

TODAY'S **family**



April 2022

Cuyahoga

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**Child
Abuse
Prevention
Month**

Red Treehouse

Helps young families
dealing with illness

Summer Camps

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Red Treehouse

Helps young families dealing with illness

By Deanna Adams

The last thing parents want is a sick child. And when that happens, they often are not aware of all the help and resources that may be available to them. Yet, there is one place that serves as a one-stop resource center with a sole mission to connect families with needed services.

Red Treehouse is a branch of the Ronald McDonald House® of Cleveland, Inc., and partners with Ohio Family and Children First to guide families dealing with children and young adults — prenatal through age 25 — who suffer from illnesses and disabilities. The organization helps them meet their health care needs and overcome the challenges they face.

Among the many resources available through Red Treehouse include everything from sharing knowledge about community organizations, determining financial resources and health insurance, as well as housing, living arrangements and transition planning. They can also provide an emotional support animal, if necessary.

The agency's program manager, Julie Wilson, likens her job to a ship's cruise director, in that she's the one to seek out when searching for answers. "I connect families with all the resources they need to support them in various ways during the most difficult times," she says. "When you're suddenly faced with an ill family member, you often don't know where to turn."

Wilson speaks from experience. She came to her position three years ago by way of a personal battle, when she found herself dealing with the trauma of caring for her critically ill husband. "When he was diagnosed with brain cancer, I was faced with so many challenges. I was suddenly a caregiver and it was a very eye-opening experience," she says. "It's an important and significant role but it's often overwhelming. I soon learned how many organizations are actually out there if only people knew about them."

Red Treehouse, a nonprofit orga-

nization that serves Ohio, Western Pennsylvania and North Central West Virginia, also provides an active online and social media community support system to help those exploring resources and events. This includes links to webinars, workshops, conferences, and educational guides, such as instructions and information for parents of children with a rare disease, along with emergency medical alert accessories and pediatric palliative care when needed.

"Your life really shifts when you go through these kinds of trauma," Wilson says. "It often changes the way you live, the way you see life. That's why, after my husband passed, I felt a strong urge to be purposeful. I wanted to focus on helping people who are experiencing these moments of crisis and feel lost."

"We don't just give support, we give people the essential tools to manage and help deal with all the things thrust upon them. Having connections through many resources really does make it bearable."

Red Treehouse was named as such because it exemplifies strength and resilience and serves as a collection of branches to connect people and resources. As stated on its website, the treehouse is red — the color of "love, energy, power, passion, life and vitality" through which to help children and young adults "achieve positive outcomes and well-being."

Like Wilson, Helen Rapp also came to Red Treehouse in search of guidance with not one, but two family health matters. "As the mother of two grown children with serious medical issues, I know what a valuable resource Red Treehouse is to families," says Rapp. "In 1995 at the age of 11 months old, my daughter Holly had corrective open heart surgery at the Cleveland Clinic. From the first day we learned of Holly's heart defect and throughout her surgery and early years, we needed access to a lot of information that families can get from Red Treehouse. We needed medical information to understand a condition we knew nothing about, and we needed to find a support group to get us through a very scary period."



That scary period was followed by another soon after when their other daughter, Jane, was born prematurely, which ultimately resulted in her being diagnosed with cerebral palsy. "My daughters, now 27 and 26, are doing very well, but these medical issues became serious challenges to our family and really shaped who we are today. We learned that navigating the systems that you need to help your child with special needs is very complex."

And so, at age 51, Rapp decided to go to law school. "It should not

be this hard for families to access the services their children need to simply live."

Today, Helen Rapp serves as a volunteer at Ronald McDonald House. "As a parent who is probably representative of the families who stay at the House or utilize the wonderful family rooms, I know that Red Treehouse is a critical resource and I'm very proud to have the opportunity to volunteer with the team to make it even better."

For more information on their services, go to www.RedTreehouse.org.

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Girl Power

10 ways to help your daughter stay safe and strong

By Christina Katz

March 8 was International Women's Day, a global celebration of the social, economic, cultural, and political achievements of women. In recent years, it's become clear that the advancement of women's rights can recede if we are not persistent, insistent, and assertive in championing them. One of the ways we remain a country of empowered women is by passing on what we have learned from experience to our girls. So why not take the opportunity to have some important and inspiring conversations with your daughters? Here are some talking points to get your started.

1. Expect equality. Equality is not only for women and girls; it's for every member of a healthy society. So talk to your daughter about parity and fairness. Ask her if she has

gotten the impression that opportunities that should be available to her are not. Ask if she thinks the same opportunities that are available to her are accessible to others. Challenge her to think.

2. Treasure your body. Talk to your daughter about her body. Does she love it? Does she hate it? Does she wish it were different? How are you modeling self-love and self-care for your body? Work together to create more body awareness and acceptance in your family.

