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Cuts N Curls

A unique experience for the entire family

By Stacy Turner

Ever since Lindsey Terry was a young girl, she wanted to do hair. In fact, while other girls played with dolls, she set up her own salon in her basement. Eventually, she graduated from the Paul Mitchell School in Twinsburg before embarking on her career as a stylist. Now, as the owner of Cuts N Curls in Solon, this new mom is uniquely qualified to help local families create a memorable and enjoyable salon experience for both parents and children.

Cuts N Curls can handle everything, from your little one's first haircut, your teen's trendy razor-designed style, to cuts and full services for moms and dads. Kids can sit in vehicle-themed hair stations, like a Hello Kitty car, police car, Nascar, or a Hummer SUV and watch their favorite movie, play a video game, and have a snack while having their hair cut. They also offer ear piercing, a popular service for kids of all ages.

And all of this takes place in a clean and safe environment. "We are taking extreme precautions to ensure everyone's safety by maintaining a six foot distance between customers, and using medical grade disinfectants after every client. We also have a cleaning crew that comes in and does medical grade cleaning to the salon weekly," says Terry.

Parent Chai Lynn commented, "The staff is so patient and friendly. They did a great job on my 3-year-old girl's curly hair. It made the whole first-time experience easy and wonderful." Ashley agreed, sharing, "We love it here! We took our one-

year-old for his first haircut and got the 'baby's first haircut package.' Our son cried on and off throughout his whole haircut, but his stylist was very patient and his hair came out great." She continued, "They also give you a little goodie bag with a certificate and a lock of hair. We will be going back the next time he needs a haircut."

Older kids and adults can sit in typical salon chairs for their experience. And for kids anxious about having their own haircut, seeing mom or dad enjoying the salon's services helps them get comfortable with the experience, as well. As an added benefit, games like Skee-ball and basketball keep kids busy while mom or dad have their hair done.

In addition, each stylist has been trained by Autism Speaks, making them uniquely qualified to provide a safe and worry-free experience for kids with special needs. In addition, prior to a visit to the salon, caregivers can visit www.cutsncurls.net to download a story that highlights what to expect, helping to alleviate some of their child's worries about the new experience.

All the products they carry are organic and nontoxic, with no harmful additives like parabens or sulphates, including Original Sprout natural products, Mixed Chicks™ products for curly hair, and the Fairytale™ lice repelling line. Cuts N Curls also features a wide variety of hair accessories — so much so that they were voted to carry the best hair accessories in northeast Ohio for the past five years. The products they feature are made by local moms, from hair clips and headbands to apparel, spirit wear, and



zipper pulls.

"If you go to any other salon, you won't find what we offer here," Terry marvels. The salon also features special camps during winter and spring breaks from school and summer camps that provide hairstyles for boys or girls, along with a dance party, craft, and pizza for kids while giving parents a break for a few hours.

Cuts N Curls is also a great place to host your child's birthday party. While the pandemic is going on, all

parties and camps are private. You and your friends can have the whole salon to yourself. Call for info!

A customer, Keren, commented, "We had our daughter's birthday here, and it was amazing! I highly recommend it to everyone; my daughter was so happy!"

Cuts N Curls is located at 6025 Kruse Drive in Solon. For more information call (440) 542-1750, visit them online at www.cutsncurls.net or on Facebook.



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As the pandemic set in last year, our Beech Brook staff got busy looking for ways to help parents and children of all ages deal with the "new normal" of our virtual world! Whether you're interested in resources on parenting, health and wellness, mindfulness, communicating with your kids, coping during COVID, talking about racism, school concerns and more, Beech Brook has you covered.

Visit www.beechbrook.org or scan the QR code to go straight to our resources and browse through more than 70 videos, tip sheets and stories to help families deal with the stress of these trying times.

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Anger 101

Helping your child learn about their feelings and practice healthy expression

By Colleen Russo Johnson

It's OK and normal to be angry, no matter how old you are! Often with kids, we spend a lot of time talking to them about positive, feel-good emotions like happiness, love, and joy. While these tend to be easier (and even fun) subjects to tackle, they only represent a few of the many emotions kids experience on a regular basis. This is why it's important for us to acknowledge and help our kids work through other emotions, too.

Anger doesn't have to be unpleasant or something we avoid. It is just as valuable as our other emotions and can actually feel pretty good to express it. Sometimes, a little screaming or punching a pillow helps us release the tension that anger creates. When we deal with anger directly, we can better understand what matters to us and where our personal limits lie. By the way,

this is true for pretty much all ages.

Kids are definitely capable of handling and working through anger, so as adults, we have an opportunity to lead. As you get ready to talk about anger with young kids, keep these tips in mind. They will help your child learn about their feelings and practice healthy expressions.

Think about what anger looks and sounds like.

Invite your child to think about this with you. Use your own expressions, as well as examples from books or movies (e.g., screaming, glaring, crossed arms, furrowed brows, stomping). Offer up some examples you know of, and invite them to do the same. Recognition is an important first step to understanding anger.

Talk about how anger feels.

What does anger feel like in the body? Where exactly do you



feel the anger? Is it lots of places? Notice changes in heartbeat (does your heart beat faster or slower?) and temperature (do you feel cooler or warmer?), or behaviors such as clenched muscles and teeth, etc. Helping children identify what anger looks, sounds, and feels like, both in others and in themselves, increases their emotional understanding and competence.

Practice looking for the signs.

Help your child practice recognizing signs of anger before the feeling becomes overwhelming. When you notice early signs of anger, it can really help you regulate emotions more effectively. It's best to talk about anger when children are not feeling angry. This can help them build the emotional understanding, expression, and regulation skills they need when their anger does bubble up.

Take your anger temperature.

Acknowledge that it's possible to feel different levels of anger. You might feel just a little angry if someone accidentally spills water on you, but if someone breaks your favorite toy on purpose, you'll likely feel very angry! Along with a temperature system, you can introduce a number scale from one to five to help kids find a way to show their level of anger.

Validate your child's feelings.

Try not to make kids feel bad for their natural emotions. We all feel in different ways, so let's embrace this. Always validate your child's feelings; this doesn't mean you agree with it, but it means you recognize their emotion. When children are in the thick of it, they may not want to problem-solve or immediately feel happy; they may just want to be angry and make sure that you know it. And, as frustrating and ear-

wrenching as it can be, we should encourage this recognition process. Sometimes all they need to hear is, "You are feeling really angry, aren't you?"

