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Assault Prevention and Dating Violence Workshops*

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Reservations: Call (440) 622-6485 or visit www.ncaikikai.com.

Cost: \$25 pp (both workshops)

All equipment & refreshments provided. Space is limited.

***Requirements:** Must be 18 years or older, minors accompanied by an adult. Wear loose clothing, athletic under support, face towel. No previous martial arts experience required.



The **Assault Prevention Workshop** is perfect for traveling professionals, college students, new security professionals or stay-at-home women looking for more confidence and understanding of self-protection, security and awareness in their life.

About the instructor: Sensei Salvatore LaCorte has been training in Aikido self-defense since 1981 and is chief instructor at North Coast Aikikai. He has instructed self-protection workshops for women and self-defense classes at Lakeland Community College and Cleveland ORCA half-way house. www.ncaikikai.com

The mission of Love Doesn't Shove is to educate the community about the dynamics of healthy relationships to end teen **dating violence** and promote a safer, happier society. Love Doesn't Shove strives to facilitate and guide an interactive dialogue with students to consciously identify what is acceptable — and unacceptable — in the context of a healthy relationship.

About the instructor: Gabriella Kreuz works as a freelance broadcast and commercial talent in the Cleveland area. She can be on Cleveland Indians broadcasts and quizzing sports fans on Fox Sports Ohio's Beer Money trivia show. Kreuz weaves her great personality into Love Doesn't Shove presentations to set a more upbeat tone to the traditionally "dark" dating violence conversation, all while being informative. Using her own experiences of violence to engage in interactive dialogue, Kreuz aims to bring awareness, education and helpful resources to those in need. www.lovedoesntshove.org



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TODAY'S family

Lake, Geauga & Cuyahoga Counties

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Forbes House provides more than shelter

By Deanna Adams

For a woman, or man, suffering from domestic abuse (or what's now referred to as intimate partner abuse), one phone call can be life changing.

"Our first question is always, are you safe?" says Kathy Strancar, executive director for Forbes House, the only domestic violence shelter in Lake County. "We get them to our facility, provide the essentials: shelter, food, clothing, guidance, and help with their individual needs."

From its inception in 1979, the mission at Forbes House is to empower individuals and families to end the cycle of domestic abuse and move on to a better life for themselves and their children. The shelter's undisclosed location allows the "survivor" (the preferred term), a private sanctuary where they can feel safe from their abuser, and advocates to aid in helping them get to a better place, both mentally and physically.

And yes, that includes men. "We do get some men here with their children," Strancar says. "Abuse has no boundaries."

Statistics underscore that statement. Abuse can affect any demographic, be it age, gender, race, occupation, education level, or income. Currently, 1 in 4 women and 1 in 7 men experience some form of intimate partner violence.

Once at the shelter, the approach is all-inclusive. Survivors receive a number of free services including counseling, legal aid, support groups, community outreach, help with employment, and aftercare programs. "We work closely with JFS (Department of Job and Family Services), Crossroads Health, Lifeline, Extended Housing and other shelters like WomenSafe," Strancar says.

The facility, which has 24/7 surveillance, has just six sleeping rooms, but 24 beds, so residents must work together and be mindful of each other. There is a large kitchen area, a family room with television, videos and books, children's playroom, and bathrooms/showers for both men and women.

But there is also some work involved. "Every resident must be responsible and take ownership. We have a meeting every Sunday where we make a weekly schedule," Strancar adds. The schedule includes



Sleeping quarters at Forbes House feature bunk beds, a dresser and a small closet. Cribs are available for little ones.

distributing the chores, cooking duties, and group activities. "Everyone works together, but it's not an easy time for them. It's a stressful time. And almost always, children are involved. So their needs must be considered."

Strancar adds that with the generosity of volunteers, they can offer babysitting services to give the parent a break. The agency, of course, does background checks on all volunteers and interns. Presently, they are in need of part-time family advocates.

"We do a little bit of everything," says Carol Nottage, who has worked there as an advocate for 15 years. "We're here for all kinds of needs, from answering the phone lines, to ensuring personal safety, to helping them with transportation. Some come here without a car so we help them with the bus schedule, as well as give them information on all the services available to them."

Details about other valuable agencies is especially helpful to those who come from outside the county. "We'll even get people from outside the state," Nottage says. "We've had those involved in human trafficking ask for help, sometimes directly, or through a hospital or teacher. So we're here to give them protection and steer them in the right direction, help get their lives on track."

Trained advocates will also visit schools to speak on healthy dating for teens and educate them, in hopes of preventing the cycle of abuse.

Forbes House accepts, and is always in need of, donations. The fa-

cility keeps a storage area with items as integral as toothpaste, shampoo and bath soap, along with larger needs such as clothing, bedding, and toys for their children. The agency also welcomes monetary donations.

While the shelter is immediate, it is a temporary solution to an urgent crisis. Leaving the abusive

environment is the first step, but domestic violence survivors often need long-term counseling, housing, legal assistance, and more. "Finding them more permanent housing is our biggest challenge," Strancar says, adding that securing employment is often the first step towards independence, and hope for the future.

"The survivors often feel powerless to change things. They can't understand why the person who's supposed to love them abuses them. We do whatever we can to help them concentrate on themselves. Just last week, two of the survivors secured employment and I'm so happy for them. This job is my passion, it speaks to my heart."

The website is filled with information, and has an extensive list of what to do if you find yourself, or someone you love, in an unhealthy or dangerous situation. It includes what to know in case you need to leave in a hurry.

Forbes House Helpline is available 24 hours a day, 7 days a week, 365 days a year. Call (440) 357-1018 or visit forbeshouse.org.



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Before the Baby:

Planning for your pregnancy

By Christa Melnyk Hines

Not everyone gets the benefit of planning for pregnancy. But if you can plan, it can make a big difference in the health and well-being of both you and your future baby.

"The healthier you are going into pregnancy, the healthier your pregnancy is going to be," says Dr. Sara Talken, OB/GYN.

Schedule a preconception appointment. As soon as you begin thinking about starting a family, schedule a preconception appointment with your physician. Discuss your lifestyle and chronic health conditions like high blood pressure, diabetes, autoimmune disease and mental health issues. Many health issues, if not carefully managed, can complicate a pregnancy.

Take a prenatal vitamin. Ideally, six months prior to conception, start taking a prenatal vitamin, containing at least 400 mcg, available over-the-counter or with a prescription. A prenatal vitamin helps to prevent spina bifida and anencephaly, which are neural tube defects occurring in the first four weeks of pregnancy—usually before a woman even realizes she's pregnant.

According to the CDC, if the neural tube (which later becomes the baby's spinal cord, spine, brain and skull), doesn't close properly, the developing brain and spinal cord is exposed to amniotic fluid. Spina bifida causes paralysis, hydrocephalus and learning disabilities. Anencephaly is fatal to an infant, often resulting in miscarriage or death soon after birth.

"Studies also show that if you take a prenatal vitamin at least three months before pregnancy, you can reduce your risk of preterm delivery and promote healthier outcomes," says perinatologist Devika Maulik, M.D.

Attain a healthy weight. Weight can affect your ability to conceive. According to WomensHealth.gov,

women who are underweight may have irregular menstrual cycles, and their bodies may stop producing estrogen. Obesity can make it harder to get pregnant too.

"If you're trying to get pregnant or thinking about getting pregnant, fertility greatly increases with just a five percent weight loss," Talken says.

Being overweight can also increase the risk for pregnancy complications like preeclampsia, gestational diabetes and preterm delivery. Ask your doctor for recommendations about how to achieve a healthy weight.

Eat from the rainbow. Get into the habit of integrating more wholesome foods into your diet. Keep meals well-rounded with healthy carbs, lean proteins and a variety of colorful fruits and vegetables. A fish oil supplement could also help prevent preterm birth, Maulik says.

Avoid restrictive diets like Keto or other low carb diets, especially while pregnant.

"A baby that is deprived of carbohydrates, which are needed for adequate development, can actually grow smaller and not in a healthy way," Maulik says.

Consider genetic testing. You and your partner may also wish to seek genetic counseling.

"If anything raises a red flag, then we can do genetic testing on the parents before they even conceive to see if anything that they're concerned about is actually an issue," Talken says.

A blood draw can determine if either of you are carriers for cystic fibrosis, spinal muscular atrophy or fragile X disorders.

Of a certain age? While it may not sound flattering, if you'll deliver your baby in your mid-thirties or older, you're considered "advanced maternal age." You may wish to ask for more extensive genetic testing prior to pregnancy and consult with a perinatologist during pregnancy for more detailed anatomy screening ultrasounds.



"We now have an amazing non-invasive prenatal test (NIPT), which is a simple blood draw taken as early as 10 to 11 weeks. It screens fetal DNA for trisomy 13, 18, 21 (Down syndrome) and also includes Xs and Ys to determine gender if desired," says Dr. Sharla Shipman, ob/gyn.

While these tests won't change the outcome of any health issues or developmental delays, they can help you plan ahead.

"It is often a great relief for higher-risk patients when they are negative. For an abnormal result, we can get started early pairing a family with a good specialty doctor and support system for their baby's challenges," Shipman says.

Avoid exposure to toxins. If you smoke, vape or abuse substances of any kind, now is the time to quit. As much as possible, avoid spending time in environments where you are exposed to second-hand smoke or other dangerous fumes.

If you live in an older neighborhood or home, ask your doctor for a blood test to check the levels of lead in your system.

"Lead can contribute to a lot of perinatal complications such as preeclampsia, which is like a hypertensive disorder in pregnancy," Maulik says.

Planning a babymoon? While many couples plan babymoons when an expectant mother is in her second trimester as one last hurrah before the baby arrives, others may prefer to plan a fun getaway before conception. But, if you're hoping to get pregnant in the near future, Shipman advises both partners steer clear of areas considered high risk for Zika.