3. Be period positive. Ask your daughter how she feels about being female. Does she need help managing her menstrual cycles and moods? Talk to her about what has been helpful for you. If there are consistent challenges or discomforts, seek assistance through traditional or alternative medicines until they are resolved.

4. Live your values. One of our



most important roles as parents is helping our children think for themselves. Talk to your daughters about their values as they grow. Really listen and ask thoughtful questions to help them understand how they think. Respect their beliefs and choices.

5. Speak up and be heard. If you are always speaking on your child's behalf, she is not going to learn to speak up for herself. So, next time she needs to straighten something out with a friend, teacher, or coach, why not talk to her about it and then let her do it herself? Ask how she did afterwards and offer support.

6. Dress to express, not seduce. Girls may seek to express themselves and their burgeoning sexuality through their clothing, but that doesn't mean that they have to flash their assets all the time as if they were up for auction. Explain to your daughter that she will be more likely to draw quality attention if she can keep her assets off continual display. Teach her to walk tall and proud as someone who knows she is worth more than her physical appearance.

7. Never miss a chance to vote. In 1920, the 19th Amendment granted women in the US the right to vote. Talk to your daughter about knowing and voting her own conscience. Let her catch you debating choices and selecting wisely. If she can witness the political process at home, she will be more comfortable asking questions to prepare for her future responsibility.

8. Stay alert and safe. Maybe you have never had a teacher make racy remarks about your figure or had an employer put his hands on you, but it happens. Rules and laws don't keep your daughters safe; healthy boundaries and assertiveness do. Make sure she understands her body belongs

to her, and talk to her about how to steer clear of danger. Have a "safe" word that only you and she know, so she can communicate with you in public settings if she feels uncomfortable. If your daughter struggles with assertiveness, consider martial arts or assertiveness training so she will become a role model rather than the next victim. [North Coast Aikikai in Mentor offers self-defense classes for females of all ages. Call them at 440-622-6485.]

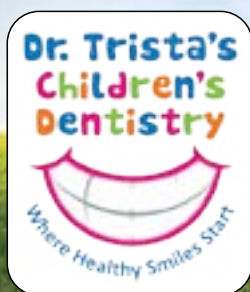
9. Support sisterhood. "Never disrespect a sister" is a good policy. In any situation where a girl is being picked on, singled out, or mistreated, prep your daughter to stick up for the other girl, rather than ignore the situation. Social instincts may discourage her from speaking out, but teach her to be brave and do it anyway.

10. Trust yourself. You may not always agree with her desire for green hair, a triple-pierced earlobe, or raucous music. But if you assume she's always making a mistake, then you are setting her up to second guess herself for the rest of her life.

My daughter recently insisted on wearing Converse® Chuck Taylor shoes with a maxi skirt for a choir performance. I suggested boots. She said they wouldn't look good. I said, try them and see. Once I saw them, I said, "You are right. Your idea looks better." Teaching her to trust herself means accepting you are not always going to be right. But as long as the doors to communication stay open, your mother-daughter relationship will always be in great shape.

Author, journalist, and writing coach Christina Katz is not a perfect mother. But she has accepted the mission to talk to her daughter about tricky topics before her girl turns 18 — no matter how uncomfortable it is to broach any subject.

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Teaching your children to be self-sufficient

By Stacy Turner

One night when I was five or six, a bat got caught between the screen and window next to my bottom bunk. The screaming of my three sisters alerted our father, who stood on my bed, straddling my still-sleeping body to rescue the bat, releasing it outside. Being able to sleep through pretty much anything was my superpower.

In those days, sleep swallowed me like a stone dropped in a lake. But in high school, sleeping so soundly became my kryptonite. That's when it became my responsibility to get up and catch a bus long before my mom and siblings arose. If I overslept and missed it, I'd be very late to school, needing to wait for Mom to drop the younger kids at school on her way to work. To be on time, I'd have to find my own ride to school. I missed the bus only once; afterwards, mom's tough love approach to self-sufficiency helped me win the war on oversleeping. To win each daily battle, I set multiple alarm clocks around my bedroom each night to force myself to wake up and find them just to stop the annoying ruckus. At the time, waking up and getting ready while the house was dark and quiet felt eerie and sad. Now, I can appreciate the self-sufficiency I learned then that would carry me through college and beyond.



Unfortunately, my daughters have inherited my ability to find and disable their alarms while remaining asleep, but only when they're especially tired. My husband and I have agreed it's our job to help them learn to take care of themselves.

Still, on nights I think that sleep might overpower them, I'll set my alarm too, just to make sure they're up after a late night or for an especially early morning start. Most of the time, this measure is unnecessary, as they've become pretty self-sufficient throughout their teen years. But every once in a while, even though I see the light shining under their bedroom doors, I open the door and find them sound asleep, having turned off their alarms, flicked on the overhead light, but succumbed to the siren song of "just five more minutes." They

startle awake and begin to frantically get ready for the day, grateful for my intervention. And I'm happy to set aside tough love in that moment to give them a less stressful start to their day. I guess I can't resist mothering them just a little longer.

