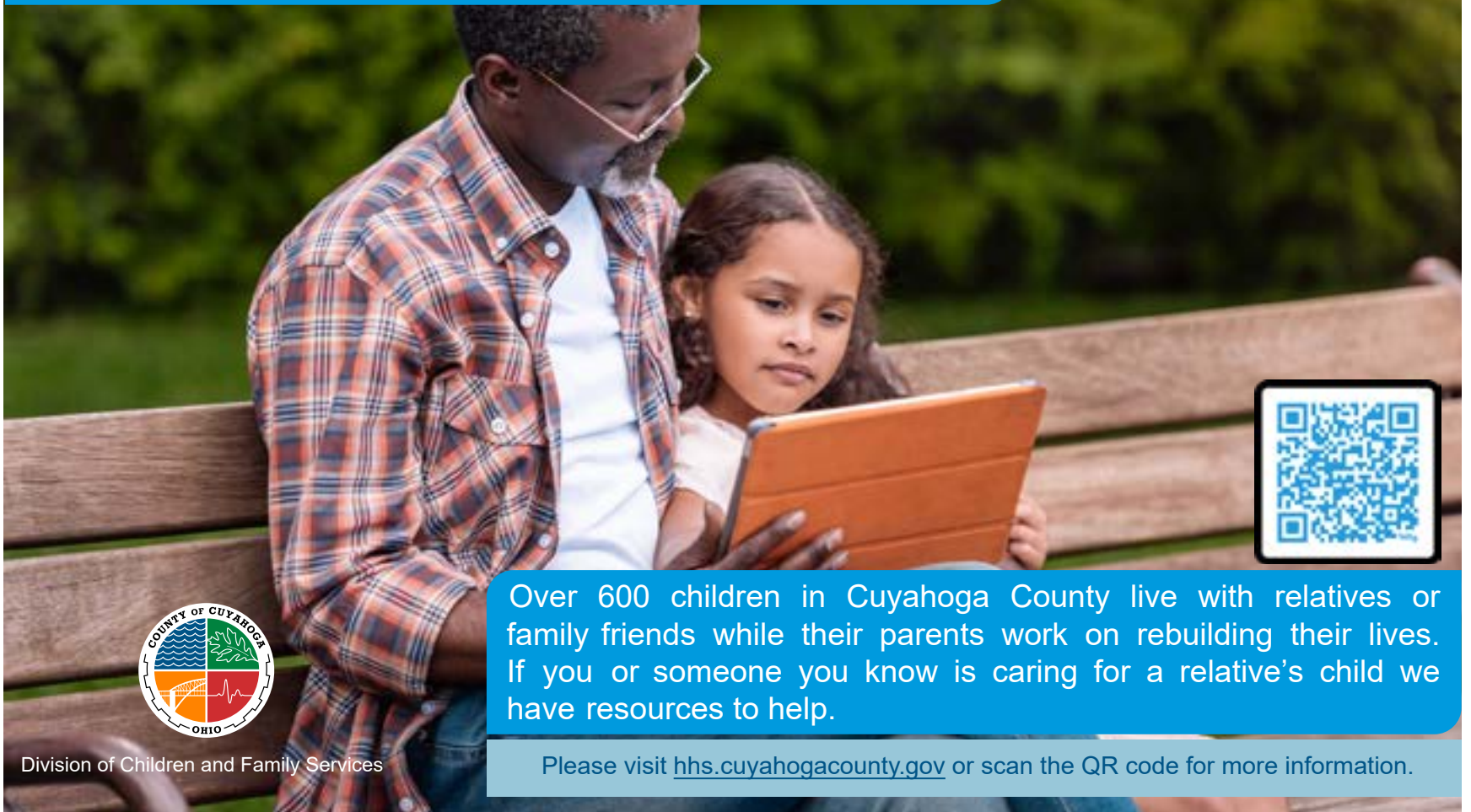
For some families, the shower is being replaced entirely by a "sip and see" — a casual open house held after the baby arrives, so guests can meet

the newborn and celebrate without adding extra pressure to the expectant parents.

"The best showers now feel less like a checklist and more like a genuine celebration," says Lauren. "It's about making memories, not just opening presents."

In the end, the best baby shower is the one where everyone leaves smiling—especially the mom-to-be.

## Thank You Kinship Caregivers!



Division of Children and Family Services



Over 600 children in Cuyahoga County live with relatives or family friends while their parents work on rebuilding their lives. If you or someone you know is caring for a relative's child we have resources to help.

Please visit [hhs.cuyahogacounty.gov](https://hhs.cuyahogacounty.gov) or scan the QR code for more information.

# Newborn Health

## Could a probiotic give C-section newborns a healthier start in the first week of life?

The first week of life is more than just bonding time for new parents and babies—it's also when a baby's gut begins to fill with important bacteria that can shape their health for years to come.

Babies born vaginally and those born via C-section start life with very different microbiomes (the community of bacteria in the gut). Vaginal birth allows babies to pick up beneficial bacteria from the mother's gut. C-section babies, however, tend to be colonized with more bacteria commonly found in hospital environments—some of which can be resistant to antibiotics.

Research from the UK Baby Biome Prospective Study has identified three key "pioneer" bacteria that often colonize babies in the first week:

- **Bifidobacterium longum** (*b. longum*) – passed from the mother's gut, supports healthy immune function.
- **Bifidobacterium breve** (*b. breve*) – adapted to thrive on breast milk and block harmful germs from settling in.
- **Enterococcus faecalis** (*e. faecalis*) – considered a riskier bacteria with potential to cause infections.

In a study of over 1,000 newborns, researchers examined stool samples to see which bacteria were present. They then followed these children for two years, looking at hospital admissions for lower respiratory tract viral infections (vLRTI)—infections like RSV or bronchiolitis that affect the lungs.

### The findings were striking

Babies born vaginally with high amounts of *b. longum* and *b. breve* were far less likely to be hospitalized with vLRTI in the first two years of life. In contrast, C-section babies—and some vaginally born babies without these bacteria—had a higher risk of such hospitalizations.