Model positive strategies for managing anger.

As you talk about ways to manage anger, share with your child what makes you angry and what you do to calm it. It's good for kids to see that adults also get angry, and how they deal with these feelings. Model concrete strategies like taking deep breaths, spending time alone, and asking for help. This shows your child that it takes effort to regulate our emotions, and it gets easier with practice. We're not perfect. When you're not proud of your reactions (e.g., raising your voice) don't be hard on yourself. Instead, use it as a learning opportunity — apologize, and explain to your child how you wished you had reacted instead. Set an intention to respond differently in the future.

Remember that it's OK to be angry, and we should pass this acceptance on to our kids. Just as all of our emotions have a purpose, so does anger. Anger is OK, and learning how to channel and accept angry feelings is an important prerequisite for learning how to calm it.

This article features advice from the psychologists, educators, and experts at OK Play. They believe play-based education in early childhood is crucial for positive social, emotional, and cognitive development.

Dr. Colleen Russo Johnson is a nationally recognized developmental psychologist with an expertise in children's media and technology and the cofounder of OK Play, an app built for families to create, bond and grow together every day through play (available on iOS or Android). She holds a PhD from Vanderbilt University.

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Hope and healing

Beech Brook provides mental health services, education, support, mentoring, sex education, and fostering for children and families.

By Deanna Adams

Almost everyone needs help with personal problems at some point in their lives, and many times you don't know where to turn. Yet, one phone call could make a difference. That phone call is often to Beech Brook, a premier behavioral health agency located in Pepper Pike.

"We work specifically with families and children, and have partnerships with almost 100 schools throughout northeast Ohio, including Cuyahoga, Summit, Geauga and Lorain counties," says Nancy Kortemeyer, senior director of marketing and communications at Beech Brook. "Early intervention is key. The earlier we can address and help problematic situations, the better for the child's future."

The agency has a long history. It opened as the Cleveland Orphan Asylum back in 1852. Its mission of hope and healing for children and families remains a steadfast tradition. Their services are wide ranging and future focused. The experienced and authorized staff help children and adults through early intervention, and education and support, as well as treatment for those who have experienced severe trauma. The qualified staff members visit schools, homes, daycare centers, foster homes, and many other community settings to offer their services to children and families who need to move forward successfully.

Kortemeyer calls it "moving upstream." Beech Brook president and CEO, Thomas Royer describes that concept. "When we deal only with the aftermath of traumatic events and toxic environments, we are suffering from the results of down-

stream thinking. We are treating the effects but not the cause of the suffering that too many children and families are enduring. We are not keeping our children from drowning.

"With this in mind, we are reshaping the way we approach and do our work at Beech Brook. We will be working every day to identify those who are experiencing unhealthy social determinants of health, to reduce school violence, to keep families together, and as our mission guides us, to help children and families thrive. We are focused not only on treating but on preventing the devastating toll of today's epidemic—abuse, trauma, daily exposure to violence, the toxic stress of living in poverty—and its lifelong impact on our children, our families and future of our community. We are moving upstream."

"We feel so strong about the community needs and our mission," says Kortemeyer, who has worked at Beech Brook for 27 years. "We want to make the biggest difference in young people's lives. We begin with early childhood programs because that's truly the starting point. It's hard for some to believe, but there are children who are expelled in preschool for out-of-control behaviors. So the need is great to get the children help as soon as possible."

Beech Brook offers a wide range of programs concerning issues that include child abuse prevention, education and early intervention, as well as community and home-based treatment programs for at-risk children and families.

Among the 43 specialized programs and services that Beech Brook provides are:

School-based mental health services and support: Beech Brook cur-



rently provides therapy and support services for children, parents and staff in 96 schools in Cuyahoga, Summit, Lorain and Geauga counties.

Early childhood services: Through mental health services, child care consultation and parenting classes that help parents understand and support their child's brain development, Beech Brook is trying to help young children overcome problems early in life.

Parent education and support: Beech Brook offers a variety of parenting classes and support services that improve parenting skills and strengthen families.

Family Preservation and Intensive Home-Based Treatment (IHBT): These programs provide in-home, intensive, short-term crisis intervention designed to stabilize and preserve families.

STRIDE (Skill Building, Teaching, Role Modeling, Independence, Development, Empowerment): This mentoring program pairs a child or teenager with a staff member to provide extra support during stressful times and encourage the child to participate in positive activities.

Sex Education: Beech Brook's Comprehensive Sex Education (CSE) programming is designed to help youths, ages 10–18, understand the emotional, social and physical changes that are occurring in their lives. The goal of the program is to educate, inform, empower and motivate these young people to take control of their future by making healthy and responsible choices now and in the years to come.

Then there is the **Foster Care Program**, one of the agency's most challenging missions. "We are always in need of foster parents,"

Kortemeyer says. "Naturally, we'd prefer that children never experience trauma of being removed from their families, but we're here to help when that happens."

Indeed, there are times when children must be taken from their homes, temporarily or permanently, for their own protection. Children come into foster care with problems stemming anywhere from abuse and neglect, exposure to violence, or parental drug and alcohol addiction. "The need for foster parents is even more urgent today, much due to the opioid crisis," says Kortemeyer.

Beech Brook foster parents play an important role in helping these children overcome their trauma. The foster parents provide a 24-hour therapeutic environment where healing can begin. "We provide extensive training and support for foster parents and are in at least weekly contact with them," Kortemeyer notes. "Our case workers and therapists work continually with them to help in all manners."

It's also important to note that Beech Brook also provides services for youth, ages 18–21, who are aging out of foster care through Ohio's Bridges program, which provides the support needed to make a successful transition into adulthood.

Kortemeyer summarizes why Beech Brook's mission of moving upstream is so important. "You can't give a kid back a lost childhood. That's why we want to make a difference early in children's lives, before they are hurt or traumatized, so they can have the best beginnings."

Beech Brook is housed at 3737 Lander Road in Pepper Pike. For more info call (216) 831-2255 or visit www.beechbrook.org.

Caring for your baby's teeth

By Mary Flenner



Dentistry. They are greeted with bright, cheery walls and usually a kid-friendly movie on in the waiting room, which immediately puts them at ease.