Over the years, we've done our best to push them towards self-sufficiency. At a time when they swore to us that no other kids in their school were forced to do chores, our girls learned to clean the bathroom, sweep floors, and wash dishes. Thankfully, now, they're able to cook basic meals. They got a leg up on their friends by driving dad's tractor long before drivers ed class. Meanies that we are, we force them to help pick up fallen branches each spring and pull a few weeds every summer. It's not glamorous, but it's important they learn that as a part of a team, you're sometimes required to do tasks you'd rather avoid, and that many hands can make the task more manageable.

They earn money at summer jobs and learn to budget it to make it stretch throughout the school year to cover the cost of outings with friends. They can go into the bank to manage their funds, even though they'd rather not talk to an actual banker. We help them figure out how to file taxes, advocate for themselves to teachers and coaches, and myriad other new tasks they'd rather not tackle but

Continued on page 8



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Family Kindness Festival

Sunday May 1 • 1–4 pm

Join in for an exciting afternoon that brings kids and parents together to have fun, do good and be kind — all at the same time!

The Family Kindness Festival is a family event geared for children ages 5–13 years. All ages are welcome to attend, however children must be accompanied by an adult. The festival will be held on Sunday, May 1, from 1–4 pm at Beachwood High School located at 25100 Fairmount Blvd. in Beachwood.

Family Kindness Festival is designed to inspire students (and their parents) to see that no act of kindness is too small and that individual acts of kindness add up and can have a big and meaningful impact on friends, classmates and our communities. This one-of-a-kind festival is presented by Senders Pediatrics in partnership with Beachwood City Schools.

Highlights of the day include:

- **Crafts for a Cause:** Attendees can engage in a variety of make-and-give-back projects that will benefit many local non-profit organizations and the people they serve.
- **Exchange Ideas:** Kids will have a chance to meet and exchange ideas with other area students who have developed awesome ideas to spread acts of kindness in their own schools and communities.

- **Upcycle Parts:** Attendees will create crafts that reuse recycled parts and materials and appreciate that being kind includes being kind to our planet, by recycling, reusing and reducing waste.

- **Wigs for Kids:** Kids will have a chance to participate in the cut-a-thon or cheer on volunteers who are donating their own hair to help make wigs for children experiencing hair loss.

- **Meet Local Organizations:** Attendees will have opportunities to meet a wide variety of Cleveland area organizations and non-profit agencies and discover ways to get involved and give back.

- **Wizbang Circus School:** Attendees will enjoy clowning around, juggling and stilt-walking.

- **Music, entertainment & refreshments** will delight the whole family!

“We’re living in a world where childhood anxiety, stress, teen aggression, and cyberbullying are at an all-time high,” said Shelly Senders, MD. “Promoting and spreading kindness in our schools and communities can go a long way towards mitigating the angst, anger and aggression to which students are exposed on a daily basis.”

“In addition, there has been a plethora of research showing that children who learn to be kind, generous and purposeful, have less stress, feel more



happiness, and create more meaningful connections with others throughout their lives. Our goal for this event is to shine a light on those children who are already adding more kindness to this world, to demonstrate that being kind can actually be fun and to remind and reinforce to everyone that performing acts of kindness can be contagious and create a positive ripple effect throughout the world.”

“Beachwood City Schools’ mission, ‘To develop intellectual entrepreneurs with a social conscience,’ aligns seamlessly with the Family Kindness Festival. We are excited to host the community for this important event and proud to feature the acts of kindness in which our students are engaged daily,” stated Dr. Robert P. Hardis, superintendent.

Over 20 organizations have already signed up to participate.

For more information visit senderspeditrics.org or tinyurl.com/familykindness.

There are still opportunities for organizations, student activists and sponsors to get involved. Those interested should contact Joan Morgenstern: jmorganstern@senderspeditrics.com or 216-230-2153.



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FAMILY KINDNESS FESTIVAL

Sun, May 1 • 1-4 pm • Beachwood High School

Join Us for an Unforgettable Afternoon
Ideal for families with kids ages 5-13
all ages welcome – children must be accompanied by an adult.

Highlights include:

Wigs for Kids

- Participate in the cut-a-thon or cheer on volunteers who are donating their hair to make wigs for children experiencing hair loss

Wizbang Circus School

- Clown around, juggle and stilt-walk

Interact with Cleveland Non-Profits

- Learn about exciting youth and family volunteer opportunities

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Music, Entertainment & Refreshments to Delight the Whole Family!