It's not yet clear why some vaginally-delivered babies miss out on these beneficial bacteria, but researchers agree that C-section babies almost always lack them.

### What does this mean for parents?

The authors stress that more research is needed before making firm recommendations. However, if C-section babies are missing these important gut pioneers, it's reasonable to consider probiotics



Adobe Stock / ByAnatta\_Tan

containing both *b. longum* and *b. breve*. One option, Probonix Humarian Liquid Probiotic, is safe for infants and includes both strains. While we still need large clinical trials to prove benefits, the potential upside may outweigh the minimal risks (aside from cost).

Bottom line: The first week of life is a crucial window for gut health. Supporting it with the right bacteria could be one way to help protect your baby from serious infections down the road. And, as always confer with your pediatric provider for advice and counsel.

By Shelly Senders, MD, founder and CEO of Senders Pediatrics located in South Euclid, OH.

## SENDERS PEDIATRICS

Partners in Your Child's Health  
From Birth to Young Adult



## BREASTFEEDING MEDICINE OF NORTHEAST OHIO

Specialized Care for Breastfeeding Families



Compassionate, Comprehensive  
Evidence-based Care



care@senderspediatrics.com | senderspediatrics.com

Exceptional Medical and Lactation Support  
Serving Breastfeeding Patients Since 2008



lactation@bfmedneo.com | bfmedneo.com

2054 South Green Road, South Euclid, OH 44121 • Phone or text: 216-291-9210

## STORKCRAFT®

www.storkcraft.com

### Santos™ 3-in-1 Convertible Crib

Meet the Santos™ 3-in-1 Convertible Crib—a signature Storkcraft® design. This crib has rounded posts for a soft silhouette, and a natural wood base for stylish two-tone flair.

#### 3-in-1 convertible crib:

Crib • Toddler bed\* • Daybed

#### 4 different height options:

The crib's adjustable mattress support base has four different height options, including an innovative "newborn" height option to conveniently provide parents with an easier access to their newborn. Designed to fit any standard full-size crib & toddler mattress (mattress sold separately). \*Guardrails sold separately for toddler bed.



## SKIPHOP

www.skiphop.com



### Skip Hop Baby Discoverosity Montessori-Inspired 3-Stage Activity Center & Play Table

Designed in collaboration with experts in Montessori education, this nature-inspired activity center sparks baby's natural curiosity while encouraging self-directed exploration and sensory play. Beautifully crafted with sustainably-sourced natural wood accents, it's packed with over 25 developmental activities, five moveable toys for customized play, and unique Discovery Window™ that helps teach cause & effect. The three-stage grow-with-baby design also features a 360-degree rotating seat for baby to swivel and bounce, then converts to cruising mode for new walkers and finally becomes a toddler play table with a handy bin to store crafts and supplies.



## SKIPHOP

www.skiphop.com



### Skip Hop Safari Play Gym

A safari adventure for baby, Carter's adorable play gym features a soft play mat with jungle animals and an elephant pillow for tummy time play. Packed with 20+ developmental activities, five hanging toys engage baby with textures, sounds and more to explore. Features:

- 20+ developmental activities
- Three ways to play: overhead play, tummy time, seated play
- Five hanging toys include: musical elephant with teether, leopard with squeaker, crinkle lion, giraffe with rattle, sloth with baby mirror
- Supportive elephant tummy time pillow
- Soft playmat with jungle animals artwork
- Two-arch construction
- Size (inches): 34L x 34W x 20H; (cm): 86.4L x 86.4W x 50.8H

### Skip Hop Forma Backpack Diaper Bag

Lightweight, quilted diaper backpack offers hands-free ease and special insulated packing cubes and side bottle pockets for baby's gear. The spacious interior fits everything from snacks to spare outfits and the extra wide opening makes it easy to pack and grab essentials in a pinch. Has cushioned changing pad and stroller straps and is available in a variety of colors.

# 14 MUST-HAVE BABY PRODUCTS

We've rounded up the best gear to help you care for your baby in the first two years. From cribs, to playpens to best-selling strollers, we've got you covered!

## CHITA LIVING

www.chitaliving.com



### Theo Power Swivel Glider Recliner

The Theo Recliner solves key parenting challenges for babies and caregivers through these features:

- 270° swivel & smooth glide for quiet, gentle rock a baby to sleep (no wake-up disruptions!)
- USB-powered convenience for device charging
- OEKO-TEX® certified faux leather and fabric + CertiPUR-US foam (safety-first for little ones!)
- Tool-free assembly & machine-washable covers (parenthood made easy!)
- Available in a variety of fabrics.

## KEA BABIES

www.keababies.com



### Original Wrap Carrier

Specially designed using stretchy yet sturdy fabric so that your baby's weight will not strain your back and shoulders after long periods of use. The right amount

of elasticity keeps your baby safe and snug in the wrap without needing constant readjustment. It is one size fits all, suitable for moms and dads of all sizes.

## BROOKLINEN

www.brooklinen.com



### Brooklinen Sesame Street® Crib Sheet Polka Dot

With the help of their favorite friends from Sesame Street®, sleep comes easier to your little one with these sheets, made from 100% organic cotton in a fabrication very similar to their cool & crisp Classic Percale fabric. Featuring deep pockets for a snug fit and made to withstand frequent washings, this crib sheet is a perfect match for newborns and toddlers.

## DREAMEGG

www.dreamegg.com

### Nite 1 Baby Sound Machine

- Combines light and music to send kids signals for sleep and waking up.
- Offers 34 soothing sounds, including 11 nature sounds, 7 ambient sounds, 6 white noise sounds, and 10 melodies.
- This sleep trainer is equipped with three modes of night lights - solid color, sun-light, and dynamic. The dynamic mode offers three different lighting options: color changing, color fading, and sun-light breathing.
- Operates through a simple app interface.



## INFANT OPTICS

www.infantoptics.com



### DXR-8 PRO Full Kit

The award-winning DXR-8 PRO is the new standard for baby monitors. Designed with a large 5-inch screen, 720p HD resolution video, and interchangeable lens technology so you will never miss a moment. The first-ever baby monitor to offer active noise reduction (ANR), the DXR-8 PRO features this cutting-edge technology to filter out background noises that are commonly heard on baby monitors as "static noise." No apps or WiFi required, so you can have peace of mind that your privacy and security are protected.