According to the CDC, Zika is a virus spread by the bite of infected mosquito. Often, there are no symptoms of infection, and it can

be sexually transmitted from a male partner. The virus can cause severe brain defects, including microcephaly, which stunts the development of a baby's brain.

"Future moms and dads need to avoid travel to high-risk Zika areas for six months prior to trying for pregnancy," Shipman says. "This is a frustrating new factor for patients who wanted to travel to Mexico or certain Caribbean locations prior to starting a family."

Prioritize self-care. Strained relationships, demanding careers and exhausting lifestyles could make it harder to get pregnant and can interfere with a relaxed, healthy pregnancy and postpartum period. Manage stress through regular exercise, meditation, deep breathing and time with friends. If you continue to struggle, seek guidance from your physician, a licensed counselor or other trusted resources.

"When we empower ourselves to make good choices, we start to see ourselves as strong and become less willing to allow stressful situations and people in our lives," Shipman says. "I believe that 'empowerment decision' is a natural transition to becoming parents because we begin to see ourselves as moms and protectors."

Your Preconception Appointment

- Bring a list of your questions/concerns and current medications
- Be transparent about your lifestyle and past/current health issues (including STDs)
- Ask when/how to stop using birth control
- Include your partner (his health history can affect your pregnancy too)

Newborn Care 101

By Christa Melnyk Hines

Transitioning to life with a newborn can be as gratifying as it is overwhelming. Read on for time-tested tricks and expert tips that will help your baby, and you, thrive during the first few weeks postpartum.

Expect a learning curve. No, it's not just you. New parenthood is rife with uncertainty.

"As the mother of a newborn, I know from recent experience that every little thing can be challenging - from burping to changing diapers to breastfeeding and even trimming tiny nails, no matter if it's your first or third child," says family medicine physician Jenna Eschol, MD.

Gather information wisely. In the midst of a perplexing dilemma, what parent hasn't turned to Google or an online parent support group for quick answers? But, proceed with caution.

"If it doesn't seem like that online advice really fits your baby, maybe it really doesn't. Talk to your pediatrician or at least a trusted relative who has seen the baby and knows the situation a little better than generic online advice," says pediatrician Dr. Elizabeth Simpson.

Make it a date. Don't skip your newborn's well-baby checkups. Your baby's physician will assess their overall health and ensure they are gaining weight. A newborn should have regained their birth weight by around 10 to 14 days of age.

Your baby's appointment is also a good time for you to ask questions and raise any concerns.

Tiny renegades. Newborns don't understand schedules. Plan to sleep when your baby sleeps.

"Babies are little rebels. They don't follow rules," Simpson says. "Babies are the schedulers and the parents are the people that get scheduled."

Hungry? Just as babies don't care about clocks when it comes to sleep, they also eat on demand, anywhere between eight and 12 times in a 24-hour period.

"Babies eat a lot during their first weeks thanks, in part, to their tiny tummy size, and the rapid physical and mental growth they experience in the first couple months of life," Eschol says.

If you're breastfeeding, how do you know if your baby is eating enough?

"If your baby seems happy and your pediatrician has assured you that weight gain is commensurate with the age, and enough dirty diapers are being produced (eight to 12 a day), then your baby is probably getting plenty to eat," Eschol says.

If you participate in a breastfeeding support group at an area hospital, lactation consultants usually conduct weigh-ins too.

Dry skin. Because a baby's skin is sensitive and thin, they are more susceptible to dry, chapped skin. Avoid long baths. Bathe your infant in lukewarm water only two or three times a week using fragrance-free hypoallergenic soaps.

"And no bubble baths!" Eschol says.

Power bonding. For a newborn, nothing is as comforting as mom or dad's arms.

"Babies have been held for the last nine months so they don't understand having to lay in their own crib. They like to be held whenever they are awake," Simpson says.

In addition to skin-to-skin contact, talk and sing to your baby, and show her storybooks with high contrast colors like red, black and white.

Sleep safe. While you should cradle your baby as much as possible, don't fall asleep while holding him.

"The number one thing that causes sudden infant death (SIDS) is unsafe sleep practices," Simpson warns.

Place your infant on his back in his bassinet near your bed at night. Do not use fluffy blankets, pillows, stuffed animals or crib bumpers.

Baby tears. Babies often cry when they're hungry, tired or if they have a dirty diaper. Other times they seem to cry for no apparent reason.

"Colic isn't caused by pain," Eschol says. She suggests the following "tried-and-true" tips for a colicky baby:

- Try a pacifier
- Hold your baby while rocking in a rocking chair or glider.
- Place your baby in a mechanical swing.
- Softly talk or sing or play soothing lullabies at a low volume.
- Cuddle your baby or try carrying them in a sling or baby carrier.



- Take them for a stroller or car ride.

- Give your baby a warm bath.

Sometimes tears can signal a health issue. Call your doctor if your baby seems sick, has difficulty breathing or isn't feeding.

If you find yourself becoming increasingly frustrated with your crying baby and no one is around to help, take a time out.

"Lay the baby safely on their back in their crib and hop in the shower for a sec to get out of earshot or use headphones to get out of earshot for a short period of time and give yourself a little break," Simpson says.

Find support. Without taking time for self care, attending to your baby's needs can become exceptionally challenging and overwhelming.

"A good support system is essential for all moms and can include friends, families, counselors or support groups," says Kelli Knapp, a board certified women's health nurse

practitioner.

Sleep deprivation can exacerbate depression and anxiety. Sleep while your partner, a relative or a friend watches the baby. Or hire a nanny, baby nurse or postpartum doula. Taking breaks away from your baby, like a shower or a walk outside are also beneficial.

"Even finding 10 to 15 minutes for yourself each day can improve your outlook," Knapp says.

Know that postpartum mood disorders are common and curable. Contact your healthcare provider if you are struggling.

"A mom who admits she needs help is an amazingly strong woman and mom," Knapp says. "Women who experience disorders during pregnancy or after a baby often feel like they are failing as a mom. A mom who reaches out for help is giving her child a huge gift, and they are already making a big step to the road to recovery."

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Fun-filled classes for babies and caregivers

By Deanna Adams

New parents are always anxious to see their child learn something new, and it can start soon after the baby's birth. Even at the infant stage, babies are responsive and receptive learners. With a special grown-up on deck to guide and nurture, a child can learn a wide range of activities and grow intellectually and physically at a rapid rate.

If you're anxious to find fun, interactive activities that you can do with your baby, as well as adventures your child can enjoy on their own, there are several area places that offer an array of programs and classes to get your child off to a creative and cerebral start in life.

Lake County YMCA

www.lakecountnymca.org

The YMCA is a nonprofit organization committed to helping people thrive at each stage of life. As one of the largest community-based organizations in the country, the Y owns or manages over 2,000 pools. They offer swim lessons for infants and children, teenagers, and adults.

"I feel that teaching children how to be safe around water is not a luxury, it is a necessity," says Kelly Penzenik, YMCA marketing manager. "Drowning can happen nearly anywhere with standing water. But, as a parent or caregiver, you can't keep your children sidelined. You need to equip them with the tools they need to be confident in and around water."

The swim classes begin with Gym & Swim, a one-hour class (25 minutes of gym followed by 30 minutes of swim) for ages 6 months to 3 years. It includes Water Discovery and Water Exploration. Water Discovery introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. The Water Exploration class helps parents work with their child to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

"The YMCA's swim lesson program helps make sure today's youth learn essential water safety skills, which can open up a world of possibilities for them to satisfy their curiosity of water safely," says

Penzenik. "The Y is 'America's Swim Instructor' and the most accessible community resource to prevent drowning and encourage a lifelong enjoyment of swimming. Each year, the Y teaches more than one million children invaluable water safety and swimming skills."

Thrive Arts Center

www.thrivearts.center

Music has been proven to be the best way to stimulate brain development in children and give them a strong foundation to grow and thrive. The Thrive Arts Center, located in Beachwood, offers classes in Kindermusik.

"We like to get children started with Kindermusik," says owner and director, Cathy Huser. "The overall value and purpose of Kindermusik is amazing for the development of any child. Music is therapeutic by nature, it enhances the development of the brain, body and soul."

Studies have shown that music helps unlock a child's creativity, intelligence and potential. And Kindermusik is known to be a "perfect mix of imaginative play, joyful moments, and musical exploration," and offers a great musical and developmental head start for the child.

The classes are designed for specific age groups, though not always chronologically, but developmentally centered. All of the instructors are skilled and experienced Kindermusik educators who specialize in early childhood development.

There are four levels of Kindermusik, with the first three specifically designed for babies and toddlers.

Kindermusik Foundation is designed for infants to 1½ years of age, and conducted in a sensory-rich environment, complete with music and baby-style fun-filled movement. This class helps build social connections for you and your baby through the joys of musical learning.

Kindermusik Level 1, for toddlers, 1 to 2 years old, is a good introduction to basic musical concepts that provide the child with a growing ability to recognize and follow patterns in music. Activities join parents and babies together to sing, play and move to music using brightly colored scarves, hoops, mirrors, and jingling bells.

Kindermusik Level 2, for children



Mother and son enjoy a group dance in a Kindermusik class at Thrive Arts Center in Beachwood.

ages 1½ to 3½, engages the child in upbeat songs and chants that help develop the child's vocabulary. The "Stop-and-Go" games join bouncy bodies with singing and playful interactions. Every Level 2 class includes creative movement activities designed to help your child develop a strong sense of rhythm, increased vocabulary, and a joyful self-expression.

Check their website for the School Year Foundations Schedule to find a class on a day and time that best suits you.

Fine Arts Association

www.fineartsassociation.org

The Fine Arts Association (FAA) in Willoughby, has been offering a variety of classes and programs under the arts umbrella since its inception in 1957. Its mission is to enhance lives through arts education, therapies, performance, community partnerships and advocacy. This full-service art center offers students, pre-K through senior citizens, an array of enriching arts and educational experiences including needs-based scholarships, discounted rates for student and senior citizen groups, and free performances and events.