Meet Inspiring Students

- Connect with enterprising local students who are making a positive difference

Create Crafts for a Cause

- Participate in projects that will benefit local non-profits

Upcycle Parts

- Put your creativity to work to create crafts that reuse recycled material




senderspeditrics.com



Family Kindness Festival is a project of the Senders Pediatrics Health Initiative, a federal 501 (c) (3) charitable organization. Donations are tax deductible to the extent allowed by law.

Goodwill in urgent need of donations

Goodwill Industries of Greater Cleveland and East Central Ohio is asking the public to make a special effort to donate to their nearest Goodwill.

Currently, all Goodwill stores are experiencing a shortage of donations, especially household goods like kitchen wares, small appliances, pots & pans, home decor & knick-knacks. These items ultimately support a network of outreach programs that help thousands in our community.

"We have less than one third of these donations on our shelves than we did last year at this time," explained Bryant Taylor, vice president of donated goods. "These donations and shopping at our stores are vital steps to keeping our 'cycle of success' going."

The cycle of success is Goodwill's way of describing how goods are donated, then sold. Funds from those

sales go to support vital mission programs.

"Revenue from our stores serve as the primary funder of outreach programs that Goodwill offers like employment services, family strengthening programs, rape crisis services and other community outreach," Taylor said.

Housewares include pots, pans, dishes, kitchen gadgets, small appliances, home décor, seasonal items, toys, baskets, pottery, etc.

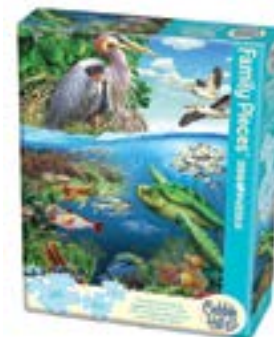
Individuals throughout the community are encouraged to gather unused items and donate those items at a Goodwill store or donation center. Schools, businesses and places of worship are also encouraged to run donation drives with their constituents during this time of need.

"Your closet, cupboards and storage unit are more powerful than you think," added Taylor.

Celebrate Earth Day with a fun jigsaw puzzle from Cobble Hill!

Earth Day (Family)

It's land and sea in this colorful Earth Day Family Pieces 350 puzzle! Enjoy the delightful sea turtle swimming among the fish, then turn to the sky for the beautiful birds. Family Pieces 350 puzzles include three different size pieces from small, medium and large so that puzzlers of every skill level can contribute.



Earth

Artist Shelley Davies created The Elements Collection: four epic 1000 piece puzzles featuring Air, Water, Earth, and Fire that when assembled and aligned vertically create one seamless 4000 piece puzzle of the elements.

Visit www.cobblehillpuzzles.com to see their huge collection of quality jigsaw puzzles!



Self-sufficiency from page 6

need to figure out. In the process, they're learning they can handle things that had once loomed large and imposing, and they're becoming more self-confident. Because when they're out on their own, they will no doubt face circumstances we haven't thought to prepare them for. Since they've already mastered mundane tasks and succeeded at some hard things, it's our hope they'll be more confident in tackling bigger challenges, too.

No matter what they encounter

or where they end up, we've tried to prepare them to be successful young adults who can take care of themselves. But by helping them out on those rare early mornings, I hope they also learn that they can count on us even when they mess up. And, if a late-night study session or fun evening out makes them too tired to move, I hope they remember my trick with the alarm clocks. No matter what challenges my daughters face, I trust they'll have the skills and confidence to solve them.



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Celebrate Earth Day, April 24

Earth Day brings about an opportunity for change and a time to explore more about our planet. This year, discover what you can do to save the many species whose survival may just depend upon us and our help.

This FREE event takes place on April 24, 2022 from noon–4 pm at Penitentiary Glen Reservation in Kirtland. Features include:

- Eco-fair with local conservation organizations
- Earth Day Marketplace with locally made and fair-trade merchandise
- FREE tree for each family
- Wildlife programs
- Games and crafts



Photo by Al Susinskas

- Miniature train rides (1 to 3 pm, weather permitting). All children must be able to sit in their own designated seat; lap sitting is not permitted.

Visit lakemetroparks.com for more info.

Cleveland Metroparks Zoo reveals name of first Cleveland-born gorilla

“Kayembe” (Kah-YEM-Bay), meaning “extraordinary,” is the name of the baby gorilla born October 26, 2021 at Cleveland Metroparks Zoo. “Kayembe” made history as the first gorilla born at Cleveland Metroparks Zoo in its 139 years.

Guests can visit Kayembe and the gorilla troop at the Primate, Cat & Aquatics building daily between 11 a.m. and 3 p.m. For info: FutureForWildlife.org.



April is Child Abuse Prevention Month

Child abuse or neglect affects more than three million children annually and causes the deaths of about four children every day. Preventing and reporting child abuse is one of the most important things a community can do for its children. Cuyahoga County receives almost 40,000 reports of alleged child abuse or neglect each year.