## BABY BJÖRN

www.babybjorn.com



### Bouncer Bliss

Ergonomic, safe and fun for your baby—their best-selling bouncer comes in mesh, woven, 3D jersey and cotton. Bouncer Bliss is a lightweight and handy baby bouncer with natural rocking that makes life with young children easier and more enjoyable.

## GRACO

www.gracobaby.com

### Graco® Premier Modes™ Nest2Grow™ 4-in-1 Stroller

- Stroller accepts all Graco® Infant Car Seats to use from birth as a car seat carrier or travel system (infant car seat sold separately)
- Over 15 ways to configure the stroller
- Add the Graco® Premier Modes™ Carry Cot or Graco® Premier Modes™ Nest2Grow™ Second Seat (each sold separately) for an instant newborn and toddler double stroller
- One-step, self-standing fold for easy storage
- Never-flat tires with suspension for a smooth ride
- Second seat available to transform your single stroller into a double
- Stroller holds children up to 50 lbs.



## BABYBUDDHA

www.babybuddhaproducts.com



### Breast Pump

The BabyBuddha 2.0 now has an improved button navigation making setting your pump even easier.

Experience the BabyBuddha breast pump with a rechargeable battery and new Soft Stimulation mode with six levels, in addition to six classic Stimulation and nine Expression modes.

This hands-free, rechargeable pump is quiet, portable, and has an easy to use design for setting adjustments. Its gentle suction pattern mimics a baby's nursing, promoting letdown and increasing milk supply for a comfortable and efficient pumping experience. BabyBuddha is a reliable choice with versatile settings to support your pumping journey and adapt to your needs at different stages.

## GROWNSY

www.growsy.com

### Baby Bottle Washer: Cleaner, Sterilizer, Dryer

- Automatically washes, sterilizes, dries, and stores bottles, pump parts, sippy cups, and accessories.
- Featuring 12 directed sprays to scrub the insides of bottles and 14 swirling jets that clean the exterior with 360° coverage.
- Choose from four function programs (quick wash, normal wash, sterilize & dry, and storage)
- The 212°F high-temperature steam kills 99.99% of germs, while hot air drying leaves bottles spotless.
- The built-in HEPA filter purifies airflow, eliminating 99.9% of airborne particles, and keeps your bottles sterile and dry for up to 72 hours.



## NATUREPEDIC

www.naturepedic.com



### Organic Breathable Ultra Baby Crib Mattress (2-Stage)

With 360 degrees of airflow, Naturepedic makes what may be the only certified organic, waterproof and breathable crib mattresses in the world. The removable, breathable, machine-washable layer is extra thick for maximum breathability and doubles as a mattress protector. Choose from a lightweight option for convenience or an innerspring option for maximum strength. The Breathable Ultra features 100% GOTS certified organic cotton and a waterproof surface made from non-GMO sugarcane. No glues or adhesives, no polyurethane foam, passes flame standards without fire retardants or chemical additives.



## Rise of the doula

### Why more parents are adding a birth coach to the team

Once considered a fringe choice, doulas are stepping into the spotlight — and into more delivery rooms — than ever before. These trained, non-medical birth coaches provide emotional, physical, and informational support before, during, and after childbirth, offering a level of personal care that many parents say they didn't know they needed.

"When my contractions were at their worst, my doula was the only one looking me straight in the eye and helping me breathe," recalls Melissa T., a Mayfield Hts. mom of two. "She didn't replace my doctor or my husband — she made both of them more effective."

Unlike midwives, who are licensed medical professionals, doulas focus on the experience of birth rather than the clinical aspects. They help parents prepare a birth plan, offer comfort measures like massage and positioning suggestions during labor, and act as a calming presence when things get intense. Some specialize in postpartum care, helping with newborn feeding, sleep strategies, and emotional adjustment.

The numbers back up their

growing appeal. Studies suggest that continuous labor support from a doula can reduce the likelihood of C-sections, shorten labor, and even improve newborn health outcomes. But for many families, it's the emotional reassurance that leaves the biggest impact.

"Having a doula felt like having a friend who knew exactly what to do in every moment," adds Melissa. "She anticipated my needs before I even said them out loud."

In northeast Ohio, more doulas are making their services accessible with flexible packages, payment plans, and virtual support options — a trend accelerated by the pandemic. Many hospitals and birthing centers now welcome doulas as part of the care team, recognizing the role they play in improving the birthing experience.

Whether chosen for their expertise, advocacy, or simply their presence, doulas are becoming a valued part of modern pregnancy care — and for many parents, once they've had one, they can't imagine giving birth without one.



## To vax or not to vax

### Navigating infant immunization decisions

Few parenting topics spark as much heated debate — and quiet anxiety — as vaccines. For decades, the standard recommendation has been clear: follow the CDC's immunization schedule to protect infants from serious illnesses. Yet in recent years, an increasing number of parents have been asking more questions, delaying shots, or exploring alternative schedules.

"I want to protect my baby, but I also want to understand every single thing that goes into her body," says Amanda L., a Beachwood mom of a 6-month-old. "It's not about rejecting science — it's about making informed choices."

Pediatricians still overwhelmingly recommend the standard vaccine schedule, noting that infants are most vulnerable in their early months and that diseases like whooping cough, measles, and meningitis can be life-threatening. However, online communities and social media influencers have made alternative viewpoints — and misinformation — far more accessible.

Some parents opt for a "delayed" or "spread-out" schedule to reduce the number of shots given at one

time. Others skip certain vaccines entirely, a choice that can come with daycare restrictions, school-entry requirements, and increased health risks.