It can all start at the infant stage with the Munchkin & Me program. These classes, which are four-week sessions, are specifically designed for small children who are not yet potty-trained, and not quite ready for an independent class. Caregivers are encouraged to bring in their child to the Music Makin' classes, which are perfect for infants up to age 5. These classes are great fun for you and your

child to enjoy a myriad of various activities that include song, dance, playing age-appropriate instruments, and stimulating the senses. The four-week sessions cost \$53 for the spring class that begins in April.

"As a music therapist and mom of two children with a rare genetic illness, I know first-hand how powerful music is for all little ones," says Ann Marie Raddell, creative arts therapies coordinator at FAA. "It's also important for children and parents to interact and learn new things together, and music is a perfect way to start."

The Nursery Rhyme Time is for little ones ages 2 to 4, accompanied by an adult. This class explores familiar nursery rhymes through music and art experiences, combining one-half hour of art with one-half hour of music each week. This, too, is a four-week class. The current fee is \$46 and the spring class begins in April.

"For instance, we'll sing Twinkle Twinkle Little Star, and then do an outer space theme where they'll make a project with planets and stars," Raddell says. "So it all ties together, and they're having lots of fun while learning." She adds that she often collaborates with visual arts teacher, Melissa Sexstella.

At Fine Arts, it's all about providing a family-centered, safe, creative environment where students can experience the arts in their own very personal way. Raddell works closely with parents and caregivers to develop goals based on the individual's physical, behavioral, social, emotional, cognitive, language and communication needs.

Baby Quirks

Strange (but normal!) things babies do

By Christa Melnyk Hines

Every new parent at some point wonders: Is my baby supposed to do that? Is this normal?

Morgan Shandler recalls several moments of new mama anxiety during the first few weeks home with her daughter, who is now a busy one year old.

"One thing that particularly freaked me out was when Violet would bob her head when attempting to nurse. It almost looked like she was having a seizure or like she was a broken down robot," Shandler says. "But my pediatrician assured me it was a completely normal part of 'rooting' for the breast."

Startle reflex. Parents also worry about seizures when their infant suddenly throws out their arms and legs as if they're falling.

Pediatrician Jennifer Mellick, MD, FAAP, says that the startle or Moro Reflex is a normal neurological infantile reflex that disappears as the nervous system matures.

"If you believe in evolution, there's probably some reason why mammals and homo sapiens have this instinctual need to grasp, and if they're falling, reach out to find something and grab on. Babies do that same kind of thing. If they feel like they are falling, they are going to throw their arms and legs out wide to find their caregiver and grab," Mellick says.

If you're ever concerned about strange movements that your baby makes, try to video record it, suggests Jennifer McBride, MD, internal medicine and pediatric specialist.

"Nine times out of ten, baby won't do the motion when in the office with us. If parents record it, I can see what the baby looks like when they are doing that movement and either reassure them or decide if we need to do something else," McBride says.

Funny breathing. Babies have breathing patterns that alarm many newbie parents. Physicians call it "periodic breathing of the newborn" and it's completely normal.

"They will almost pant for a period of time and then they will pause for several seconds which in baby breathing seems like a really, really long

time. Then, they take a deep breath, let out a deep sigh and they pant again," Mellick says.

Babies also often make lots of "gurgly, snorty sounds," says Michael Greenfield, MD, internal medicine and pediatric specialist.

"This is pretty normal because babies have to breathe through their nose when they're eating and a lot of babies have congestion so it will make their breathing sound much worse than it really is," Greenfield says.

Bless you! Just as babies make funny sounds when they breathe, they often sneeze, which leads parents to wonder if their child suffers from allergies or is getting sick.

"That's just how the baby clears out his nose because they can't blow their nose like we can," McBride says.

Hiccups. Just like the rest of us, babies experience hiccups, which are sudden contractions of the diaphragm. Often a baby can get hiccups after a feeding.

"Babies will hiccup for hours on end, which doesn't bother them at all," Greenfield says.

Scaly scalp. Cradle cap, which is a greasy, yellowish, scaly rash on the head, may not look cute, but it's usually nothing to worry about. Try brushing your baby's hair or head once a day with a soft baby brush, which will help loosen the natural oils on the scalp to avoid build up. Moisturizers like baby oil, mineral oil or coconut oil can also help.

"If it seems to be getting worse or looking really red, that would be a time to see the pediatrician. It could be a sign that baby is going to have eczema, which typically runs in families," McBride says.

Strange colored poop. Depending on whether your baby is breast-fed or formula-fed, the color of their poo can range from green and yellow to brown. Breast-fed babies will have more color variations since breastmilk is comprised of mom's diet.

"I get worried if the poop is a gray color or lacking in the brown or green tones or if there is ever blood or red in the diaper," McBride says.

Difficulty pooping. Your baby may appear to struggle when they go,



but as long as their poop is soft and doesn't look like pellets or rocks (a sign of constipation), don't worry.

Babies can have dirty diapers anywhere from once a day to every few days.

"Formula-fed babies don't necessarily poop every day and sometimes that concerns parents, but the body doesn't process formula as fast as it does breastmilk," McBride explains.

If your little one is passing watery diarrhea, contact your doctor as this can be a sign of an infection.

Jeepers, creepers... It may look

weird, but babies sometimes sleep with their eyes half open or appear as if their eyes are rolling around in their head.

"I don't know that anyone knows why eyes roll around the head. It's probably something to do with their sleep patterns. They don't have well-organized R.E.M. sleep at that age," Mellick says.

Occasionally, it may appear that your baby's eyes are crossing, which is normal up to 18 months of age. If your baby's eyes seem persistently

Continued on page 8

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Transitional Swaddle Sack

www.swaddledesigns.com

The Transitional Swaddle Sack® features unique arms up sleeves with foldover mitten cuffs that may be worn open or closed. It's convertible and easy to use, and an important innovation for babies who can roll over, because it allows baby to use his or her arms to push up to reposition their head. Available in a variety of sizes.

Magical Tales 4-in-1 Here I Grow Mobile Activity Center

www.tinylove.com

Used as a stationary activity center, push along, jumper or walker, it's the only activity center that you'll ever need - and meets your

baby's evolving needs!

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Tranquilo Small Soothing Mat

www.tranquilomat.com



The first portable mat that soothes baby to sleep by mimicking the sounds and motions of the womb.

- Features 4 levels of vibration and 2 heart-beat modes
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provides modern families with a reliable and convenient way to receive their diapers. Available via their website or mobile app, DYPER uses artificial Intelligence to estimate the amount of diapers needed using the child's weight as the guiding factor. Combine that with DYPER's exclusive SOS service that will deliver a week's worth of extra diapers within 4-24 hours when needed in a pinch, customers are guaranteed to never run out! Once the diapers are used they can be fully composted at home or with commercial composters making it the only truly eco-friendly diaper on the market.

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Green Toys Inc.

www.greentoys.com

Green Toys Inc. is an eco-friendly toy company. From their 100% recycled materials to their US-based manufacturing, they're raising awareness about sustainability while delivering unquestionably safe products.

Green Toys Paddle Boat



Features easy-grasp handle and scoop-and-pour spout,

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Baby quirks

From page 7

crossed or turned in or out, however, talk with your physician.

More zzz's...pretty please?

Among the most popular questions pediatricians field from tired parents has to do with sleep and when everyone in the family can get more of it.

"Sleep is the Holy Grail of parenthood," Mellick says.

Babies generally don't sleep for long periods of time because they need to eat every few hours. Their tiny tummies can only hold so much milk.

"As they get older, they still need to eat frequently because they need a large volume to get the calories they need to grow," Mellick says.

By about six months, your baby should be sleeping for a seven to eight hour stretch.

Wait, they changed. What is normal today probably won't last since babies grow and change rapidly, but always consult your family physician with any concerns.

"We'd rather you call with a question that isn't really something to be alarmed about than miss something that is," Mellick says.

Valentine's Day

A day filled with color, kindness and chocolate is what most of us can use right now

By Stacy Turner

Valentine's Day as a single person may have been just another night. It could have been a fun night out with friends, or maybe even a surprise delivery of flowers from a secret admirer. Valentine's Day, as part of a couple, either dating or newly married, could have meant flowers and candy, a romantic dinner, or maybe a weekend getaway. But Valentine's Day with a family is just another excuse to be together, celebrate love, and eat chocolate.

Even with all that going for it, today's Valentine's Day still makes me a little nostalgic for the Valentine's Days of my youth. As a kid, a week or two before the big day, the teacher would send home a list that contained the names of each and every student. We were told to practice our cursive handwriting, while making a valentine for everyone, so no one was left out. We each brought in a shoebox that we'd transform, using pink, red, and white construction paper, into our very own valentine mailbox. We'd dutifully write out the cards and decorate our shoeboxes, anticipating the sugar-filled cupcakes and bright red punch that would most certainly make up our class party. Before school that day, if we were lucky, we might



find a mini heart-shaped box of candy, a special treat from Mom and Dad.

At school, when the day of the party began, every child traveled up and down the rows dropping cards into the appropriate mail slots on each desk. We looked forward to school that day for the chance to receive a special valentine from someone we liked, and hopefully not from someone we didn't. Sometimes, a valentine or two might include a lollipop or a special box of conversation hearts -- those chalk-like lozenges in pastel pink, green, purple, yellow, orange, and white. Each color was supposed to taste like a particular fruit -- lime (green), cherry (pink), grape (purple), banana (yellow), and orange. The white (wintergreen)

ended up making the entire box taste like mint-flavored chalk. Still, every kid wanted their own box just to see who got the best messages. Sayings, like "true love", "you & me" or "XOXO" were what we often found. The conversations in boxes today seem less valentine-like, with phrases like "yeah, right", "LOL", and "text me" instead.