"We do a lot to make the kids feel comfortable. We'll tell stories, sing songs, whatever we can do to relate to them. We're also trained in behavioral management techniques," she continues.

Dr. Trista says her favorite part of her job is the children's smiles. "I love working to create great smiles through prevention and through the care I provide. I love watching the children attached to these smiles grow and their personalities develop. Watching the children leave my office with the prize toy they have earned, smiling from ear to ear because we worked together to have a fun and successful visit, brings me joy," she says.

Dr. Trista's Pediatric Dentistry is located at 5255 Mayfield Rd. in Lyndhurst. To schedule a visit call (440) 459-2100 or learn more online at DrTristaSmiles.com.

the children may feel apprehensive, but proper preparation at home—role playing, reading books about going to the dentist—will help prepare everyone and make the visit go as smooth as possible," she recommends.

What sets Dr. Trista's Pediatric Dentistry in Lyndhurst apart from other practices is the level of staff expertise. Each team member has years of experience working with children. Her team is expertly trained in pediatric teeth and know the specific challenges and most important things to look for.

Kids love the comforting and fun environment of the beach-themed office at Dr. Trista's Children's

Baby teeth. They start causing little ones grief long before they reveal themselves, and then suddenly, they're here! Those little teeth often appear earlier than parents anticipated, and Mom and Dad may be unsure of how to take care of them, but proper dental care is essential, even at a young age.

Dr. Trista Onesti specializes in pediatric dentistry and recommends that babies make their first visit to the dentist by age one, or six months after their first tooth comes in. "All teeth can get a cavity, so it is important to start preventing cavities early on—and routine dental care allows for that," Dr. Trista says.

What to expect at their first visit

"All preventative visits are comprised of an exam, cleaning, and fluoride application.

Based on needs, children may receive x-rays," says Dr. Trista.

"We know both the parents and

Recommended care for baby teeth

0-12 Months

- Begin by wiping milky residue off of baby's tongue with a warm washcloth before bed or during bath time to prevent bacterial growth.
- Start brushing teeth as soon as they come in.
- Regular preventative checkups are recommended every 6 months.

Age 1+

- Flossing can begin as soon as two teeth are next to each other. Dr. Trista says, "Parents should assist with flossing until the child has developed the manual dexterity to do the proper technique alone, usually around 7-8 years of age."
- Parents should assist and supervise tooth brushing until the child is about 7-8 years old.
- Thumb-sucking is recommended to be weaned by age 5, or when teeth become wiggly.
- Children should continue regular checkups and cleanings every six months.

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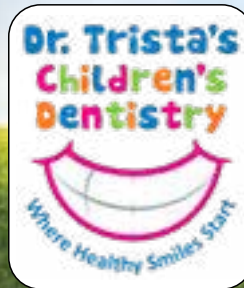


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It's Time to Spring Clean Your Smile!



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Schedule your child's dental exam & cleaning today!

**Pediatric Dentist for The Cleveland Clinic,
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Dr. Trista Onesti is proud to be named a 2020 Pediatric Top Dentist as seen in:
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BODY WORLDS Rx exhibit at Science Center open through April 3

BODY WORLDS Rx offers visitors the unique opportunity to explore the amazing biology and physiology of human health and the dramatic effects of disease. From organs to muscles to the nervous system and to skeletal structures, BODY WORLDS Rx gives an unprecedented look inside the most sophisticated mechanism in the world, the human body.

The specimens on display in BODY WORLDS Rx show impressive comparisons of healthy organs and diseased organs, to reveal the physical impact of disease on the body's systems. Through the process of plastination, a complex preservation method that removes the fluids from the body and replaces them with reactive resins and elastomers, the specimens in this special exhibition offer guests the unique opportunity to be inspired and amazed by the inner workings of the human body. Visitors will see specimens that illustrate common ailments like cardiovascular disease and chronic obstructive pulmonary disease.



It's up to families to make the decision about whether they feel it's appropriate for their children to visit BODY WORLDS Rx. To help with the decision, a family and educator guide can be found online at GreatScience.com. It gives an overview of what to expect in the exhibition, encourages discussion and provides conversation starting questions.

All guests and staff will be temperature checked when entering the building and will be required to wear a mask. Building capacity will be reduced and guests must buy their tickets in advance online and select an arrival time.

For info visit GreatScience.com.

15th annual flower show "Orchids Forever" now open

Holden Forest & Gardens has opened one of its most popular annual experiences, "Orchids Forever," at the Cleveland Botanical Garden. The show will run through April 11.

Guests will be greeted with a stunning display of hundreds of Phalaenopsis orchids and a towering orchid sculpture "Orchids in Bloom" designed by copper, resin and steel artists Mark Lagergren and Anthony M. Ball. The experience leads to the Eppig Gallery for a visually striking timeline of orchid speciation and exploitation, as well as modern-day science and conservation. The Glasshouse rainforest biomes will highlight orchid species from the continents of Africa, Asia, Australia and Central America, transporting visitors from the northeast Ohio winter into a warm climate.

Over the course of the show, thousands of orchids will fill the galleries, hallways and glasshouses at the Botanical Garden.

Providing a safe and comfortable experience was top-of-mind for the



Orchids Forever design team. A socially distanced one-way path will guide visitors through the experience. A limited number of advanced reservations are available each day. Face masks must be worn in the interior garden building.

Orchids Forever hours are Tuesdays, Wednesdays and Thursdays 10 a.m. – 5 p.m., Fridays and Saturdays noon – 8:30 p.m. and Sundays noon – 5 p.m. The Botanical Garden will be closed on Mondays.

Orchids Forever admission is \$15 per adult, \$10 per child ages 3–12 (free for children 2 and under). Tickets are available at cbgarden.org. Advanced reservations are required to control capacity for the safety of our members and guests.

For complete details about Orchids Forever, visit cbgarden.org/orchids-forever.



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summer CAMP

How to choose a summer camp your kids will love and that you approve – even amid a pandemic

By Kimberly Blaker

Whether you're looking for enrichment for your child, a way to keep your kids occupied and supervised while you work, or need a short reprieve from parenting, there's sure to be a summer camp that's the right fit for your child and family. Even in the midst of the COVID-19 pandemic, many summer camps will be up and running either offering alternative programs or by following safety protocols to reduce the risk to campers and staff.