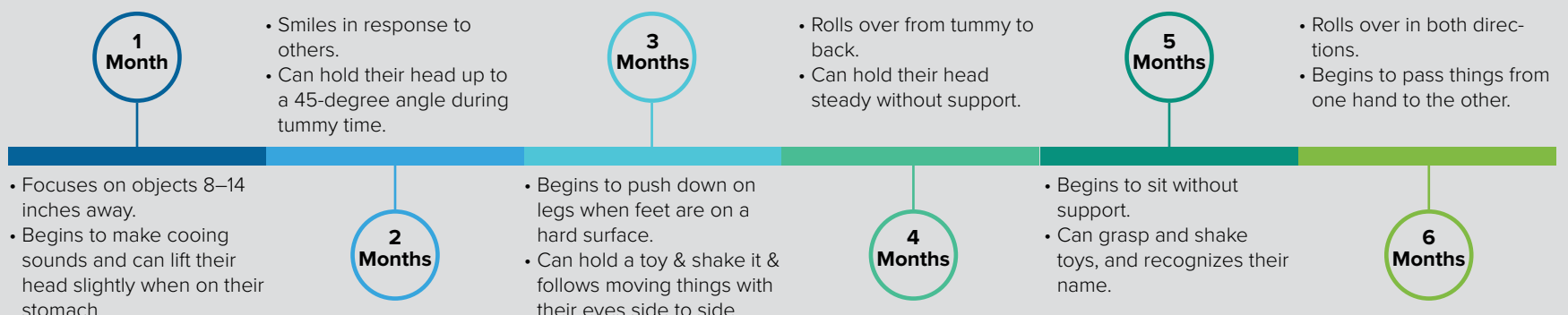
Healthcare providers encourage parents to bring their questions to appointments rather than relying solely on online sources. "The conversation is important," says pediatrician Dr. Emily Carson. "We can address concerns, explain the science, and work together toward a plan that feels right for the family — but also protects the child."

In Ohio, certain exemptions are allowed for school-age children, but medical experts caution that local outbreaks are more likely when vaccination rates drop. For most parents, the decision is not black-and-white — it's a balancing act between science, personal values, and community responsibility.

The takeaway? Whether you choose to follow the schedule exactly or modify it, the key is making an informed decision grounded in reliable information — and understanding the risks and benefits on both sides.

## FIRST YEAR MILESTONES

During your baby's first year, expect significant milestones in physical, cognitive, and social development, typically occurring month by month.





Adobe Stock / By Pruksachat

## Welcoming baby

### Helping siblings feel big (and loved!)

Bringing home a new baby is a moment filled with love, excitement... and just a hint of mystery for your older child. After all, their world is about to change in ways they can't quite imagine. The good news? With a little planning, you can turn "Who is this tiny human?" into "That's my baby!"

#### 1. Talk before the baby arrives

Start by gently preparing your older child during pregnancy. Share age-appropriate books about becoming a big brother or sister, and let them feel the baby kick. This builds curiosity instead of surprise.

#### 2. Involve them in baby prep

Give your older child special "helper" jobs—picking out baby clothes, choosing a stuffed animal, or helping set up the nursery. When they're part of the process, they feel important, not replaced.

#### 3. First impressions matter

When your older child meets the baby for the first time, try to have your arms free for a big hug. Let someone else hold the newborn at that moment, so your older child feels they're still your priority.

#### 4. A gift "from the baby"

A small present from the baby to the big sibling can work magic. It says, "I may be tiny, but I already think you're amazing."

#### 5. Protect one-on-one time

Even after the baby comes, carve out little pockets of time—five minutes of storytime, a short walk, or a secret handshake before bed. These moments reassure your older child that their bond with you is still strong.

#### 6. Expect Mixed Emotions

Your older child may feel proud one minute and jealous the next. That's normal! Acknowledge their feelings, and remind them it's okay to love the baby and still miss the old routines.

With patience, encouragement, and a little creativity, your older child will soon be proudly introducing their new sibling to everyone they meet—maybe even with a hint of bragging rights.

After all, they're not "just" the older sibling now... they're the Big Sibling.



Shutterstock / Africa Studio

## Postpartum mental health

### Shedding the "just be grateful" myth

When a new baby arrives, the world often expects endless joy. But for many mothers, the reality is far more complicated. Postpartum depression (PPD) and anxiety affect as many as one in seven women, yet stigma and misunderstanding can keep new moms from speaking up.

"I kept hearing, 'You should be so happy.' But inside, I felt like I was disappearing," says Emily K., a first-time mom from Willoughby. "I loved my baby, but I cried every day and didn't know why. I thought something was wrong with me."

Postpartum mood disorders can appear days, weeks, or even months after birth. While the "baby blues" typically resolve within two weeks, PPD can linger and may include overwhelming sadness, loss of interest in activities, trouble bonding with the baby, irritability, or feelings of hopelessness. Postpartum anxiety, which often goes undiagnosed, can bring excessive worry, racing thoughts, and even physical symptoms like rapid heartbeat or nausea.

Risk factors include a history of depression or anxiety, a difficult pregnancy or birth, hormonal changes, lack of sleep, and limited support at home. However, any new mom —

even one with a smooth pregnancy and strong support system — can experience postpartum mental health challenges.

The good news: help is available, and recovery is possible. Early intervention makes a big difference. Talk to your OB-GYN, midwife, or primary care provider if you notice symptoms lasting more than two weeks, especially if they interfere with daily functioning. Counseling, support groups, and, in some cases, medication can be life-changing.