Today's class parties are different, as well. Classrooms now have strict requirements for acceptable treats and snacks. Homemade items are no longer allowed for fear of allergens like peanuts or gluten, and the red punch of my youth has been banned in favor of juice from actual fruit or bottled water. Parents are encouraged to send in items like stickers, fun pencils, or small toys, instead of candy to accompany their child's Frozen- or Avenger-themed cards. Most parents ignore this request, so the Valentine party haul rivals the fall harvest (formerly know as Halloween) party. Fun activities are expected, so bring your A-game, room parents.

Construction paper hearts are now passé. Full-fledged Valentine's Day décor is now a thing both at home and at school, having appeared in stores as soon as the Christmas items were removed. Valentine clothing like T-shirts, sweatshirts, and socks are sold everywhere, so there's no reason you and

Continued on page 16

SENSORY FRIENDLY SUNDAY

AT THE CLEVELAND MUSEUM OF NATURAL HISTORY

FEBRUARY 23

9:30 AM TO NOON

Visit CMNH.org for more information.

People on the autism spectrum can now enjoy the Museum in a gentler way.

Arrive before open hours to avoid crowds, noise, and distractions.

Stroll through the galleries at your own pace.

Relax in designated "quiet areas."

Enjoy a modified experience of *Ultimate Dinosaurs* and planetarium shows.

View live animals outside, weather permitting

Those with ASD and Museum members: Free
Nonmembers: \$10 per person
Parking: \$6

A limited number of scholarships are available for those who need financial assistance. For information, contact Megan Johnson at 216.231.4600 x3254 or mjohnson@cmnh.org.

Sensory Friendly Sunday is supported by the William J. & Dorothy K. O'Neill Foundation.

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How many credit cards is ideal?

money matters

It depends on an individual's pecuniary position. The average American has four. When deciding how many credit cards to have, or whether to open a new card, you should first consider your current credit score and financial situation.

If you have poor or fair credit (scores below 670, according to Experian), you may find it onerous to be approved by a lender, and struggle to govern one card. In this case, it may be prudent to hold off opening a new card until you can reduce debt and improve your credit points.

But, if you are fortunate to have good or even excellent credit (scores between 670-850), the odds of you qualifying for a new card, improve significantly. A stellar credit score signals you have mastered your spending and managed your accounts properly, putting you in a more favorable position to take on another account.

For responsible cardholders, those whose charge cards rarely or never carry a balance, having many open credit lines is not worrisome. On the other hand, if someone is using their cards to supplement their income, and continually carry high balances each month, one card may be arduous to control.

Having more than one card has the potential to both boost and reduce your credit score, depending on how you manage your finances. Holding multiple credit cards can expand one's buying power and give you a lower balance-to-limit ratio, which improves credit scores. Conversely, utilizing all of the credit available to you, could result in incurring expensive long-term debt.

One of the most important factors in determining credit score, is payment history: paying on time and in-full to avoid late payment penalties is sagacious fiscal policy. The amount of money you owe (total debt) across all cards, as well as the number of credit inquiries, are other major components that may negatively impact your credit.

Before opening a new credit card, or to determine if that is the best strategy for you, contact a financial counselor at Cardinal Credit Union. They offer free guidance on how to protect your assets, save money, and prepare you for future success. Expert advice may also help you decide which bank cards offer maximum benefits such as cash-back, travel protection, zero balance transfer fees, and low introductory rates. As long as you diligently practice responsible money-management behaviors, credit cards can be safe, useful tools in building your credit.

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Sensory Friendly Sunday at the Cleveland Museum of Natural History

The Cleveland Museum of Natural History presents its fourth Sensory Friendly Day which will take place on Sunday, February 23, 2020. Sensory Friendly Day provides those with autism spectrum disorder an opportunity to enjoy a gentler way to experience the Museum.

Thanks to the O'Neill Foundation's generosity, the Museum is able to offer free and reduced admission to the Museum from 9:30am to noon for all ASD families.

All individuals with ASD will receive FREE admission and any nonmember accompanying them will be charged \$10 per person. Parking is \$6.

The Museum is also able to offer a limited number of scholarships for

those who need financial assistance. To request free scholarship admission please email Megan Johnson at mjohnson@cmnh.org.

Sensory Friendly Day includes access to the entire Museum and a number of unique accommodations such as:

- Enjoy a modified experience of Ultimate Dinosaurs and planetary shows
- The Ralph Perkins II Wildlife Center & Woods Garden will be open, weather permitting

This event is for the entire family and those of any age with autism spectrum disorder.

Visit www.cmnh.org or call (216) 231-4600 for info and to purchase tickets.



PRIVATE SCHOOL

guide

Finding the right private school for your family

By Jan Pierce

You want a top-notch education for your children and choosing the perfect school is probably one of the biggest decisions you'll ever make. Depending on your location, you may find your public schools offer everything you want. If not, you'll need to embark on a search for the right private school.

In general, private schools exist to provide smaller class sizes with greater individual attention to each student and a safe, focused environment free of discipline problems. They tend to set a higher bar than public schools in academics, and build a culture of shared values. They offer a strong sense of community and may tailor lessons to the needs of the student.

In reality, each private school is a world unto itself. It may or may not hold accreditation with a national education association, or hire credentialed teachers. It may have many extracurricular offerings or just a few. It may charge a very large tuition plus additional fees, or may be more affordable, offering scholarships and sliding scales. It may have a long history in your community or be a brand new charter school.

To find the right private school for you, you'll need to consider the following:

1. What are your educational priorities?

Some private schools are faith-based and some are not. You'll want to decide as a family your basic priorities. Is it most important to find high academic standards, or more important to support your family's faith? Do you expect accelerated programs

such as advanced placement classes or extensive access to STEM (science, technology, engineering and math) programs? How important are extracurricular activities? Are you comfortable with homework policies and school rules?

2. What is the culture of the school?

In a faith-based setting the culture of the school will place religion at the forefront. There will be religious studies as part of the curriculum. The school may be all boys or all girls. Does this suit your goals? What is the relationship of staff to students? Is it casual and friendly, formal and strict? How are parents involved? What is the balance of academics to sports, the arts, clubs and other activities? Does the culture "feel right" for your children?

3. What role do parents play in the school?

Some private schools make great use of parent volunteer time and emphasize whole family participation in their programs. Others minimize parent involvement to occasional visits or conferences to report progress. Which best suits your family's needs?

4. What are the costs? Are there scholarships available?

It's a sacrifice to pay for your child's education when public schools are free. And there are huge variations in the expenses involved. When researching possible schools, be sure to check not only the tuitions, but also book fees, sports or other extracurricular expenses and possible transportation fees. Check

on scholarships available and the possibility of a sliding scale based on family income.

5. Is the staff credentialed and the school accredited?

Some faith-based schools and newer charter schools don't require their teachers to be credentialed. How important is this to your family? In addition there are many different education associations nationwide offering accreditation. If a prospective school has received accreditation, they've shown the initiative to meet high standards.

6. Is the curriculum up to date?

In this technological age, you'll want to be sure your private school has kept up with the times. Do they offer appropriate college preparation standards in science, math, languages, writing and more? Do they offer a well-rounded education in art, drama and music? Are textbooks current and in good condition? Are computer labs or individual screens available to students?

Continued on page 16



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in Christ*

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**Learning Loft Preschool:
Call for tours 440-354-7574**



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All Saints of St. John Vianney School

28702 Euclid Avenue, Wickliffe
(440) 943-1395
www.allsaintssjv.org

All Saints of St. John Vianney School in Wickliffe is a vibrant elementary and middle school attracting students from Mentor, Willoughby, Willoughby Hills, Wickliffe, Willowick, Eastlake, Euclid and various other communities in the area. With a history of academic excellence, All Saints develops independent leaders, academically prepared individuals who are effective communicators.

Located on the campus of the Center for Pastoral Leadership in Wickliffe, the school offers a faith-based, technology-enriched learning environment for students in preschool through eighth grade.

Their core curriculum includes religion, math, language arts, social studies, science and computer science. All-day pre-K, Latin, music, art, and physical education are also offered, in addition to extracurricular sports and activities. The school's highly experienced teachers and staff are dedicated to helping students achieve their full-potential and meet the diverse educational needs of students and their families.

All Saints is committed to preparing 21st-century thinkers and learners, as well as good stewards of the Catholic church, empowering students to thrive in high school, college and beyond.

Goddard School

7645 Fredle Drive, Concord Twp.
(440) 350-1333
www.goddardschool.com

For nearly 30 years, The Goddard School has been a trusted name among parents and families. Their classrooms are safe, nurturing environments for children six weeks to six years, offering age-appropriate opportunities to explore and discover.

Their unique kindergarten program utilizes more than just a typical four-walled classroom. They believe that engaging students in the world around them, through their play-based Emergent Curriculum, enhances their curiosity and love for learning.

Their small student-to-teacher ratio enables individualized learn-

ing and therefore produces a more meaningful experience. Through this approach their students are becoming natural researchers, critical thinkers and inquisitive individuals preparing them for future success.

Hawken School

www.hawken.edu
Lyndhurst Campus
(Preschool–Grade 8)
5000 Clubside Road
(440) 423-2950

Gates Mills Campus
(Grades 9–12)

Mayfield and County Line Roads
in Gates Mills
(440) 423-2955

The Birchwood School of Hawken
(Preschool–Grade 8)

4400 West 140th St., Cleveland
(216) 251-2321

University Circle Urban
Extension Center

The Sally & Bob Gries Center for Experiential and Service Learning
10823 Magnolia Drive, Cleveland

At Hawken, they not only teach children to be great students – they encourage them to be great people. Hawken School's long tradition of academic excellence and nationally recognized forward-focused programming emphasizes the development of the creative and critical thinking skills needed to thrive in an increasingly complex and dynamic world.