The benefits of summer camp

Summer camp offers kids plenty of benefits, and many kids thrill at the idea of going away to summer camp. Still, 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 cause considerable anxiety. When kids are adamantly opposed, forcing summer camp on them may not be in their best interest.

But for kids who are eager – or at least willing to give it a shot without much fuss – summer camp offers opportunities kids may not have elsewhere. Summer camp provides kids the following benefits:

- Fosters independence
- Develop new and lasting friendships
- Development of new skills
- Discovery of new interests and hobbies
- Opportunity for creative expression
- A break from being plugged-in
- Daily exercise
- Improves their self-esteem
- Teaches kids to work with others
- Makes them feel part of a community
- Prevents or reduces summer learning loss

Getting started in your search

Before you begin looking into summer camps, create a list of the criteria you're looking for. Here are some things you'll want 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 with lots of freedom and choices?
- What are your child's passions, 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 right here in Today's Family Magazine! On pages 9–17 we have listings for many local camps.

The American Camp Association (ACA) accredits summer camps. So this is another excellent place to look. The ACA educates camp owners and directors in health and safety for both staff and campers as well as program quality. It then accredits camps that meet the ACA's standards.

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 with your child to see what excites him or her. Be sure to let your child know upfront that you still need to thoroughly investigate the camp(s) 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 down to a manageable selection, you'll want to investigate the camps further. There are several things you'll want to consider.

Is this camp a safe option for my child and family during the pandemic?

Many summer camps are now offering virtual programs so kids can benefit from summer camp without the risk of contracting and spreading COVID-19. Virtual summer camps range from a couple hours a day to all-day camps offering a broad range of virtual activities led by counselors. Virtual summer camp programs range from free to several hundred dollars.

Perhaps you're considering sending your child to in-person summer camp. If so, the Centers for Disease Control (CDC) offers suggestions on how summer camp programs can reduce campers' risk during the pandemic. Recommendations

include promoting behaviors to minimize spread, maintaining a healthy environment, maintaining healthy operations, being prepared for when someone gets sick, and special considerations for overnight camps. When considering an in-person summer camp, review the CDC's more detailed recommendations found at www.cdc.gov/coronavirus/2019-ncov/community/schools-child-care/summer-camps.html. Then compile questions to ask the summer camp you're considering to make sure it adheres to these safety protocols.

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 their camp experience.

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 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 kids bring along a cell phone or electronics? Also, how much money can they bring, and how is it managed?

Don't sweat it

Keep in mind, although there are many great camps, no camp is likely to offer everything precisely the way you want it. Just choose the one that best fits your child and satisfies your most important criteria. Remember, your child will have many summers to come and plenty more opportunities to work in more exciting camp experiences.

See pages 9–17 for a listing of participating camps in northeast Ohio.

summer CAMP

Adrenaline Monkey

26800 Renaissance Pkwy
Warrensville Heights
(216) 282-3100
www.adrenalinemonkeyfun.com

Kick off your child's summer adventure at Adrenaline Monkey! Their indoor adventure center is equipped with four Ninja warrior-style obstacle courses, various rock climbing features, an aerial ropes course with more than 20 obstacles to quench the thirst for adventure.

Their weekly camps, with half-day and full-day options, include programming designed to develop their campers' physical and mental attributes through empowering experiences on their adventure courses and climbing walls. Take advantage of the early bird special, which ends on March 19.

Also save more with their member discount, multi-week discount, and sibling discount! Camp will begin the week of June 7 and will run through August 16!

Learn more at www.adrenaline-monkeyfun.com.

Animal Camp

Hosted by Rising River Farm
6618 Chagrin River Road
Chagrin Falls
(440) 463-3146

www.RisingRiver.net
Email: khanimalcamp@gmail.com

Animal Camp is a unique farm day camp experience for kids ages 5–13. Since 2006 they have honed an interactive, self-directed experience for children.

Kids enjoy and learn about farm animals (horses, goats, bunnies, chickens, dogs, and cats), participate in horseback riding, crafts, and an end-of-week trail ride.

They offer 11 individual sessions (Mon-Fri) from 9 am–4:30 pm. Campers are welcome to participate in one or multiple sessions. Kids participating in the all-day camp spend the afternoons playing games, crafting, and cooling off in the Chagrin River, which is shallow and located on the property.

They feature "Feed-em-Friday" where kids are permitted to bring carrots to feed the animals. →

Summer Ruffing It!

SUMMER CAMPS FOR AGES 18 MONTHS - GRADE 8

JUNE 21 - JULY 30, 2021

Reserve your spot today at ruffingmontessori.net/summercamp
3380 FAIRMOUNT BOULEVARD : CLEVELAND HEIGHTS, OHIO



Ruffing
Montessori School
Engage. Emerge. Learn for Life.



Mike Moran Basketball Camps

2021
Boys/Girls Camp
at Lost Nation Sports Park
Willoughby
June 14–18 | June 21–25
June 28–July 2
9:00 am–3:15 pm each session

- **Eligibility:** Camp is open to boys and girls ages 6–14.
- **Camp Fee:** \$185.00
- **Early registration** discounts and group rates available.
- **Each camper receives** a camp basketball and a camp T-shirt.

Registration

Phone: (440) 338-8092

Online: MoranCamps.com

Mail: Brochures will be mailed out upon request.

CAMP STAFF

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

PETE MORAN: Head coach of John Carroll University.

PAT MORAN: Assistant coach of John Carroll University.

MATT MORAN: Head coach of Lake Catholic.

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

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

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

JOHN GIBBONS: Legendary coach.



The Official Camp of Safe Summer Fun!

Travel through summer safely this year at Camp Gilmour.

With nine weeks of new offerings and old favorites for children as young as 3, Camp Gilmour has something for everyone! From our Day Camp to Preschool Camp, sports camps to arts camps – children will be active, entertained and safe all summer long! We will continue to utilize the successful safety protocols outlined in University Hospitals' Healthy Restart Playbook to ensure the safety of everyone.

ACT FAST

LIMITED ENROLLMENT
ONLINE REGISTRATION

Visit gilmour.org/summercamp
Before and After Care available

Fun with Drones

Digital Photography

Nature-Based Camps

Watercolor Painting: En Plein Air

Volleyball Camp for Girls

Lacrosse for Boys and Girls

Hockey for Boys and Girls

and more ...

summer CAMP

Animal Camp cont'd

All activities are supervised by experienced counselors, many of whom are Animal Camp graduates! (Typical camper to counselor ratio is 4:1.)