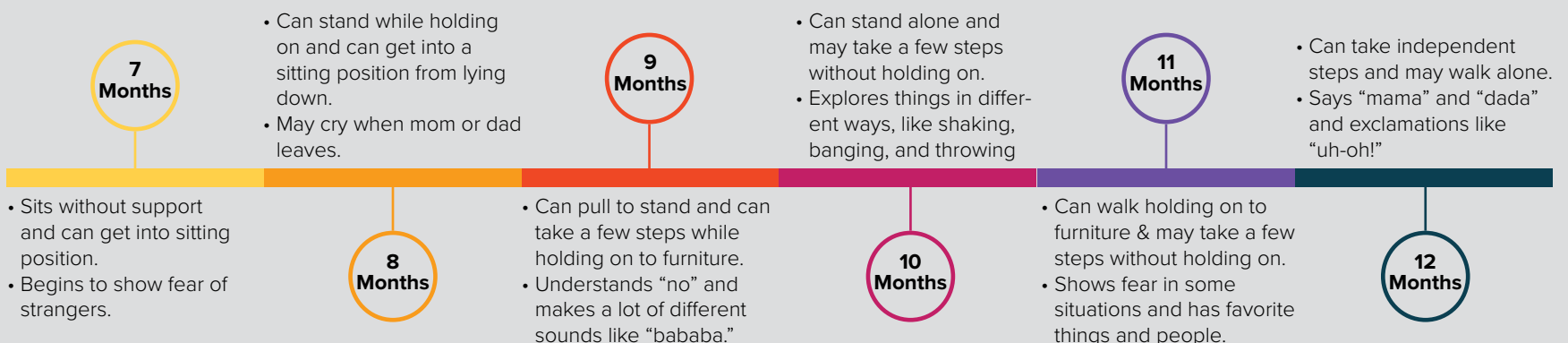
#### When to reach out for help

- Persistent sadness, hopelessness, or emptiness
- Trouble bonding with your baby
- Severe anxiety or panic attacks
- Thoughts of harming yourself or your baby

Local hospitals often offer postpartum support groups, and hotlines like the Postpartum Support International Helpline (1-800-944-4773) provide confidential guidance 24/7.

"I wish I had asked for help sooner," says Emily. "Once I did, I realized I wasn't broken. I was just going through something I didn't understand — and I didn't have to do it alone."

## FIRST YEAR MILESTONES Continued



# Why giving birth is nothing like a marathon

People often say giving birth is like running a marathon. Those people either don't run, never had a baby, or they enjoy messing with pregnant women. I've run six marathons, completed two Ironman triathlons, and I've given birth to two babies minus pain meds. I think it's fair to say I'm an expert when it comes to the running/birthing comparison. Trust me, they have nothing in common.

**You can train for a race.  
You can't train to give birth.**

No matter what anyone has told you, nothing feels like having a baby except actually having a baby. During my first pregnancy, I kicked my swollen feet up and pored over stacks of birth-related books. I interrogated every mother I knew about her labor. I bought special perineal massage oil so my husband could stretch me out, um, down there, to get my body ready for the real thing. I'd like to punch whoever came up with that idea. Just, no. This makes as much sense as giving a pie-eating contestant a few petit fours as a training exercise.

**The race course is marked.  
The course of your labor is not.**

Every race—whether it's a marathon or a 5k, has a beginning, a middle and an end. You know



Adobe Stock / By Louis-Paul Photo

roughly how long it will take to reach each mile marker. The course of labor, on the other hand, is about as straightforward as a game of Candyland. You could be having contractions for days and be only a couple centimeters dilated. Or you could have a few painful contractions and squeeze a baby out an hour later. Seriously. My neighbor woke up in the middle of the night with a cramp and she was barely out of her pants before she gave birth in an ambulance.

**You can quit a marathon.  
You can't quit childbirth.**

While you're running a race, you might see spectators holding signs that say things like "Quitting is Not an Option." They are wrong. Quitting is

totally an option. All you have to do is step off the course and get an Uber. Childbirth, as the name suggests, is not over until a child is born. Whether drugs, forceps, incense, scalpels, or prayer beads help you get that baby out, you're not done until a baby emerges.

**Crowds are awesome at a marathon.  
They are not awesome at a birth.**

I don't know about you but I can hardly relax enough to poop in a public bathroom. "I really think I could get this thing done on the next push, if only there were a few more medical-type people in here, staring at my crotch, waiting for me to have a baby!" said no one, ever. And if the thrill of have an audience wasn't enough, you also have the pleasure of rocking a one-size-fits-no-one hospital gown.

Yes, running and having babies both cause you to wish you were dead. Both have the potential to make you puke. Being able to persevere through either one is certainly something you will be proud of forever. I get why people are quick to compare the two. But after a race, you can kick your feet up and rest. Once you have a baby, you realize the hard work has only just begun.

*Pam Moore is an award-winning freelance writer, intuitive eating coach, and host of the Real Fit podcast.*

Let us help  
you along  
the way



CuyahogaDD.org

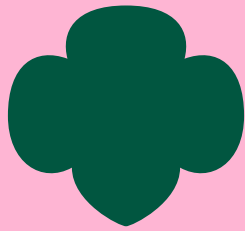
Call 216-736-2673  
for Eligibility



C U Y A H O G A C O U N T Y  
Board of Developmental Disabilities



# Where Adventure Grows



What happens when Girl Scouts come together for action-packed adventures? They learn all they can do and be while experiencing the great outdoors and the thrill of trying new things.

## As a Girl Scout, you'll:

- ✓ Sing silly songs as new friendships blossom
- ✓ Discover new skills, like filming a movie, as your crew cheers you on
- ✓ Plant seeds of kindness by helping out in your community

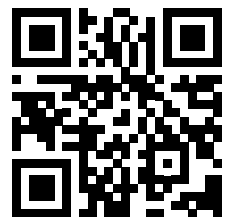
Adventure is always in season with Girl Scouts.



## Join Girl Scouts today!



Scan the QR code to join today! Questions? Contact Customer Care at 800-852-4474, [customer care@gsneo.org](mailto:customer care@gsneo.org), or via live chat at [gsneo.org](https://gsneo.org)



# The Joy of Movement

## How dance can benefit your child's growth

Getting children moving through dance isn't just about fun and rhythm — it's a powerful way to support their physical, emotional, and social development. Whether it's ballet, hip-hop, jazz, or tap, dance offers kids a unique blend of exercise, creativity, and confidence-building that benefits them in countless ways.

### Physical health and coordination

Dance is a fantastic form of exercise that helps kids build strength, flexibility, and endurance. Unlike many sports, dance encourages the whole body to move in harmony, improving balance and coordination. These skills not only support physical health but also aid in everyday activities like running, jumping, and even handwriting.

Regular dance classes can also promote cardiovascular health and healthy weight management, setting a foundation for a lifetime of fitness. Plus, it's a low-impact activity, making it suitable for children of all abilities and ages.