Child abuse can include the following

Physical abuse is an act inflicted against a child.

Sexual abuse is any sexual activity involving children who are not of the age or developmental capacity to consent to such activity. This includes verbal sexual harassment, fondling of sexual organs, penile or digital penetration, pornography, and exposing a child to sexualized objects and/or materials.

Emotional abuse is chronic acts that interfere with the psychological development of a child.

Neglect is another form of child maltreatment and occurs when a parent or caregiver fails to act on



behalf of a child. A child who does not receive adequate food, shelter, clothing, medical care, safety, or education may be neglected.

Abuse is preventable. Reporting children who may be at risk doesn't mean you're getting someone in trouble. You could be offering them a source of support and resources they desperately need.

So if you suspect something isn't quite right, or you're just concerned a family needs help, pick up the phone and call 216-696-KIDS or send us an email at Protecting-Cuyahoga-Kids@jfs.ohio.gov or visit our website and submit a report. You can be a hero for a child by speaking up.

Child Abuse is Preventable

We can all do something to prevent child abuse, even if it just means offering help to overwhelmed parents who don't have the resources or support to provide for their children's needs.

Be a #CuyahogaHero for children

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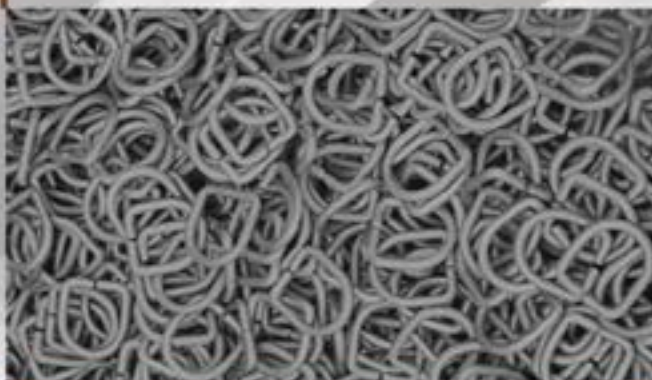
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Celebrate spring at Cleveland Botanical Garden

Experience spring in all its beauty at Cleveland Botanical Garden.

Enjoy a captivating way to enjoy the great outdoors and get in touch with nature. The gardens are awakening in the new season, and you will not want to miss it! Cleveland Botanical Garden hours are Tuesday- Saturday 10 a.m.- 5 p.m. and Sunday 12 p.m.-5 p.m.

The Ron and Lydia Harrington Perennial Playspace

The Cleveland Botanical Garden recently opened a new permanent exhibit for the kids (in all of us). Using the plants and trees native to northeast Ohio and the Cleveland Botanical Garden glasshouses as a jumping-off point, the new gallery will celebrate the importance and variation of plants both locally and around the world. The gallery is hands-on, open-ended, multisensory, and multimodal. While the target audience is families and groups with children, the whimsical yet organic aesthetics are inviting and sophisticated so that even adults can enjoy and appreciate the space.

Spring Egg Hunt

Join in on Saturday, April 16 from 10 a.m. to noon for a classic spring-time tradition, with a sustainable twist. Out with the plastic and in with the new! This annual egg hunt will feature sustainable seed bombs shaped like eggs. Children can hunt and collect 10 colored seed egg bombs and take them home to plant. Once the egg hunt is completed, children will have the opportunity to select a sweet surprise! Visitors can look forward to learning about seed dispersal in unconventional ways—



leaping, twisting, and running! Advance registration is required.

Glasshouses

Visit the Madagascar Spiny Desert Biome or “the eighth continent of the world” without leaving greater Cleveland. This is home to a world-class collection of exotic plants and animals, including iconic “upside-down” trees, yellow-throated plated lizards, and three radiated tortoises.

Additionally, experience the year-round exuberance you can only find in a Central American cloud forest in the Costa Rica Biome. Towering trees, ever-blooming shrubs, and rich vegetation lend a lovely, tropical retreat to all who visit.

Hershey Children's Garden

The Hershey Children's Garden will be open to the public on Saturday, April 16. Help your child disconnect from technology and discover the wonders of nature. As they explore plant and animal life, they'll have a new appreciation for the environment. They can become immersed in hands-on activities like observing honeybees in their hive, searching for fish, frogs, and turtles in the pond, exploring and playing in nature's playground, and so much more!

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(216) 282-3100
www.adrenalinemonkeyfun.com

Kick off your child's summer adventure at Adrenaline Monkey! Their indoor adventure center is equipped with Ninja warrior-style obstacle courses, various rock climbing walls, an aerial ropes course with nearly 30 obstacles to quench the thirst for adventure and need for active in-person play! Save \$50 per week by using the code SUMMEROFF at check-out, (discount ends on March 31). Camp will begin the week of June 6! Learn more at www.adrenalinemonkeyfun.com.