Horseback riding helmets are provided, closed toe shoes, water bottle, snack or lunch (as appropriate) are required. Please email Krista with questions. Like Rising River Farm on Facebook to stay up to date!

Beck Center for the Arts

17801 Detroit Avenue, Lakewood
www.beckcenter.org
(216) 521-2540

Beck Center for the Arts offers in-person summer camps and classes on their Lakewood campus, and some online private music lessons, and arts education offerings. Summer camps and classes are mainly for ages 5–19 but private music lessons are available all year and for every age, skill level, and a wide variety of musical instruments. Your child can grow new skills and strength-

en existing ones in music, theater, dance, and visual arts. Their creative arts therapies have proven success in working with individuals of all ages with disabilities using music, art, dance, and visual arts therapies. Learn more today at www.beckcenter.org/education-programs or contact customer service at (216) 521-2540 x10.

Camp Fitch YMCA

www.campfitchymca.org

Camp Fitch's century-old classic sleepaway summer camp provides kids, ages 6–17, with a holistically safe, values-driven community where they discover friendship and achievement. Kids feel like they belong among the camp's carefully vetted, highly committed, and caring staff, who create transformative experiences on the shore of Lake Erie.

A life-changing Fitch experience is among the most important a child can have to develop independence and self-confidence. Through partnering with the Erie Health Department and healthcare

professionals, they have designed a safe environment to make kids better, forever.

Visit campfitchymca.org.

Cleveland City Dance

Home of City Ballet of Cleveland
13108 Shaker Square, Cleveland
(216) 295-2222
www.clevelandcitydance.com

You will love watching your child's eyes sparkle as they grow confidence, friendships, poise and technique in a safe social distanced school. Classes are available for ages 3–85 — yes they have adult classes too! Teachers are patient and experienced, encouraging dancers to do their personal best.

Register early for a magical and exciting summer! Sessions run June 7 through August 7. Choose one to seven weeks.

Themed Camps for ages 3–8 such as Winter's Ball, Peter & the Wolf, Adventure of Mother Goose and more.

Camps for ages 8 and up including preprofessional, work on

mastering technique with friends in ballet, jazz, modern, conditioning, choreography and classical variations, musical theater, guest teachers and more.

All classes can be in person and livestreamed for you at home too!

Adult and children individual class options are also available.

Space is limited so call early for more information at (216) 295-2222 or visit their website at www.clevelandcitydance.com.

En Pointe Dance

516 East Washington Street
Chagrin Falls
(440) 247-5747
www.enpointedance.com

En Pointe Dance will be offering in-studio and online summer classes and dance camps from June 14–August 6.

Classes will be offered in ballet, tap, jazz, creative movement, and modern dance for ages 3 through adult.

Dance Camps: Princess Camp for ages 3–7 will include creative dance and preballet vocabulary,



DAY CAMPS



ENRICHMENT CAMPS



SUMMER OF

Adventures

AT UNIVERSITY SCHOOL

JOIN US FOR A FUN-FILLED SUMMER AT UNIVERSITY SCHOOL!

Register today at www.us.edu/summer



UNIVERSITY SCHOOL



ACADEMIC CAMPS



SPORTS CAMPS

summer CAMP

En Pointe Danse cont'd

with a focus on balance, coordination, and musicality. Dancers will present an informal showing at the end of each session.

Summer Intensive: This program is designed for the dancer ages 10 and older who would like the opportunity to continue to develop their dance education and training over the summer. Classes include ballet technique, conditioning, and pointe variations.

June 14–August 6. Three-, four-, and five-week options.

Classes for ages 8–10: For the dancer looking to maintain their dance technique during the summer. Classes include ballet, modern/jazz, strengthening and flexibility. Classes meet three times a week for two weeks.

Weekly classes for adults in ballet and tap will also be offered.

For information visit their website, call (440) 247-5747, or email msgail.enpointedanse@gmail.com.



Fairmount Center for the Arts

8400 Fairmount Road, Novelty
(440) 338-3171

www.fairmountcenter.org
Email: info@fairmountcenter.org

Fairmount Center for the Arts will offer camps June 1 through July 30 for preschoolers–grade 8.

Camps will be offered both on-site and online and consist of both half-day and full-day options. Camps will explore dance, music, theatre and visual arts. Additionally, multi-arts themed camps will provide a sampling of art forms designed to explore a variety of interests through hands-on activities offered in a supportive, caring and fun environment. On-site camp programs will utilize outdoor spaces as feasible, enjoying beautiful summer days.

Complete camp information will be released March 15 with an early registration discount of 5% on registrations completed by April 30.

Located just minutes away from Mayfield, Chagrin Falls and Chardon.

creative CAMPS & CLASSES to Live up your SUMMER!



ONLINE CLASSES AVAILABLE

DANCE, VISUAL ARTS, THEATER, MUSIC, AND CREATIVE ARTS THERAPIES

REGISTER NOW AT BECKCENTER.ORG

Summer ROCKS!



2021 Weekly Summer Camps

For children entering grades 1-8

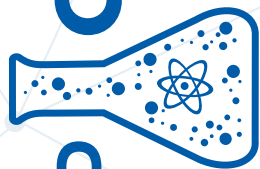
Info & Registration: shakerocksclimbing.com

Half-, Full-, and Extended-Day options available!



CAMP CURIOSITY

SUMMER CAMPS 2021



SUMMER CAMPS BEGIN

JUNE 7

Grades K-8

- 28 all-new STEM themes
- Choose from LEGOs, robotics, movie-making and so much more!
- Designed with your child's health and safety in mind
- @Home camp sessions are also available



GREAT LAKES Science Center
Stay Curious.

Camp Curiosity Presented By

TIMKEN

Visit GreatScience.com or call 216.621.2400 for more information

Jump Start Gymnastics

23700 Mercantile Road, Beachwood
Rear of National Biological Building
(216) 896-0295

Website: jsgymnastics.com
Email: jsgymnastics@jsgymnastics.com

SAFE, HEALTHY ENVIRONMENT

Jump Start Day camps, classes, & team practices will be following all of the mandates & recommendations made by the CDC & state of Ohio including temperature checks, face masks for guardians dropping off children (or staying with their 4-and-under children), social distancing, smaller class sizes, facility sanitization and more!