They are a coeducational, diverse, globally-minded community committed to the development of both character and intellect. Innovative schedules and state-of-the-art facilities optimize learning, while educational partnerships with local businesses and world-renowned institutions provide real-world experiences. With international study opportunities, STEM Pathways, Entrepreneurial Studies and a language program that begins at the pre-K level, students are prepared for all the opportunities the world offers.

Learn more about Hawken's programs and campuses – including the Mastery School of Hawken (grades 9–12) opening in University Circle in 2020. Call (440) 423-2955 to schedule a visit or visit www.hawken.edu for more details.



PRIVATE SCHOOL *guide*

Hershey Montessori School

www.Hershey-Montessori.org
(440) 357-0918
Concord Campus
10229 Prouty Road
Huntsburg Campus
11530 Madison Road

Laurel School

www.LaurelSchool.org
(216) 464-0946
Lyman Campus
One Lyman Circle, Shaker Heights
Butler Campus
7420 Fairmount Road
Russell Township

Laurel School, founded in 1896, is a nationally recognized college preparatory, independent day school for girls, kindergarten through grade 12, with a coeducational preprimary school. Laurel students come from 74 communities in northeast Ohio. Its traditional Lyman Campus is in Shaker Heights and its 150-acre Butler Campus is in Russell Township. The Butler Campus is home to competitive athletics and outdoor experiential learning, including

northeast Ohio's first outdoor preprimary school.

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

Call (216) 464-0946 or visit LaurelSchool.org/Admissions to schedule a tour today!

Mater Dei Academy

29840 Euclid Avenue, Wickliffe
(440) 585-0800
www.materdeiacademy.us

Mentor Christian School

8600 Lakeshore Blvd., Mentor
(440) 257-3172
www.mentorchristian.com



Our Shepherd Lutheran School

508 Mentor Avenue, Painesville
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(440) 357-7776
www.oslpainesville.org

Joyfully serving the communities of Lake, Geauga, and Ashtabula for four decades, their highly-educated and caring staff engages students with new and innovative programs, ideas, instruction, and hands-on learning while remaining dedicated to the faith formation of students in a loving, Christ-centered environment.

They are a kindergarten through eighth grade private, Christian school located across the street from Lake Erie College and housed in the Zion Lutheran Church campus.

They are recognized by the Ohio Department of Education (ODE) and nationally accredited by NLSA. They feature full-day, five-day kindergarten; middle school enrichment program; computer technology with iPads, Chromebooks, and a dedicated computer lab; Smart-

boards in the classrooms; science lab; and enhanced library/media center.

Open enrollment to the community begins February 1, 2020. Classes fill quickly!

For more information, please email their admissions department at admissions@OSLPainesville.org or call (440) 357-7776.

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www.stanselmschool.org

St. Gabriel Learning Loft Preschool & St. Gabriel School

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(440) 352-6169
www.St-GabrielSchool.org

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2019 8TH GRADE ACRE SCORES:

Profession of Faith - All Saints Avg. 97% (National Avg. 69%)
Liturgy and Sacraments - All Saints Avg. 94% (National Avg. 69%)
Life in Christ (Morality) - All Saints Avg. 98% (National Avg. 79%)
Christian Prayer - All Saints Avg. 98% (National Avg. 73%)

OPEN HOUSE

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Open enrollment to the community begins February 1, 2019.

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admissions@ospainesville.org

Call:

(440) 357-7776



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(440) 357-7776 OSLpainesville.org



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SCHOOL

Coed Toddler – Grade 12



PRIVATE SCHOOL *guide*

St Gabriel School cont'd

and love for over 50 years. They have state-of-the-art facilities and one-to-one technology. They are proud to introduce their newly constructed Innovation Center makerspace and a new junior high elective program. Most importantly, their teachers make the difference. Through compassion, dedication, and expertise, they ignite learning. They are a STEM designated school by ODE and instill a strong sense of purpose and service. They are proud to be a part of the Cleveland Diocese Better Together initiative, striving to serve all students and meeting their needs.

Discover how St. Gabriel Learning Loft and St. Gabriel School will enrich your child's future. For My Buddy & Me and preschool tours call (440) 354-7574. For full-day preschool and grades JrK-8 tours call (440) 354-7858 or register online for an open house: Tuesday, February 11 or April 21, 9 am or Junior Kindergarten and Kindergarten Meet & Greet on Friday, March 20 at 9 am.

St. Mary of the Assumption School & Wee Learn Preschool Program

8540 Mentor Avenue, Mentor
(440) 255-9781

www.stmarysmentor.org/our-school

St. Mary of the Assumption School in Mentor has been a model of excellence and virtue to the children of northeast Ohio since 1952. St. Mary's provides a warm, safe, supportive and nurturing Christ-centered environment. They provide opportunities for children to learn and grow in their faith both academically and socially.

Their curriculum provides students with an education that challenges them to live faith-filled lives and succeed in high school and beyond. Students have access to

the latest technology including a STEM class for students in grades K-8, iPads, Chromebooks, 3-D printers, and Google Classroom.

Students can begin their education with preschool and pre-K "Wee Learn Program" and continue to their fully accredited, coed Catholic school for grades K-8. Tuition assistance and scholarship opportunities are available.

Please join them on Sunday, February 2, 2020 for 10 am Mass followed by an open house from 11 am – 1 pm. You can tour the Wee Learn Preschool, K-8 classrooms and meet the administration, faculty and staff. If you are unable to attend, please call to schedule a tour.

Villa Angela-St. Joseph High School

18491 Lakeshore Blvd., Cleveland
(216) 481-8414
www.vasj.com

Villa Angela-St. Joseph High School is a Catholic, comprehensive college-preparatory school and the only school in the world cosponsored by the Ursuline Sisters and Marianist Brothers. VASJ is committed to helping students grow in their faith, be challenged academically, follow their passions, and create high school memories and friendships that will last a lifetime.

The family spirit is felt by all who enter the school and makes VASJ a special place to learn and grow. If you're looking for a school that feels like a family, they invite you to join them at an Admissions Open House to experience the family environment that makes VASJ something truly special. Open Houses provide an opportunity to speak with students, teachers and coaches about the school's unique academic, campus ministry and athletic programs. They'd love to have you be part of the VASJ family!

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LEARNING GARDEN • KIDS CLUB: BEFORE- AND AFTER-SCHOOL • OUTDOOR CLASSROOM**

*Offer valid for new Goddard families at the above location only. Some program restrictions apply. Not valid with any other offer. The Goddard Schools are operated by independent franchisees under a license agreement with Goddard Systems, Inc. Programs and ages may vary. Goddard Systems, Inc. program is AdvancED accredited. © Goddard Systems, Inc. 2018

Finding a private school From page 11

7. How well do students transition into or out of the school?

If a particular school offers classes such as K–6 or K–8, do they work closely with a sister high school? What provisions are made to make a smooth transition from one school to another? If students transfer into the school either at the begin-

ning of a year or mid-year, what provisions are made to welcome them? How do children fare when they need to move from this school to another?

8. Does the school provide transportation?

Do buses transport students to school? Are they available for after-school activities? Does the

school coordinate carpools? Are there extra expenses charged for transportation?

9. What is the school's reputation?

Most private schools have a reputation to uphold. Are they the best in college prep? Are they known for a friendly, family community spirit? Who do you know with firsthand information and experience with the school? What recommendations can you find amongst friends and acquaintances?

10. Is the school open to visits and drop-in observations?

All schools need to make sure their campus is secure and will have procedures to follow when visiting. But as a parent, you want to feel comfortable visiting the building to observe or take care

of business. You'll want to find a school that makes parents welcome and is proud to show them around.

When you've narrowed your search to several schools, be sure to take the time for a personal visit. Talk with an administrator, take the tour and gather any written information they've prepared for prospective students. Discuss pertinent questions and voice any concerns you may have about your child's specific needs. Above all, gauge your "feel" of the school. Is it the right place for you and your family?

Selecting the perfect private school is well worth the time it takes to research, visit and finally make your selection. This is the place your children will make important friendships, learn and grow, and pave the way to their bright futures.



Join us for our next
Admissions Open House:
March 12, 2020 at 6 p.m.
vasj.com/admissions

V Villa Angela-St. Joseph
HIGH SCHOOL

**WHERE
FRIENDS
BECOME
FAMILY**

Farmer Monday at Farmpark

Monday, February 17 • 9 am to 5 pm

Come be a farmer for a day at Lake Metroparks Farmpark during Farmer Monday. Hours are 9am to 5pm on February 17.

Participate in hands-on farm-themed activities including ice cream making and cow milking. Meet all of the baby farm animals including Duncan, the Ayrshire calf. Take a wagon ride, visit the Plant Science Center, discover the power of the horse, be a junior vet and learn how farmers care for lambs and more

If the snow flies, snowshoes will be available on a first-come, first-served basis.



Regular Farmpark admission or membership applies. Farmpark members and children under 2 get in free. Registration is not required. For more information visit gotolakemetroparks.com/farmermonday.

Lake Metroparks Farmpark is located at 8800 Euclid Chardon Rd. (Route 6) in Kirtland.

Start small.
Dream big.

est. 1896

Families choose our Pre-Primary program because it fosters a child's sense of wonder, encourages curiosity and inspires a desire to learn. Beginning in Kindergarten, Laurel girls benefit from our over a century of experience educating girls and our nationally recognized Center for Research on Girls.

Come visit us. **We are the private school that knows girls best.**

LAUREL
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Russell Township, Ohio

Contact us today to schedule your visit.

216.464.0946 • LaurelSchool.org/Admissions

Mommy Chronicles from page 9

your family can't look festive as they celebrate the day, too. And I really don't mind it.

Now that Christmas and New Years are over and winter break is in the past, an extra dose of color seems like just what we need. With spring still out of reach, a day filled with color, kindness, and chocolate seems like the perfect solution. It may be a bit flashier than what we remember, but sometimes, different is good.