ANIMAL CAMP

6618 Chagrin River Road
Chagrin Falls
(440) 463-3146
www.RisingRiver.net

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 a.m.–4:30 p.m. 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.

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 at khanimalcamp@gmail.com 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. 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 strengthen existing ones in music, theater, dance, and visual arts. 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 at www.beckcenter.org/education-programs or contact customer service at (216) 521-2540 x10.

CLEVELAND STATE UNIVERSITY ODYSSEY PROGRAM

1375 Euclid Avenue, 6th floor
Cleveland
(216) 687-5087
www.csufilmodyyssey.com

The Odyssey Program at Cleveland State University's School of Film & Media Arts offers a variety of immersive summer camps for high school students (aged 13–18) interested in filmmaking.

Through interactive workshops, film screenings, focused activities, and visits from special guest speakers, Odyssey participants learn storytelling, screenwriting, acting, directing, cinematography, editing and more as they create their own original films and projects in a fun and collaborative environment.

With access to the film school's professional soundstages, Mac editing labs, and vast inventory of film production equipment, expert instructors aided by CSU film student camp counselors help students hone their skills during these activity-packed experiences.

Day camp and residential options are available.



Animal Camp 2022

The Best Camp Ever! Is celebrating its 16th year and we are inviting you

12 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
khanimalcamp@gmail.com



Visitation:

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

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En Pointe Dance

Celebrating 22 Years!

Summer Sessions & Dance Camps
June 13–August 5

Princess Camps
for ages 3–7
June 13–17
and July 25–29

For more info call:
440-247-5747



Offering classes in Ballet, Tap, Creative Movement, and Modern Dance for ages 3 through adult.

516 E. Washington Street, Chagrin Falls • In The Gallery
440-247-5747 www.enpointedanse.com

Jump Start Gymnastics

23700 Mercantile Road, Beachwood

Rear of National Biological Building

(216) 896-0295

Website: jsgymnastics.com

Email: jsgymnastics@jsgymnastics.com



Summer Camps!

June 13 – August 12, 2022

Full-day: 9:00 am–3:00 pm • M–F

Half-day: 9:00 am–noon • M–F

- JSG offers gymnastic camps for ages 4–14, boys and girls, and all levels of experience from recreational to competitive.
- Gymnastic camp at Jump Start is a great way to explore and experience gymnastics for the first time, learn new skills, or build a solid competitive base for next season.
- We coach all levels of new, experienced, and competitive gymnastics. Our philosophy at JSG is that gymnastics is for everyone, a great basis for physical fitness, and benefits coordination for every sport and children's health.
- In addition to traditional gymnastic instruction, games, and open gym, JSG has weekly themes including:
 - Gymkata for Boys & Girls
 - Dance Explosion! – Ballet to Breakdancing
 - Create your own Drama through Plays and Story
 - It's a Bake-Off! – Culinary Creations
 - The Art of Play, Paint, Paper & Pictures
 - Best of the Olympic Events – Gymnastics Style

COST

Weekly enrollment, daily enrollment, & after-care is available through the Parent Portal.

- Full-day Camp is \$275 per week or \$60 per day
- Half-day Camp is \$180 per week or \$40 per day
- Daily aftercare is \$10 from 3:00 pm–5:00 pm

(We will be closed the week of July 4–8, 2022.)

COVID-19 safety/sanitation/masking protocols followed and in place.

Summer Guide

EN POINTE DANSE

516 East Washington Street

Chagrin Falls

(440) 247-5747

www.enpointedanse.com

En Pointe Danse is offering summer classes and dance camps from June 13–August 5. 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 includes creative dance and preballet vocabulary, 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. Three, four, and five-week options are available.

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.

HATHAWAY BROWN

19600 North Park Boulevard

Shaker Heights

(216) 932-4214

www.HB.edu/Summer

Located in Shaker Heights, Hathaway Brown offers camps for boys and girls, toddlers through

college. One of the many things that sets HB's camp programming apart is the ability to truly create your son or daughter's own summer adventures.

Visit HB.edu/Summer to register for academic, athletics, adventure, and specialty camps to have the best summer ever.

JUMP START! GYMNASTICS

23700 Mercantile Road

Beachwood

(216) 896-0295

www.jsgymnastics.com

Jump Start Gymnastics offers eight weeks of summer camps for boys and girls ages 4–14 from June 13 through August 12, 2022.

Jump Start Summer Camp is a great way to explore and experience gymnastics for both brand new gymnasts to experienced gymnasts wanting to grow their skill base. JSG believes gymnastics benefits everyone, setting a foundation for physical fitness and a healthy lifestyle, and teaches coordination and movements that apply to every sport. In addition to traditional gymnastic instruction, games, and open gym, weekly themes round out each camper's experience for a full summer of fun.