GYMNASTICS FOR KIDS & ADULTS

Our goal at Jump Start is to encourage, motivate, and assist students in achieving their full potential through a supportive environment. We are committed to the holistic development of gymnasts, young and not-as-young!



Summer Camps!

Based on school schedules.
Approximately June 7 through August 13.
9 am to 3 pm. Before-care and after-care are available. Weekly or daily enrollment.

Traditional gymnastic instruction, games, open gym, and weekly themes.



Winter Session

Winter 2 Session

Feb 15 - March 27, 2021
Enrollment is ongoing and prorated from start date.

Spring Session

April 5 - May 15, 2021



Adult Open Gym

Tuesdays & Thursdays
7:30-9:00 pm

Class size is limited in order to stay within CDC guidelines.

COST: \$10 per open gym registration.

SUMMER CAMP

Fairmount Early Childhood Center

(216) 464-2600

www.beachwoodschools.org/SummerCamp.aspx

Fairmount Early Childhood Center Summer Camp is seven weeks of fun in the sun! Camp accommodates children entering preschool through entering 2nd grade.

Preschoolers (3 years old) can attend 9:00 am-noon.

Prekindergartners (4 years old) can attend 9:00 am-noon or 9:00 am-3:00 pm.

Kindergartners, 1st graders & 2nd graders (5-7 years old) attend camp 9:00 am- 3:00 pm.

Seven weeks of camp are offered between June 14-July 30. Children can be registered for one week or any combination of weeks.

Weekly themes, outdoor activities, guest performers, art, water activities and lots more fun in the sun!

Registration is currently open for Beachwood residents and non-residents, and spaces are filling up fast.

For more information visit the website or contact camp director, Karen Leeds at (216) 464-2600 or email KML@beachwoodschools.org.

Falcon Camp

Carrollton, OH

(800) 837-CAMP

www.falconcamp.com

Recognized throughout the Midwest as Ohio's premier summer camp since 1959, Falcon Camp has been chosen as a "Top Ten Camp in USA" and selected as the "Coolest Camp in Ohio." Falcon

offers a beautiful lakefront setting, talented staff and wide variety of activities. Boys and girls ages 6-16 choose their own schedule within a general framework and daily activities are separate with planned coed events.

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

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

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

Gilmour Day Camps

34001 Cedar Road, Gates Mills

www.gilmour.org/summercamp

(440) 473-8000 ext. 2267

www.gilmour.org/summercamp

Email: summercamp@gilmour.org

With nine weeks of exciting offerings, Camp Gilmour is the official camp of safe summer fun! Camps will be offered from June 7-August 6.

Along with exciting new camps, Gilmour will be offering their Preschool Camp (ages 3-5), with exciting themes each week; Day Camp (ages 5-12), where campers can attend for the full day or combine a half day of day camp with other half-day specialty camps; and their sports camps, hosted by Gilmour coaches from some of their state-ranked athletic



Animal Camp 2021

The Best Camp Ever! Is celebrating its 15th year and we are inviting you

11 one-week sessions

For kids 5 to 13 years old

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

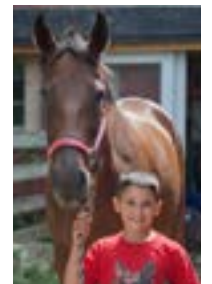
Features:

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

Visit us at:
www.risingriver.net

Contact Us:
(440) 463-3146

kanimalcamp@gmail.com



Visitation:

Open Houses have been canceled for 2021. Visitation of the Animal Camp will be offered on an individual basis. Visitation must be scheduled, and is of limited availability.

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

summer CAMP

Gilmour Camps cont'd

programs.

Gilmour offers before- and after-care options from 7:15 am–6 pm.

Camp Gilmour utilizes the successful safety protocols outlined by University Hospitals to ensure the safety of everyone throughout their 144-acre campus.

Space is limited, so register today online at www.gilmour.org/summercamp. If you have any questions, please call (440) 473-8000 ext. 2267 or email them at summercamp@gilmour.org.

Gilmour Academy is an independent, Catholic, coed school in the Holy Cross tradition. Montessori (18 months–kindergarten) and grades 1–12.

Girl Scouts of North East Ohio

Camp Ledgewood and Camp Timberlane

Peninsula, OH and Wakeman, OH
www.gsneo.org/camp

Summer is just around the corner, and it's time to start planning your girl's next big adventure. The

best part is, all girls are welcome — no Girl Scout experience necessary!

Girls benefit from being in an all-girl environment, away from home, where they learn independence, and to never back down from a big adventure. Camping is a great way for girls to explore leadership, build skills, and develop a deep appreciation for nature. Whether for a day, a week, or longer, Girl Scout camp gives girls an opportunity to grow, explore, and have fun under the guidance of caring, trained adults.

They have a camp for every girl! They offer one-day programs and week-long day camps. They also have week-long resident camps at Camps Ledgewood and Timberlane. Plus, Their unique camp themes ensure she'll find the perfect fit for her.



Jump Into a Summer of FUN!

Summer ARTS Camps
Preschoolers through Grade 8
Half & Full Day Options
On-site & Online Programs

▲ Mariana Perez,
Director of Dance

ENRICHING LIVES THROUGH THE ARTS
FAIRMOUNT CENTER
Celebrating 50 Years
For the Arts

THE FIGGIE FOUNDATION Ohio Arts

Full program available **MARCH 15**
Camps begin **JUNE 1**
FairmountCenter.org
440-338-3171

CAMP FITCH YMCA



Making kids better, forever!

summer CAMP

Great Lakes Science Center

601 Erieside Avenue, Cleveland
(216) 621-2400
www.GreatScience.com

Have your kids been missing the social interaction of the classroom, and the fun of learning new things in an interactive environment? If so, a week-long, summer STEM adventure might be just what they need!

Camp Curiosity features more than 25 new camps this year, offering new challenges and unforgettable adventures for kids in grades K–8. Once again, at-home camp options are available as well, for families who are not quite ready for the in-person camp experience.

Camp opportunities range from coding and robotics to chemistry, physics, NASA and everything in between. All camps follow the Science Center's health and safety protocols. Sessions begin June 7!

Camp Curiosity is presented by Timken.