So however you choose to celebrate, whether with old school boxes of tiny cards, new fangled gluten-free cupcakes, gorgeous flowers, or festive T-shirts, do something to celebrate the day with your special somebody. Don't mind me, I'll be sitting with my feet propped up in valentine socks, sorting through a box of conversation hearts and waiting for my valentines to come home and celebrate.

Lake County Master Gardeners offer workshop

The Lake County Master Gardener Volunteers and Lake County OSU Extension (OSUE) are hosting their Home Gardeners' Workshop on March 7, 2020 at Lakeland Community College in Kirtland. The program starts at 8:45 am, and the last session ends at 3:30 pm. All who enjoy gardening are welcome!

The keynote speaker will be Laura Deeter, PhD, full professor of horticulture at Ohio State University ATI, who will present "kNOw Maintenance Perennials." Laura teaches a multitude of horticulture classes and travels extensively around the country speaking on a variety of topics including shade gardens, design, color,

and specialty gardens and plants.

Attendees will choose three additional presentations with varying topics. See list of presenters and topics online. The program fee of \$48 includes continental breakfast, lunch, snacks, and a parting gift. A variety of garden-related items will be available for purchase. To register for the workshop, email MGVLakeCounty@gmail.com for a brochure and registration form or download a form from <https://lake.osu.edu/program-areas/master-gardener-volunteers>. Call the Extension office at (440) 350-2254 for more information or a registration form. The deadline for registration is February 26.

Fun Day Monday: February 17

Animals have all sorts of adaptations that help them survive in the wild. And some of them are pretty gross! Explore some of these adaptations through a variety of fun indoor and outdoor activities at Fun Day Monday: Animal Grossology on February 17 at Penitentiary Glen Reservation in Kirtland. Stop by the

Nature Center between 10am and 3pm and enjoy scavenger hunts, a seasonal nature craft, s'mores, animal programs and much more. This event is free for all ages, no registration required.

For more information visit www.lakemetroparks.com or call (440) 256-1404.



Dinner and a Movie!!

**\$50 at Texas Roadhouse and
4 Passes at Atlas Cinemas**

Entering is easy. Visit www.TodaysFamilyMagazine.com and sign up for our monthly e-newsletter. If you are already signed up, you are already entered! The link to sign up is located in the upper left corner of the home page.

Deadline to enter is February 29, 2020. One subscriber will be chosen and notified by email. That person will have 48 hours to respond to claim their prize and become the official winner. If that person does not respond within 48 hours, a new subscriber's name will be chosen and the process will be repeated until an official winner is named.

Prize certificates and passes will be mailed.

KEEP KIDS SAFE!

Your home can make a difference

Foster homes give children safety, security and supervision.

Children learn how healthy families function. You can protect children from abuse and provide a caring environment until they're adopted or can go home again.

The Lake County Department of Job & Family Services provides foster parenting training and foster child living expenses and medical coverage.

Call the Foster Care line:

440-350-4218

440-918-4218

Lake County Department of Job and Family Services



Camp Guide Preview

What type of camp will your child like?

By Cheryl Maguire

When I was young, I only had one choice for summer camp—the town camp—a traditional, all-day, six-hour camp with a heavy emphasis on sports. I was more of a bookworm than an athlete so this type of camp was not a good match for my personality. I remember coming home every day whining to my mom, “It was so hot and all we did was play (fill in a sport). Do I have to go to camp tomorrow?” By the end of the summer, I’m sure my mom wished there were other options for me.

Now there are so many choices it can be overwhelming to figure out what type of camp would be a good fit for your child. Hopefully, the following descriptions will help you to match your child with the correct camp so you hear your child tell you, “Camp was so much fun today,” instead of what my poor mother dealt with daily.

TRADITIONAL DAY CAMPS

A traditional day camp is six hours (half day options may be available) and offers a variety of activities such as sports, swimming, art, and music. These camps are located at YMCAs, schools, or private settings.

Is this a good fit for your child?

Most of the activities are outside so if your child loves the outdoors and playing sports or team building activities then this would be a good type of camp for them. Since there is a variety of activities this would also be a good fit for a child that likes to try different things.

SPORTS CAMPS

Specialty sports camps usually are one sport such as baseball or soccer that the child plays either for three or six hours. Depending on where you live there may even be an option for tennis, golf and more. This type of camp is typically owned by private organizations. Some local cities operate sports camps.

Is this a good fit for your child?

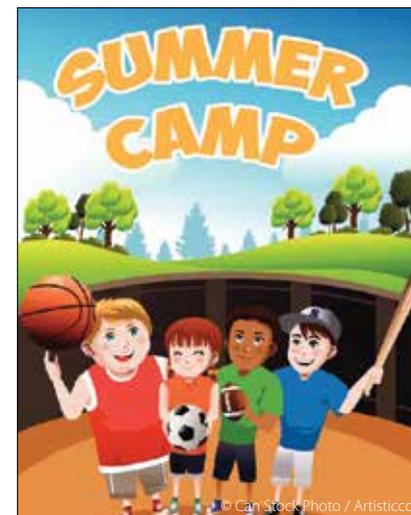
If your child loves a specific sport and would like to improve their skills, this would be a great option. It could even be a way for your child to try a sport such as surfing that they might not otherwise have exposure to it.

ART/MUSICAL THEATER CAMPS

Specialty art or musical theater camps focus solely on the arts. Musical theater camps typically showcase a production such as “Beauty and the Beast,” whereas in an art camp a child would use a variety of art mediums like painting or drawing. These type of camps are located in public schools or private organizations. In the public school setting the drama teacher usually runs the camp, and it isn’t widely advertised but it is available for anyone to participate. To find out more information call schools in your area.

Is this a good fit for your child?

If your child is creative and prefers



the indoors, then these types of camps would be worth looking into. It may be a good way to introduce the arts to your child since most of these camps are time-limited for one week.

EDUCATIONAL CAMPS

An educational camp focuses on learning a new skill or subject matter. Since it is camp and not school these types of camps tend to be hands-on with an emphasis on fun. These camps are located in schools, museums, and colleges.

Continued on page 20



Summer Art Camp Registration is Open!

Includes:

- All materials/supplies for projects
- Small class size
- A relaxing, good time!
- Sign up by the week
- Full week, full day 9 am–4 pm; \$299
- Full week, half day 9 am–noon OR 1 pm–4 pm; \$199

For details and registration visit:
<http://bit.ly/ArtCamp2020>
Promo Code **CAMP35** to get \$35 off!

Great Lakes Mall, Mentor
(440) 571-5201

www.busybeesart.com/mentor
mentor@busybeesart.com



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EARLY BIRD DISCOUNT
\$35 off per week
When signed up by March 31, 2020.
Call **(440) 571-5201** to register.
Or visit <http://bit.ly/ArtCamp2020>
Promo Code: **CAMP35**



Summer Camp Preview

Choosing a summer camp your kids will love

By Kimberly Blaker

Whether you're looking for enrichment for your child, a way to keep your child occupied and supervised while you work, or a short reprieve from parenting, there's a summer camp out there that's just right for every family.

The benefits of summer camp

Summer camp offers plenty of benefits, and many kids thrill at the idea of going away to summer camp. But for some kids, particularly those who are shy, introverted, or homebodies, the thought of going away for a night, let alone a week or more, can be cause for considerable anxiety. For kids who are adamantly opposed, forcing summer camp on them may not be in their best interest.

But for kids who are more than eager – or at the very least willing to give it a shot without too much fuss – summer camp offers lots of opportunities kids aren't likely to experience at home or anywhere else. If you're not familiar with the benefits, summer camp:

- Fosters independence.
- Is a place to develop new friendships.
- Helps kids develop new skills.
- Leads kids to discover new



- interests and hobbies.
- Provides the opportunity for creative expression.
- Gives kids a break from being plugged-in.
- Offers daily exercise.
- Improves their self-esteem.
- Teaches kids to work with others.
- Makes kids feel part of a community.
- Prevents or reduces summer learning loss.

Getting started in your search

Before you begin looking into summer camps, first create a list of the criteria you're looking for. Here are some initial things to consider.

- What is your budget for summer camp?
- What is the purpose of sending your child to summer camp?
- Do you want a resident (overnight) or a day camp?
- Are you looking for a short-term (week or two) or summer-long program?
- Do you want a camp that's very structured or one that provides your child lots of freedom and choices?
- What are your child's interests, such as a particular sport, hobby, or other interest?

Once you've narrowed down some of the criteria, you can begin your search. [An excellent place to start is Today's Family magazine. A full listing of camps will appear in the March issues.] The American Camp Association (ACA) accredits summer camps. So this is another excellent place to look for a camp. The ACA educates camp owners and directors in health and safety for staff and campers as well as program quality. It then accredits camps that meet the organization's standards.

Continued on page 20

Ohio's Premier Summer Camp

This is the best camp I've ever been to! I LOVE FALCON! SUMMER CAMP! Excellent experience! Great Fun! Horseback riding, Tennis, Water skiing, etc. I can't wait to go back! I'll see ALL MY FRIENDS. I'm missing staff. I'll miss home! I'll miss the fun. I'll miss the staff.

FALCON CAMP
Fun for Now. Skills for Life.

AMERICAN CAMP ASSOCIATION ACCREDITED

800 - 837 - CAMP
www.falconcamp.com

IS MY FAVORITE PLACE IN THE WORLD. The staff really listened to me. I love it. The biggest campfires.

Traditional Resident Summer Camp (ages 6–16)

- Only 90 miles south of Cleveland – Carrollton OH.
- For boys and girls - separate activities with planned coed events.
- 2-, 4-, 6- or 8-week sessions
- Horseback riding, sailing, swimming, arts, drama, archery, riflery, nature, sports, fishing and so much more!
- Campers choose own activities within broad framework.
- American Camp Association Accredited Camp since 1959.
- 1:4 staff/camper ratio allows excellent supervision and instruction.