JSG offers enrollment for selected days or the entire week.

Half-day (9 a.m.–noon) camps are \$40 per day or \$180 per week. Full-day (9 a.m. – 3 p.m.) camps are \$60 per day or \$275 per week. After-care (3–5 p.m.) is \$10 per day.

Registration is available at jsgymnastics.com.

Summer Ruffing It!

SUMMER CAMPS FOR AGES
18 MONTHS - GRADE 8

**JUNE 21 -
JULY 29, 2022**

For more information,
visit ruffingmontessori.net
or call 216.321.7571

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Summer Guide

RUFFING MONTESSORI SCHOOL SUMMER RUFFING IT

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

Summer Ruffing It at Ruffing Montessori School in Cleveland Heights offers a fun array of day camp options for children ages 18 months through students who are rising 9th graders.

Three- and six-week options are available for 18 months–6th grade, and weekly options are available for 7th–9th grade.

They hope you will join the summer fun from June 21–July 29, 2022!

Little Explorers: ages 18 months–3 years.

A Summer To Grow: ages 3–6 years, features indoor games, cooking, art, and outdoor activities.

Creative Arts & Sciences: grades 1–6, offers choices in S.T.E.A.M. activities from which

students create personalized schedules.

Extremel!: For rising 7th to rising 9th graders, features weekly themes, outings, and field trips.

SNAPOLOGY OF CLEVELAND

23645 Mercantile Road, Suite H
Beachwood
(216) 990-8988
www.cleveland.snapology.com

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

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

Day camps are 9 a.m.–3 p.m. with extended care available. Call or text (216) 990-8988 for more info, visit their website to enroll, or email cleveland@snapology.com with any questions!



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216-990-8988



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WWW.ADRENALINEMONKEYFUN.COM

ADRENALINE MONKEY

7 reasons to send your child to summer camp

By Mary Ann Blair

With summer calendars quickly filling up, it can be hard to try and squeeze in one more thing. But if you have never sent your kids to a summer camp, here are seven reasons why you should consider it!

With so many options, it's easy to find a great fit for your child.

From sports camps and art camps to STEM-based camps and more traditional overnight options, summer camps are designed to serve a variety of ages and interests. The length of camp can range from a few mornings for younger kiddos to week-long sleep-away camps for older kids. Local churches, school districts, and other organizations like the YMCA, Girl Scouts, Boy Scouts, and 4-H offer a wide range of camps. With a little bit of research, you can easily find a camp well-suited for your child.

Camps provide kids with experiences they might not have access to in "everyday" life.

Horseback riding. Paddling a canoe across the lake. Wilderness survival. Conquering a ropes course. Sleeping under the stars. Adventures are endless at camp, and your child will have an opportunity to try something brand new. For the youngest campers, trying a new craft activity or learning a new camp song can be so much fun!



Camps are a safe place to practice social skills.

It might be awkward or uncomfortable for your child during those first few hours of camp when they don't know a single soul. After all, stepping into a new social environment can be challenging. But the ability to comfortably communicate with new people is a life skill that all kids need, and a camp is a great place to practice! Camps also provide kids an opportunity to form friendships with a whole new group of peers they might never have met otherwise.

Camps give kids a much-needed technology break.

No matter how old your child is, they could probably benefit from a screen hiatus, especially during the summer months. Spending time outdoors, learning a new skill, having fun, and forming new friendships is good for the body and soul!

Sending kids to camp is beneficial for you, too.

Driving away from your child(ren) on the first day might be a little gut-wrenching. But entrusting your kids to someone else for a while can be truly beneficial. Maybe it will free up time for some overdue self-care, or give you and your partner time to reconnect. Maybe it will provide an opportunity to hit the reset button with your tween or teen. After all, absence makes the heart grow fonder! Parenting is tough work, so don't feel guilty if you enjoy this time to yourself. Chances are, your kids are having a blast without you!

Your child's experience as a camper could help land a summer job in the future.

Camps are staffed by amazing counselors who provide kids with all kinds of good, clean fun. Most of these counselors were campers once, too. Now they get to help a new set of youngsters make unforgettable summer memories, all while sharpening their own teamwork and leadership skills. Your child might have that same opportunity one day. What great way to spend a summer!

Camp is just plain fun.

So many adults have fond memories from their days spent at camp, and kids who have been to camp often say it's a favorite part of their summer. Odds are, your kids are going to love it! And for that reason alone, it's worth sending them to camp.

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Odyssey Intensive:
Documentary Production
July 18 – July 24, 2022

Odyssey Intensive:
Screenwriting
July 25 – July 31, 2022



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Visit hb.edu/summer

**Summer
Programs
START
June 13**

HathawayBrown

Finding the right PRESCHOOL for your child



By Jan Pierce

When it's time to search for the perfect preschool for your little one, you want to be sure you're making the right decision. If you're lucky enough to have friends who've done their research and are happy with their choice, you're fortunate. You'll have first-hand recommendations.