### Boosting confidence and self-expression

One of dance's greatest gifts is the chance it gives kids to express themselves. Through movement, children learn to communicate emotions and stories without words, developing a unique sense of

creativity. Performing in front of an audience, even a small one, helps build self-esteem and reduces stage fright — skills that translate to other areas of life like school presentations or social interactions.

Dance encourages children to take risks and try new things in a supportive environment, teaching resilience and a growth mindset. They learn that mistakes are part of the process and that practice leads to improvement.

### Social skills and teamwork

Dance classes often require collaboration, whether in group choreography or partner dances. Kids learn to listen, cooperate, and support one another, building essential social skills. Being part of a dance community fosters friendships and a sense of belonging, which are critical for emotional well-being during childhood and adolescence.

Additionally, many dance programs emphasize respect — for teachers, peers, and oneself — creating a positive, inclusive atmosphere. These lessons help kids develop empathy and emotional intelligence.

### Cognitive benefits

Learning dance routines challenges memory and concentration. Children must remember



sequences, timing, and spatial awareness, all of which enhance cognitive development. Dance has been linked to improved brain function, including better problem-solving skills and creativity.

Moreover, the discipline of regular practice encourages goal-setting and time management — valuable habits that benefit academic success and personal growth.

### Fun that lasts a lifetime

At its core, dance is joyful. It's a way for kids to connect with music, move their bodies, and have fun. Introducing children to dance can spark a lifelong love of movement and the arts, offering a healthy outlet for stress and a positive way to channel energy.

Whether your child dreams of the spotlight or simply enjoys twirling in the living room, dance offers a world of benefits that go far beyond the studio.

## NOREEN LONDREGAN SCHOOL OF DANCE

*Cecchetti Ballet, Classical Ballet, Pointe, Preschool Combo, Terrific 2s, Jazz, Hip Hop, Lyrical/Contemporary, Ballet & Tap Combo, Acrobatic Arts, Competition Team*



**FALL 2025 CLASSES BEGIN SEPTEMBER 2**

Certified Dance Education: Dance Masters of America & Cecchetti Council of America

750 Beta Drive, Mayfield Village  
440-449-0240 • [www.NoreenDancer.com](http://www.NoreenDancer.com)

## Noreen Londregan School of Dance

For more than 50 years, Noreen Londregan School of Dance (NLSD) has been introducing children to the joy and discipline of dance. Founded by Noreen and now joined by her daughter Colleen, the studio has guided thousands of young dancers through a warm and welcoming environment. With a small, dedicated staff—trained directly by Noreen and regularly attending seminars and workshops—students benefit from the most up-to-date teaching methods.

Noreen is a proud member of the Cecchetti Council of America, which maintains the highest standards of ballet training through a graded system of examinations. This structured approach allows students to progress step by step while gaining a strong technical foundation.

NLSD offers a wide variety of classes, all with limited sizes to ensure personal attention. The popular Terrific 2's program introduces toddlers to rhythm, movement, and song. Preschool combo classes blend ballet, tap, and tumbling, focusing on coordination, rhythm, strength, control, and self-esteem. School-age children



may enroll in Ballet & Tap combo classes, where they learn terminology and develop a solid foundation for more advanced study. The studio also offers a comprehensive acrobatics program following the nationally recognized Acrobatic Arts curriculum.

Care is taken to ensure music, choreography, and costuming are always age-appropriate. Noreen and Colleen are proud members of Dance Masters of America, a prestigious organization that certifies instructors by exam, further reflecting their commitment to excellence.

NLSD is located at 750 Beta Drive in Mayfield Village. For more information, call 440-449-0240, visit [noreendancer.com](http://noreendancer.com), or follow them on Facebook and Instagram.

## Cleveland City Dance

Enriching lives beyond the studio

You'll love watching your child's excitement as their dreams take shape at Cleveland City Dance. Families quickly see and feel the positive effects of dance as students gain confidence, discipline, focus, and creativity. Ballet, in particular, provides lasting educational benefits—strengthening both mind and body while developing coordination, poise, and resilience. Watch your child blossom in class and in performances, building skills that enrich life well beyond the studio.

Cleveland City Dance is dedicated to nurturing a love for dance in students of all ages—from 3 to 85. The studio offers ballet, boys' ballet, jazz, tap, modern, hip hop, acro, African dance, jazz heels, yoga, and more.

As the home of the nonprofit City Ballet of Cleveland, the studio provides unique performance opportunities, including the beloved Uniquely Cleveland Nutcracker. Dancers also engage with visiting professionals, attend festivals, and take master classes from internation-



ally recognized choreographers and Broadway instructors.

Alumni of Cleveland City Dance and the City Ballet of Cleveland have gone on to perform with companies such as New York City Ballet, Pittsburgh Ballet Theatre, and Tucson Ballet. All dancers in the greater Cleveland area are invited to audition for the City Ballet of Cleveland's Uniquely Cleveland Nutcracker.

Classes begin September 3, and Nutcracker auditions are Sunday, September 14, 2025. Visit [www.clevelandcitydance.com](http://www.clevelandcitydance.com) or call 216-295-2222 for details. They are located at 13108 Shaker Square in Cleveland.



Photo credit: Wetzler's Photography Studio

## Beck Center for the Arts

Dance for every age and stage

Beck Center for the Arts in Lakewood offers one of northeast Ohio's most comprehensive and respected dance programs, welcoming students of all ages, abilities, and skill levels. With a focus on both excellence and enjoyment, classes instill discipline, confidence, coordination, and creativity—skills that serve dancers in and out of the studio.

From preschool dance and preballet to advanced ballet, pointe, jazz, tap, contemporary, and hip hop, there's something for every BODY. Adults can also join in with classes in ballet, tap, contemporary, and Body

Beautiful. Recently renovated studios provide an inspiring setting, while multiple on-site stages and a recital hall give students the chance to perform throughout the year. Many students dance simply for the joy of movement, while others have gone on to perform professionally or become teachers themselves.

Discover the power of dance at Beck Center. Enroll at [beckcenter.org/education-programs](http://beckcenter.org/education-programs) or call 216-521-2540. Beck Center for the Arts is located at 17801 Detroit Ave. in Lakewood.