For more information on available discounts, before- and after-care options, and scholarship

opportunities, or to register, call (216) 621-2400 or visit them online at GreatScience.com.

Hawken Summer Programs

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

Hawken Summer Programs offer a variety of activities led by experienced professionals for boys and girls ages 4–18.

Camps run between June and August, and offerings include day camps, Passport Camps, athletics camps, and summer studies. These opportunities enable children to develop existing passions and discover new ones; they also provide exposure to new people and new skills, which helps build self-esteem, independence, and confidence.

For more information, contact summerprograms@hawken.edu, (440) 423-2940, or visit summer.hawken.edu. Visit www.hawken.edu/healthy-hawken-restart to learn more about Hawken's COVID-19 protocols.

Hospice of the Western Reserve Together We Can Grief Camp

(216) 486-6838

www.hospicewr.org/griefandloss

Are you looking for a way to help a grieving child or teen? Western Reserve Grief Services is hosting grief-support camps this summer to help children coping with the death of loved ones.

Led by trained bereavement professionals from Hospice of the Western Reserve, they combine art, music, play and nature exploration to help with the healing process. The camps bring together children, all of whom have experienced the death of a loved one, in a safe, supportive environment. All camps are open to the community and offered at a nominal cost (scholarships available).

"In an atmosphere of comfort and trust, the camps offer children a chance to learn about grief and new ways of expressing feelings, and to honor their special person," said Karen Hatfield, director of Western Reserve Grief Services.

"We start as strangers and leave as friends."

For a full list of community resources, visit www.hospicewr.org/griefandloss.

Jump Start! Gymnastics

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

The USA Gymnastics Team paved the road to Rio! Get ready to tumble to Tokyo in 2021 at Jump Start Gymnastics! JSG offers gymnastic camps for boys and girls ages 4–16, and all levels of experience from recreational to competitive.

Their camp is a great way to explore and experience gymnastics at any level. JSG's philosophy is that gymnastics is for everyone, is a great base for physical fitness and a healthy lifestyle, and benefits coordination for every sport.

JSG is offering nine weeks of summer camps beginning Monday, June 7 through Friday, August 13 (closed July 5–9), 9 am to 3 pm. Before-and after-care are avail-

GRAPHIC DESIGN SUMMER BOOT CAMP INNOVATION



LAKE ERIE
COLLEGE

This 5-day boot camp is for high school students who are freshman-seniors (up to 19 years old) and have an interest in graphic design. Students will be taught the basics and we will focus on introducing the industry leading software (InDesign).

Those students that excel in Innovation boot camp could receive an LEC \$1000* scholarship.

Class is limited to 13 students.

The cost is only \$150.00.

Class time is from 10:00 a.m. - 12:30 p.m. M-F during Innovation

**JUNE
21-25**

**CONTACT ANTHONY EZZO FOR MORE
INFORMATION AT AEZZO@LEC.EDU**

LEC \$500* SCHOLARSHIP

For every high school student that completes the boot camp.

*Scholarships are awarded to students who enroll full-time at LEC and major in Visual Communication and Graphic Design.



summer CAMP

Jump Start Gymnastics cont'd

- able. Weekly or daily enrollment.
 In addition to traditional gymnastic instruction, games, and open gym, weekly themes are:
- Tumbling to Tokyo 2021 in Olympic style
 - Gymkata Ninja Warriors
 - Dance Explosion Immersion
 - Invention Convention for Skills
 - Create Drama with your own Play
 - Pajama Party Week
 - Art, Art, Art sampling
 - Vegetable Gardening 101
 - It's a Bake-off

Lake Erie College Innovation Graphic Design Boot Camp

391 West Washington Street
 Painesville
 (440) 375-7050
www.lec.edu

The Innovation graphic design boot camp at Lake Erie College (LEC) allows students to explore original, useful and creative communication ideas. During the five-day Innovation week at LEC, the

students will learn the basic principles of graphic design and apply their creative ideas to design layouts. Students will be introduced to the critique process and begin to work through creative problem-solving as it applies to communication. Innovation week is a good way for students with potential interest in graphic design to understand the design process and learn if graphic design is the right career path for them.

A student with a BFA in visual communication and graphic design degree can become a graphic designer, art director, creative director, web design, UI/UX designer (app design), production artist and freelancer. Because the skills learned are so versatile, the possibilities are endless for individuals in graphic design.



En Pointe Danse

Celebrating 22 Years!

Summer Sessions
 & Dance Camps
 June 14–August 8

Princess Camps
 for ages 3–7
 June 14–18
 and June 21–25

For more info call:
 440-247-5747



Offering classes in Ballet, Pointe, Creative Dance, Jazz, and Modern Dance. Ages 3 to adult.

516 E. Washington Street, Chagrin Falls • In The Gallery

440-247-5747

www.enpointedanse.com

Ohio's Premier Summer Camp

This is the best camp I've ever been to! I LOVE FALCON! SUMMER CAMP! I can't wait to go back! I want to see ALL MY FRIENDS. Excellent staff. Caring staff. Great Fun! I can't wait to go home! Horseback riding, archery, riflery, nature, sports, fishing and so much more! Ten days of fun. My favorite time. The staff really listened to me. I love it!

FALCON CAMP

Fun for Now. Skills for Life.

800 - 837 - CAMP
www.falconcamp.com

My favorite place in the world. The staff really listened to me. I love it!

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

Mike Moran Basketball Camps

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

The Mike Moran Basketball Camps are the oldest running basketball camps in northern Ohio, with over 40 years of operation. It has always been able to boast about having the most experienced staff of coaches. All the instructors are successful college and high school head coaches.

Because it is always well attended, participants will be working with other players of their same age group and ability level. The Moran Camp has always stressed the teaching and drilling of fundamentals. It is truly a camp designed for young players who want to improve their skills and be able to play competitive basketball. The camp runs all day, Monday through Friday, from 9:00 am–3:15 pm. Over the years it has been acclaimed by many newspapers and organizations as the top

basketball camp in the area!

Because of the Mike Moran Camps popularity, it fills up quickly. Take advantage of the early registration discount. Visit their new website morancamps.com for easy registration. Call (440) 338-8092 for a free brochure!