Young Adventurers Summer Camp (ages 6–10)

- Special one week intro sessions includes all camp activities
- Designed to give first time younger campers an outstanding 'first adventure'
- 1:3 staff/camper ratio allows for extra attention with living habits, meals, bedtime and social skills.

AWARD-WINNING!

Top 10 Camp in USA!

–EarlyChildhoodEducationZone.com

Selected as Ohio's "Coolest Camp"

–Philly.com

Program Excellence Award

–American Camp Association Ohio

Best Parenting Award 2019

–Cincinnati Family Magazine

TAKE A VIRTUAL TOUR

at www.falconcamp.com

DON'T MISS OUT! Camp is filling now!

At Falcon, Good Things Happen by Design.

Summer Camp

Summer camp is the perfect spot for your child to be physically active, gain confidence, develop life long skills, and make friends!

Ask us about **FREE PRESCHOOL**



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FREE Registration
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440-205-8420

EUCLID
1050 E. 200th St.
216-481-3830

CLEVELAND
2285 Columbus Rd.
216-344-3000



www.HorizonChildcare.com

Summer Camp Preview

Choosing a camp From page 19

Next steps to finding the perfect summer camp

Once you've selected a few summer camps that meet your primary criteria and that fit your child's interests, share the choices to see what excites your child. Let your child know up front that you still need to thoroughly investigate the camps before making a final decision. But do keep your child's choices in mind to ensure your child gets the most out of summer camp.

Once you and your child have narrowed the list to a manageable selection, you'll want to investigate the camps further. There are several things you'll want to consider.

What are the staff's qualifications?

Many summer camps use teens to staff the camps. Teens make excellent mentors and can bring liveliness to summer camp programs. However, the programs themselves should be developed by professionals and have professional oversight to ensure kids are getting the most from the camp programs.

How does the camp ensure your child's safety?

Find out what kind of safety training the camp provides its staffers. Also, is there staff on hand at all times that knows CPR? What are the camp's procedures in the event your child becomes ill, has an accident, or there's an emergency?

What is the daily schedule for campers?

Ask for a daily itinerary, so you know your child will be getting everything you and your child anticipate from the program.

What are the rules?

Each camp has its own set of rules. So, find out whether your child is allowed to call you. If it's a summer-long residential camp, can parents come and visit? Can your child bring along a cell phone or electronics? Also, how much money should your child bring, and how is your child's money managed?

Types of camps From page 18

Is this a good fit for your child?

If your child is curious and always asking questions about how/why things work, this may be a good match for them. If a child is interested in learning a new skill such as computer programming or speaking Spanish, some educational camps offer that as well.

week or longer period. These camps tend to offer options such as sailing, boating, archery, horseback riding and other activities that may not be available close to your home.

Is this a good fit for your child?

An overnight camp gives your child the chance to meet other kids from different states and countries. There is also more time to do activities and foster independence compared to traditional day camps.

OVERNIGHT CAMPS

Overnight camp is when your child lives at the camp for either a



LAKE METROPARKS SUMMER DAY CAMPS

Registration begins February 10 for Lake County residents!



Register at lakemetroparks.com or call 440-358-7275 or 800-669-9226

- Extended care available for most camps
- Camps for Pre-K through age 16
- Complete camp listings online and in *Parks Plus!*

NOW ENROLLING FOR SUMMER CAMP!

- Infants to 13 years
- Full time/part time
- Piano instruction
- Open Monday-Friday from 6 a.m. to 6:45 p.m.
- All meals & snacks provided



5188 Chillicothe Road, Chagrin Falls
(440) 338-4499 • www.cvelc.com

'Curiosity Carnival' now open at Great Lakes Science Center

Ladies and gentlemen, children of all ages, step right up for Curiosity Carnival — a special exhibition like no other, featuring amazing feats of science!

All the sights and sounds of the carnival, from the spectacles to the midway games, are based on science. This Science Center-created exhibition will take you behind the curtain (or big-top tent flap, if you will) for an immersive, multi-sensory experience. Curiosity Carnival embodies the excitement and vibrancy of a carnival atmosphere while examining classic games, rides and experiences through a STEM lens.

Curiosity Carnival is included with general admission.

These hands-on exhibits and more await along the midway!

- At Winging It, design and fold paper airplanes, then use an electric launcher to test them out at two large-scale, target galleries!
- On the Midway, practice STEM-rooted strategies to maximize your chances of winning common carnival games.

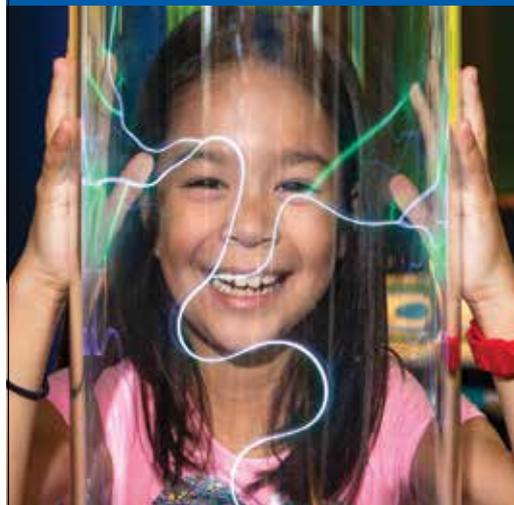


- Enjoy performances and demonstrations offering a sneak-peek at the science behind popular carnival acts.
- Arrange fabric and props at a Colossal Kaleidoscope to explore how math and mirrors work together to create spectacular patterns.
- "Juggle" the forces of physics at a Giant Mobile and create a unique, suspended sculpture.
- Use physics and symmetry to successfully navigate a tabletop High Wire Challenge and discover how tightrope walkers keep their balance.

The Great Lakes Science center is located in Downtown Cleveland. For more info call (216) 694-2000 or visit www.GreatScience.com.

Ignite the spark of curiosity for your child this summer at Northeast Ohio's STEM HQ!

CAMP CURIOUSITY SUMMER DAY CAMPS



Interactive, hands-on learning from licensed teachers

Diverse, age-specific themes for fun-filled challenges

Stacked discount opportunities through Leap Year



Reserve Your Child's Spot Today!
GreatScience.com | 216-621-2400

GO OUTSIDE THE GRAPHICS ARE AMAZING

Lake County YMCA Day Camp 2020

For every FULL TIME week you register for and pay in full before March 31, 2020, you receive \$10 off per week.

In house and phone registrations only. Not applicable with online registration. Cannot be combined with other discounts.

www.lakecountnymca.org

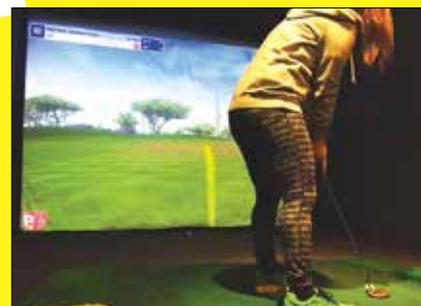


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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Stay Warm This Winter at LNSP!



INDOOR GOLF

Now thru April • 8 am – midnight
Call ahead for availability!

PARENTS SURVIVAL NIGHT

♥ **Saturday, February 15 • 5–8 pm** ♥

Valentine's Day is coming up and you'll need a night out WITHOUT the kids to share a special night with your partner. Fortunately, LNSP in Willoughby has the perfect solution! Drop the kids (ages 5–12) off Saturday, February 15 from 5–8 pm for fun activities that include open basketball courts, batting cages, open soccer fields, a craft table and movie running in our banquet room. In addition, there will be pizza and soda provided for them!

We will provide a full staff of adults at each station to ensure that your child is safe and under the proper supervision!

Contact Sarah@LNSportsPark.com for info.

NEW!
Starts in
March

JUNIOR HOOPERS ACADEMY

Junior Hoopers Academy is a NEW program for ages 2 through 5, hosted at LNSP EAST! These classes introduce toddlers to the game of basketball with fun activities that allow them to run, play as a group, shoot and dribble a basketball. They gain basic basketball skills while building fundamentals such as balance and coordination. Classes include activities that are focused on a child development with fun games incorporating parachutes, bubbles, noodles, cones, lots of basic dribbling and more.



When: Wednesdays 5:30–6:30pm OR Saturdays noon–1pm

Start date: March 11 or March 14, 10-week program (Easter week OFF)

Ages: 2-3 (with parents) and 4-5 (without parents)

Price: \$135

Deadline to Register: Monday, March 2

More info: MattMoran11@hotmail.com

THE PLAYERS CLUB



The Players Club offers a blend of fun, friends, food and drink. Expanded menu includes wraps, pizza, wings, fresh-cut fries, salads and sandwiches in a lively, fun setting. Now open for lunch seven days a week!

LIL KICKERS

**Next session begins
the week of March 9**

- Innovative, popular child development program based on soccer.
- Focus is on kids from 18 months–6 yrs.
- Classes run 50 minutes per session, once a week.
- One of LNSP's most popular programs.



Michelle Almady is now the new coordinator for Lil Kickers. She has been running Lil Kickers at our Lorain location for the past 3 years.

Call Michelle @ 440.282.7000 ext.225 or email Malmady@LNSPORTSPARK.com for details.

Thank You!

We would like to thank **Dan Naderer** for all of his years with Lost Nation Sports Park. Effective August 25, 2019, he has retired!!