Dreams Do Come True

**Nutcracker Auditions**  
Sunday, Sept. 14

Building Confidence, Friendship, Community and Technique

Home to City Ballet of Cleveland

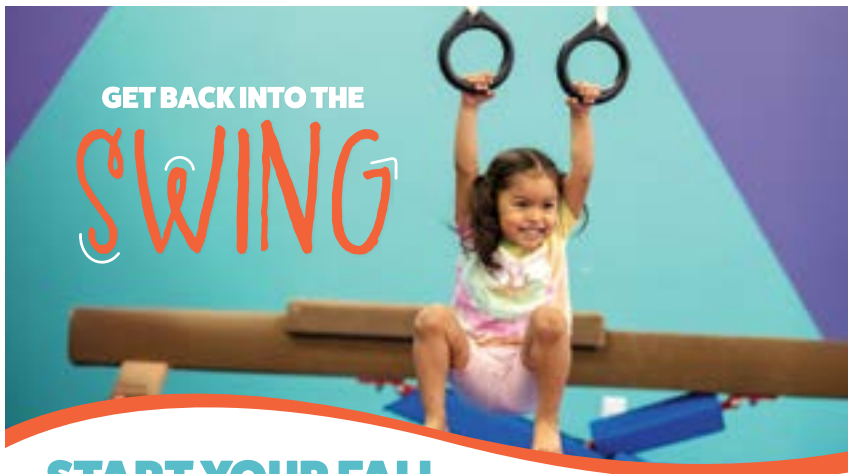
**Cleveland City Dance**  
13108 Shaker Square, Cleveland  
(216) 295-2222

[www.clevelandcitydance.com](http://www.clevelandcitydance.com)

# DANCE EDUCATION

**AWARD-WINNING INSTRUCTORS. CLASSES FOR EVERY BODY.**

**REGISTER AT:**  
[BECKCENTER.ORG/EDUCATION/DANCE](http://BECKCENTER.ORG/EDUCATION/DANCE)  
OR CALL 216.521.2540



## START YOUR FALL ROUTINE TODAY

Fall routines are settling in—and now's the perfect time to get moving on a **new membership** with The Little Gym!

### HERE'S WHAT YOU'LL LOVE:

- Structured classes designed just for your child's age group
- Brain boosting + movement = smoother transitions all around
- Watching them develop better listening skills and focus
- They'll try new things, make new friends and feel proud of every new milestone

**This fall means fun, friendship, and forward rolls! Enroll today!**



The Little Gym of Shaker Heights | 20707 Chagrin Blvd | Call: (216) 752-9049

40 BANDS • 100+ARTISTS • FOOD TRUCKS • ACTIVITIES



**WATERLOO ARTS FEST**  
2025  
FAMILY FUN!  
FREE!

**SATURDAY SEPTEMBER 13  
NOON UNTIL 7PM**

**WATERLOOARTSFEST.ORG**

WATERLOO ARTS AND ENTERTAINMENT DISTRICT CLEVELAND, OH 44110



## Patterson Family Fun Fest runs September 13 – November 2

When it comes to nature at its best, the beautiful days of autumn speak to our senses. Crisp fresh air and colorful scenes with leaves ablaze wherever you turn welcome you to celebrate the climax of the growing season at Patterson Fruit Farm. Harvest is in full gear with an abundance of apples leading the way. Stop by the farm market to shop and to enjoy the scenes overlooking Lake Erie on Caves Road or bring the family to the Family Fun Fest on the Mulberry Road farm to play for a while — both in Chesterland.

While the market is open year round, Patterson's adds their Family Fun Fest to the action September 13 through November 2, 2025. This area

costs: \$7 per person weekdays (10 am–6 pm) for children, adults and seniors; \$11 per person Saturday–Sunday (10 am–5 pm). Seniors are \$7 every day. Children 2 and under are free every day. Note: NEOEA Day is Friday October, 10, 2025.

This gives families of children preschool through elementary ages a place to enjoy hiking, sliding, playing in straw, climbing and “driving” tractors, viewing the world from the top of their tree house, disappearing in the silo and, in general, enjoying the out-of-doors filled with fun. No reservations needed.

For more info, call 440-729-1964 or visit [pattersonfarm.com](http://pattersonfarm.com).

## Fire up your imagination at IngenuityFest!

Join Ingenuity Cleveland at IngenuityFest 2025: Forging the Future, taking place Sept. 26–28 at IngenuityLabs, Ingenuity's year-round headquarters and creative incubator at 5401 Hamilton Ave. in Downtown Cleveland.

This year's festival theme—Forging the Future—celebrates Cleveland's deep industrial roots while casting a bold eye toward tomorrow. With a dynamic blend of art, industry, and imagination, IngenuityFest 2025 will showcase hands-on experiences, electrifying performances, and immersive exhibits that bring together makers, dreamers, and doers of all stripes.

The festival will take place after a year of expansion, bringing nearly 100,000 square feet of new creative space online in the St. Clair Superior neighborhood for artisans of all sorts to dream, dare, and do!

Returning to our 100-year old reimaged factory, IngenuityLabs, this year's festival invites guests to get hands-on with time-tested tools of yesteryear from blacksmithing to



glassblowing, as well as experience the technologies of tomorrow. Festival Villages will include favorites like the sustainability-focused Indus-TREE Alley & Mechanique Biotique, the immersive Dream Destinations, Makers Mecca, and more!

Day passes are \$15 and weekend passes are \$25, with children 12 and under always FREE!

Plus, use discount code **TODAYS FAMILY** at check-in for an additional 20% off! Or... join as an Agent of Ingenuity and receive VIP access to IngenuityFest, the Ingenuity Bal, and more! Memberships and discounted weekend passes are on sale now at [bit.ly/IngenuityFest2025](http://bit.ly/IngenuityFest2025).

# CALENDAR

## SEPTEMBER 2025

### Lyndhurst Home Day

Fri., September 5 • 5–9 pm  
 Sat., September 6 • noon–9 pm  
 Sun., September 7 • 1–8 pm  
 Lyndhurst Park (Behind City Hall)  
 1341 Parkview, Lyndhurst  
 440-442-5777  
[www.lyndhurstohio.gov](http://www.lyndhurstohio.gov)  
 Filled with games, rides, live music, parade (noon on Sunday), vendors, raffle and lots of food. Free admission.