Ruffing Montessori School

Summer Ruffing It

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

Summer Ruffing It offers an amazing array of day camp options for children ages 18 months through rising 9th grade students at Ruffing Montessori School in Cleveland Heights. Three- and six-week options available for 18 months–6th grade, weekly options for 7th–9th grade. They hope you will join the summer fun from June 21–July 30, 2021!

Little Explorers: ages 18 months–3 years.

A Summer To Grow On: ages 3–6 features indoor games, cook-

ing, art and outdoor activities.

Creative Arts & Sciences: grades 1–6, offers choice in S.T.E.A.M. activities from which students create personalized schedules.

Extreme! SRI!: for rising 7th to rising 9th grade features weekly themes, outings and field trips near and far.

Shaker Rocks

Rock Climbing Camp

3377 Warrensville Center Road
Shaker Heights
(216) 848-0460
www.shakerrockscimbing.com

Summers are for fun, adventure, and climbing! Shaker Rocks offers weekly rock climbing camps for kids in grades 1–8 who have energy to burn. Campers will enjoy fun-filled days packed with top rope climbing, bouldering, slacklining, team-building games, and much more. Hard work, encouragement and cooperation are at the core of rock climbing. By living this on a daily basis, your camper will come away with feelings of camaraderie and a hunger for

overcoming new challenges. Sign up for multiple weeks to watch your climber's confidence soar!

Open to all skill levels.

Camp details:

Monday–Friday starting
June 7, 14, 21, 28; July 5, 12, 19, 26;
and Aug 2, 9

Half Day

9 am–noon

Members \$165/nonmembers \$195

Full Day

9 am–3 pm

Members \$315/nonmembers \$345

Extended Day

9 am–5 pm

Members \$365/nonmembers \$395

Learn more and register at www.shakerrockscimbing.com.



Together We Can 2021 Camps

Looking for a summer camp to support a grieving child? Consider one of our **Together We Can** bereavement day camps for children who have experienced the death of a loved one. Campers will share stories, laugh together, shed some tears and celebrate the life of their special person.

Five-day

Riding Through Grief

Fieldstone Farm

16497 Snyder Road, Chagrin Falls
June 21 – 25, 9 a.m. – noon

This camp is offered in collaboration with Fieldstone Farm Therapeutic Riding Center and is for children ages 8–12 who have experienced the death of a loved one. Through riding and working with horses, campers explore grief issues supported by trained counselors.

Three-day

Red Oak

Red Oak Camp

9057 Kirtland Chardon Road,
Willoughby
August 10 – 12, 9 a.m. to 3 p.m.

A three-day bereavement day camp for children ages 6–13 who have experienced the death of a loved one. Transportation available from two locations.



For more information
and to register,
visit hospicewr.org/camps
or call 216.486.6838.



Scholarships are available.

summer CAMP

University School Summer of Adventures

(216) 321-8260

Junior kindergarten–grade 8

20701 Brantley Road

Shaker Heights

Grades 9–12

2785 SOM Center Road

Hunting Valley

www.us.edu/summer

University School's Summer of Adventures includes enrichment camps, along with their popular sports clinics and day camps. Programs will be in person, on campus, and led by experienced teachers and varsity coaches. They offer coed and boys camps for preschool-age kids through high school-age students.

Their one-, two- or three-week

Preschool Day Camp engages prekindergarten boys in a creative and stimulating environment. US's six-week Boys Day Camp is the place where boys experience teamwork, sportsmanship, athletic and nonathletic skill-building, and pride in a job well done.

Summertime is for exploring interests, and US offers many specialized coed enrichment camps, including art and design, outdoor adventure, rocketry, aviation, LEGO, and Minecraft. Coed sports camps are for beginning athletes looking for an introduction to a sport, or for student-athletes wanting to take their talents to a higher level. Summer programs begin June 14. Extended day options (before- and after-camp) are available.

ICYMI In Case You Missed It!

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SUMMER CAMP

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

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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.

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.

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.

OVERNIGHT CAMPS

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

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Trusting your child's instincts

By Stacy Turner

Being a good human being isn’t something I worried about too much as a kid and young adult. That’s not to say I’ve never had my share of difficult circumstances and made plenty of mistakes. Through it all, I’ve tried to follow one of the golden rules my father often preached to my siblings and me — treat others the way you want to be treated. Applying that rule to friends, coworkers, and significant others has served me well, and it’s something I’ve tried to pass along to my kids, too. When situations arise where friends or acquaintances don’t treat them particularly well, I try to encourage them to focus on the positives. My usual position is to encourage my girls to give people the benefit of the doubt, be kind, and not make snap judgments. I didn’t think much about how gut feelings can figure into the equation.

Over the course of several sport seasons, my daughters would comment on the general awkwardness and immaturity of one of their coaches. We noticed the same traits, but also saw his time and effort spent working to help young athletes improve, and downplayed the negatives. We never witnessed anything untoward or heard about anything inappropriate, and the seasons progressed smoothly. The next season, we learned he had moved on, coaching at various neighboring school districts before landing a full-time teaching position nearby. We were shocked, saddened, and blindsided when he was recently charged with attempting to engage in sexual misconduct with a minor over social media.

My husband and I were more shocked to hear this than our girls

were, since they had heard some rumors that had been circulating. And while our girls were not targeted, and the case hasn’t yet been determined, in hindsight, I feel I should have responded differently when my girls voiced their concerns. I wish I had asked more questions to understand what they weren’t saying. I wish I gave more weight to their gut feelings, instead of trying to encourage them to be nice. I feel I could have done a better job helping them learn how to strike a balance between being kind without setting them up to be vulnerable or manipulated. And to understand the difference between rumor mongering and being cautious, aware that rumors may contain grains of truth. Most of all, I feel like I missed the opportunity to help my girls be empowered to trust their intuition.

Our kids often claim we’re over-protective, but they’re happy to look in the stands and know we’re watching their games and activities, even if they complain that Dad shoots too many videos and cheers too loudly. They still complain when we limit who they spend time with and what apps and social media platforms they can use. We want to help them recognize and set healthy boundaries. We don’t mind being considered old-fashioned or overinvolved, especially if it makes them less likely targets.

We hope that even when we don’t say the right things or ask the right questions, they know we love them unconditionally and pray for them daily. And now, we’ll always make sure we encourage them to trust their gut. We know we won’t always get things right, but we’re committed to keep trying. Because as parents, we often rely on another one of my father’s adages — trust God, but lock your car.

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