LIL SLUGGERS

**Spring session begins
March 21**



- Introduction to baseball for kids 2–5 y.o.
- Nationally franchised child development program; exclusive location in NE Ohio
- New program at LNSP started in spring 2013
- Low student/instructor ratio (usually 4–6 kids per instructor)

Call **Dave Boyza @ (440) 223-6827**

BASEBALL INSTRUCTIONAL PROGRAM

**Starts
March 21**

- Ages 6–8 years old
- Saturdays, 11 am–noon
- 9-week session: \$135 (\$15/class)

Continuing baseball development program for kids ages 6–8. Set in a fun environment, this program builds off of what was learned during Lil Sluggers and tee ball sessions. The program will focus on more in-depth training of throwing and hitting mechanics, base running, catching and enhanced rules of the game.

Program director: Dave Boyza

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

440-602-4000
www.LNSportsPark.com

CALENDAR

Wooden Valentine

Monday, February 10 • 4:30 pm
The HUB at Mentor High School
6477 Center Street, Mentor
www.mentorpl.org
Kids (ages six through 12) can make a unique wooden valentine using The HUB's laser engraver. Registration is required.

Arts & Craft Club

Tuesday, February 11 • 3:15 pm
Wickliffe Public Library
1713 Lincoln Road, Wickliffe
(440) 352-3383
www.wickliffepl.org
Children kindergarten through 4th grade will be making a variety of fun projects and display them at our very own art show in May! Registration requested.

Anti-Valentine's Day Party

Wednesday, Feb. 12 • 6:30 pm
Mentor-on-the-Lake Library
5642 Andrews Road
(440) 257-2512
Twins and teens (fifth through 12th grade) can opt out of the Valentine's Day hullabaloo and spend the day with friends instead, enjoying crafts, decorating cookies, and sipping punch at the library's party. RSVP required for the party.

Sewing for Teens

Thu., February 13 • 5:30–7:30 pm
Willoughby Hills Library
35400 Chardon Road
(440) 942-3362
Learn to sew a decorative pillow. Library provides the sewing machine, fabric, pillow form and tools needed. Registration required.

Jiggling Jello!

Sat., February 15 • 11–11:45 am
Morley Library
184 Phelps Street, Painesville
(440) 352-3383
www.morleylibrary.org
In celebration of National Jello Week come and squish Jello through your fingers, paint with Jello, explode Jello, decorate Jello and, of course, eat Jello! Family program. No registration needed.

Cardio-Drumming for Teens and Adults

Tuesday, February 18 • 7–8 pm
Willoughby Library
30 Public Square
(440) 942-3200
Exercise can be fun! Join Melissa and Melissa from Will-Power Nutrition for an hour of drum sticks, music, movement and fun. Wear

comfortable clothing. Space is limited. Ages 13 & up.

Eggs Hatching at the Library

February 20 through February 29
Mentor Library Main Branch
8215 Mentor Avenue
(440) 255-8811
www.mentorpl.org
Beginning Thursday, Feb. 20, families can come up to the children's department to see little chicken eggs that are getting ready to hatch. The library will have an incubator set up and you might even get a chance to see the eggs hatch. Our little friends should arrive by March 9. After hatching, the library will have baby chicks for about a week and then they will move to Chagrin Valley School. So come on up and join us for the excitement!

Headlands Family Game Night

Wednesday, Feb. 26 • 6 pm
Mentor Headlands Branch
4669 Corduroy Road
(440) 257-2000
www.mentorpl.org
Forget how to play chess? Want to learn a new game? Just looking for something to do with the kids on a Wednesday night? Come to the Headlands Branch for a fun evening of board games for all ages. No registration required. Just drop in.

Leap Day Folk Dancing Party

Sat., February 29 • 3–4:30 pm
Fairport Harbor Library
335 Vine Street, Fairport Harbor
(440) 354-8191
www.fairportlibrary.com.
Bring the whole family for an international folk dancing party. All ages welcome. No registration needed.

LEAPS of Fun

Saturday, February 29 • 11:30 am
Willowick Library
263 E. 305 Street
(440) 943-4151
we247.org
Join us at the library for self-paced activities on this extra day of the month. We will have games, crafts and more!

Visit TodaysFamilyMagazine.com for an expanded list of events at your local libraries and all around the tri-county area — Lake, Geauga and Cuyahoga.

Recline in comfort at Atlas Cinemas!



Follow us on Facebook to stay up to date on specials!

Recline, relax and enjoy the show!
Atlas Cinemas introduces our guests to luxury seating with recliners at the Diamond Center 16 in Mentor and Great Lakes Stadium 16 in Mentor.
Now at Eastgate 10 in Mayfield Heights!



www.AtlasCinemas.net

Great Lakes Stadium 16, Mentor • (440) 974-4372
Diamond Center 16, Mentor • (440) 352-8846
Eastgate 10, Mayfield Heights • (440) 460-0399
Lakeshore 7, Euclid • (216) 731-1701
Atlas Cinemas at Shaker Square • (216) 331-6825
Midway Mall 8, Elyria • (440) 324-2195

Birthday Parties At Atlas!

- Movies
- Private Party Area
- Cake
- Treats
- Pizza
- Popcorn

Attention High School Freshmen, Sophomores & Juniors



Apply now for the Junior Leadership Program Class of 2021

OVERVIEW

Leadership Lake County Junior Leadership Program provides experiential and transformational full-day educational experiences for 10th through 12th grade students to:

- Learn and apply leadership skills.
- Network with Lake County business and civic leaders.
- Engage in a youth-led community impact project.
- Engage in meaningful conversation with students from all Lake County schools.
- Develop 21st century skills in effective communication, critical thinking, public speaking, collaboration and active listening.



ELIGIBILITY

- Any Lake County student who will be in 10th, 11th or 12th grade in the fall of 2020 is eligible to apply. Students apply in the spring of 9th, 10th or 11th grade for the following academic year.

INFO

- Tuition is \$425 (nonrefundable), due May 7, 2020 at orientation.
- Program days meet 7:30 am–2:30 pm the first Wednesday of the month Sep to May.

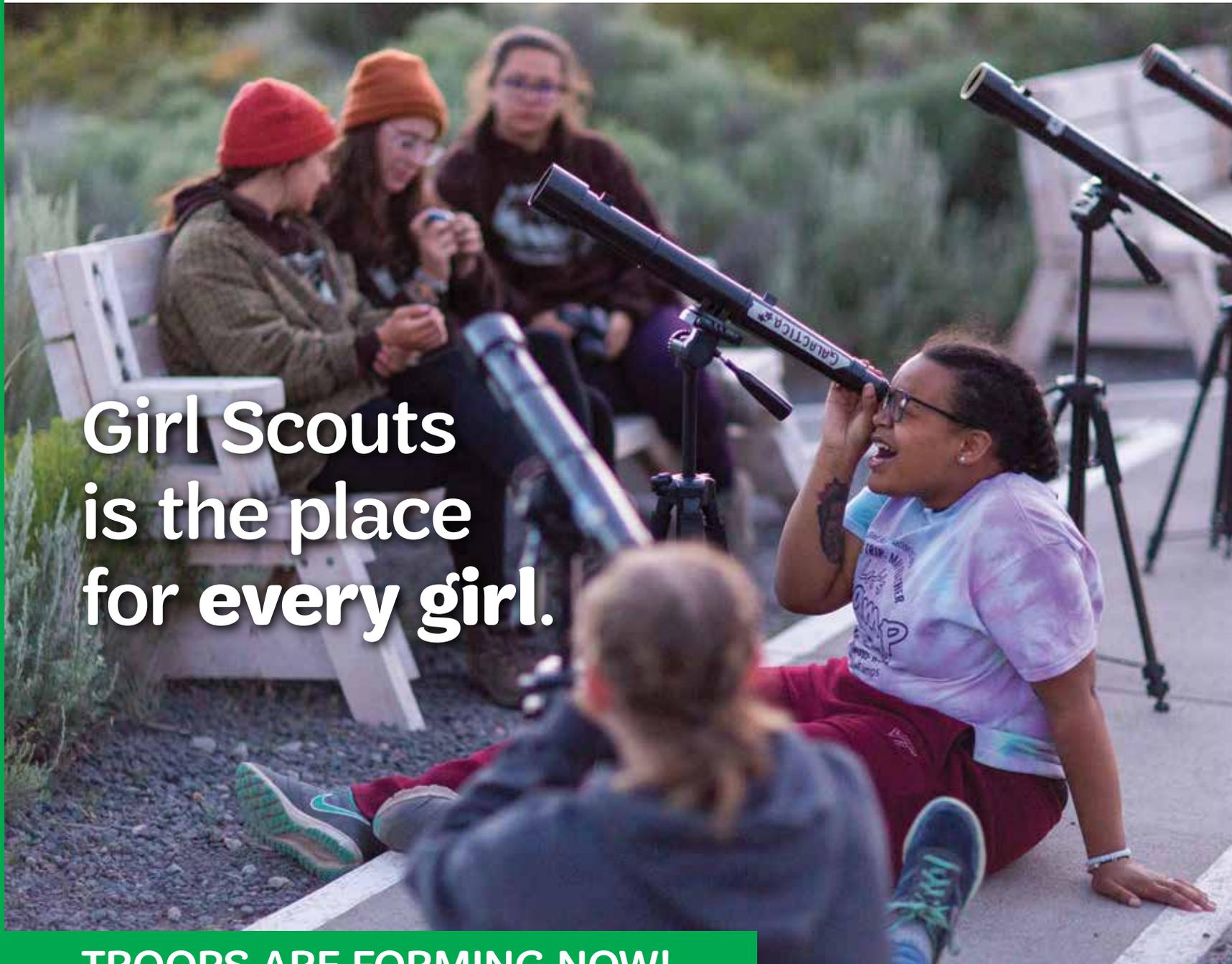
HOW TO APPLY

- Applications available online at leadershiplakecounty.org.
- Applications and forms are due March 31, 2020. Representation from all Lake County schools is desired.
- Email: jmcdonald@leadershiplc.org for more information.



Building Leaders. Building Community.
LEADERSHIP
LAKE COUNTY


girl scouts
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for every girl.**

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