### Discovery Days at Great Lakes Science Center

September 12–13 • 10 a.m.–5 p.m.  
 Cleveland is home to NASA's Glenn Research Center, the only NASA center in the Midwest and a vital contributor to nearly every NASA mission. Join in for an immersive experience as NASA Glenn works to transform aviation, revolutionize space exploration, and inspire new discoveries for the benefit of all. Learn first-hand about NASA's major missions and cutting-edge technology during NASA Discovery Days. Designed to bring NASA and NASA Glenn outside the gate, attendees can expect virtual and augmented simulations to take a supersonic flight and venture into outer space. They will be able to meet real NASA stars, engineers, scientists, and special guests, who make the seemingly impossible, possible!  
 This event is free and open to the public.

### Waterloo Arts Fest

Sat., September 13 • noon–7 pm  
 Waterloo Arts/  
 Entertainment District  
 15605 Waterloo Road, Cleveland  
 216-692-9500  
[www.waterlooartsfest.org](http://www.waterlooartsfest.org)  
 Multiple stages of a great mix of local music, art vendors, food trucks, street performers and unique art activities for visitors of all ages. Attendees can also visit artist studios, galleries, shops, eateries and bars throughout the walkable Waterloo Arts & Entertainment District. Free admission.

### Fresh Fest Cleveland

Saturday, September 13 • 1–9 pm  
 Rid-All Farm + Otter Park  
 8129 Otter Avenue, Cleveland  
[www.freshfestcleveland.com](http://www.freshfestcleveland.com)  
 An amazing line-up of music,

and a full day of unforgettable performances, art installations, health and wellness activities, farmer's market, chef tastings, local vendors, hands-on activities, workshops, and a kids zone filled with fun for the whole family!

### Patterson's Family Fun Fest

September 13–November 2  
 8765 Mulberry Road, Chesterland  
 440-729-7144  
[www.pattersonfarm.com](http://www.pattersonfarm.com)  
 Featuring a giant covered straw pile, tons of slides, pedal tractors, tire swings, push carts, corn maze, sand box, play buildings, wagon rides and more. Pony rides available for an extra fee.

### Clean Water Fest

Sat., September 20 • 9 a.m.–4 p.m.  
 4747 East 49th S., Cuyahoga Hts.  
 (see page 5 for details)

### Chalk Festival

Sat., September 20 • noon–5 pm  
 Sun., September 21 • noon–5 pm  
 Cleveland Museum of Art  
 Fine Arts Garden  
 11150 East Boulevard, Cleveland  
 216-421-7350  
[www.clevelandart.org/events/chalk-festival](http://www.clevelandart.org/events/chalk-festival)

The Chalk Festival features sidewalk artistry by professional chalk artists and local community groups, families, and individuals, all using the CMA's south plaza and walkways that wind through the Fine Arts Garden and down to Wade Lagoon as a colorful canvas.

The Chalk Festival is a modern expression of a Renaissance tradition from 16th-century Italy in which artists copied paintings of the Madonna by Raphael and his contemporaries using chalk on the plazas outside cathedrals.

Everyone can participate at the Chalk Festival! To chalk your own square, purchase a square of pavement (chalk pastels included) at the registration tent: \$15 small square (includes a 12-count box of chalk pastels), \$20 large square (includes a 24-count box of chalk pastels).

### Cleveland Pickle Fest

September 20 • 11 am–6 pm  
 Mall C, Downtown Cleveland  
[clevelandpicklefest.com](http://clevelandpicklefest.com)  
 With dozens of vendors, food trucks, restaurants, contests, bands, attractions, and family fun,

the Cleveland Pickle Fest is the perfect summer send off with proceeds benefiting Greater Cleveland Volunteers. The event includes pickle companies, pickle items, pickle beer and more!

### Tremont Arts & Cultural Festival

Sat., September 21 • noon–5 pm  
 Sun., September 22 • noon–5 pm  
 Lincoln Park  
 1200 Starkweather Avenue  
 Cleveland  
[experiencetremont.com](http://experiencetremont.com)  
 Celebrates the cultural and artistic diversity of Tremont and the greater Cleveland area, featuring fine art, sculpture, original jewelry, children's activities and programs, food booths, musicians and performers. Rain or shine. Free admission.

### IngenuityFest 2025

September 26–28  
 IngenuityLabs @  
 The Hamilton Collaborative  
 5401 Hamilton Avenue, Cleveland  
[www.ingenuitycleveland.com](http://www.ingenuitycleveland.com)  
 (see page 18 for details)



Phone: 440-729-7144  
 8765 Mulberry Road, Chesterland

### Open Daily Sept. 13 – Nov. 2

For families to enjoy spending time together having creative fun in the out of doors!

### Patterson's Farm Market OPEN DAILY!

Phone: 440-729-1964  
 11414 Caves Road, Chesterland

Pick Your Own Apples,  
 Pumpkins Galore,  
 Crunchy Apples, Fresh Cider,  
 Pies, Donuts & Fritters!

[www.pattersonfarm.com](http://www.pattersonfarm.com)

## LAKE METROPARKS FARMPARK

# FALL HARVEST Weekends

Bring the family for fall harvest fun at Farmpark!



## HORSE POWER WEEKEND

September 20 & 21  
 9 am to 5 pm

## Apple & Honey Harvest Weekend

September 27 & 28  
 9 am to 5 pm



LAKEMETROPARKS.COM

PHOTOS BY EARL LINABURG

# MONTESSORI

SCHOOL OF  
UNIVERSITY HEIGHTS

FOUNDED 1968

[WWW.MS-UH.ORG](http://WWW.MS-UH.ORG)

23599 CEDAR ROAD | BEACHWOOD, OH

CALL FOR A PERSONAL TOUR

216-381-8388



**Apply now for  
the 2026-2027  
school year.**

**Classes fill  
up fast!**

**THREE YEAR PROGRAM**  
BEGINNING AT AGE THREE