Be aware of the difference between daycare and a functioning preschool. Daycare facilities provide custodial care, but don't always offer an educational curriculum. Daycares often take children of all ages and offer extended hours. A preschool usually has limited hours and may or may not offer before- and after-school care. In a daycare children of all ages may be grouped together while a preschool offers segregated age groups.

Where to begin

There are many considerations before choosing, but be sure you start your search early. Many excellent preschools have long waiting lists. In general you'll be looking for a school that provides the following:

- The convenience of proximity to your home and/or your workplace.
- A solid reputation and up-to-date accreditation and licensing. The state has approved the school.
- Clear rules and regulations, health/illness policies, pickup and drop-off times.
- Clean, well-kept facilities with

adequate indoor and outdoor play areas.

- Qualified, caring staff.
- Stimulating curriculum and age-appropriate toys.
- A philosophy and climate pleasing to you and right for your child's temperament.

The NAEYC (National Association for the Education of Young Children) has a database of accredited preschools you can access at families.naeyc.org/find-quality-child-care. This site lists currently accredited day cares and schools all across the nation and is updated weekly. Spend a little time on their website for top-notch thinking about early childhood education.

Questions to ask

You'll want to do your homework to find the right school for your family. Here are some questions to ask before narrowing your search and visiting several schools:

- Is there currently room for my child? Is there a waiting list?
- What are the fees? How and when are we billed?
- How do you communicate with parents? (phone calls, emails, newsletters, website, etc.)
- What is your staff to student ratio? (NAEYC recommends one adult to every four to nine children as optimal at ages 2–3 and one to eight to ten for ages 4–5.)
- Do your staff members have credentials and training? Are they background-checked? Up to date on CPR? Receiving ongoing training?



- What is your educational philosophy? (academic-oriented, exploration, faith-based, etc. Some distinct philosophies include Montessori, Waldorf, or Reggio-Emilia.)
- What health/hygiene standards are enforced? (immunizations, sick child rules, hand-washing, etc.)
- How do you handle discipline?
- Are meals and snacks provided? Are naps taken?
- What safety precautions are in place? (strangers on-campus, release policies, sign-in/out)
- Can you give me a list of references? (be sure to follow up and call them.)
- Can you provide a sample of your weekly curriculum and activities? How often do you change the activities?

As you gather information you'll be able to narrow your list down to two or three good choices. When you're ready, go ahead and schedule a visit to the school. Decide whether you want to do this with your child or on your own.

You'll be looking for all of the above qualities of a good school, but more than that you want to get a "feel" for the school. Do you feel welcome? Are the children busy and engaged in work or play? Is the facility pleasing to the eye and orderly? Do you get the sense that you'd feel comfortable leaving your child in this school's care? Are the children happy?

Jot down your first impressions and any new information you find during the visit. You may want to use the Preschool Visit Checklist provided on the next page.

If for any reason, you don't feel comfortable with the school environment, trust your instincts and look for another school. It might be preferable to find a safe daycare situation and use that until you can locate a preschool of the highest standards.

You want the perfect preschool and your child deserves it. All the time and effort you put into your search will pay huge dividends in a happy, healthy, and well-cared for child.

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Cleveland Metropolitan School District

(216) 838-0110
ClevelandMetroSchools.org/
EarlyEd

It is the vision of the Cleveland Metropolitan School District (CMSD) that every student in early childhood grades pre-K–grade 3 will be successful in a rigorous instructional program. CMSD's Early Childhood Program addresses the language and cognitive development of students in addition to social and emotional needs and the physical needs of every child.

The mission of the Early Childhood Office is to create a rich and stimulating, child-centered environment in every classroom. Parents will find developmentally-appropriate teaching strategies in a center-based setting in every classroom. CMSD continually strives to optimize the conditions for learning for their youngest learners. Each student is valued for his or her unique qualities, experiences and learning style as they work toward the ultimate

goal of becoming successful and independent learners.

Visit ClevelandMetroSchools.org/EarlyEd to see the required documents for enrollment and their preschool locations.

Call (216) 838-3675 to enroll today – seats are limited!

Cleveland Montessori

12510 Mayfield Road, Cleveland
(216) 421-0700
www.clevelandmontessori.org

Cleveland Montessori has been serving the Little Italy and Greater Cleveland Community for 27 years.

Students from preschool through 8th grade are met with respect and compassion as they strive to meet their individual potential in beautifully prepared classrooms that offer social, emotional and academic experiences in a diverse and unique urban setting.

A Cleveland Montessori education begins at the preschool level with the focus on developing independence, concentration and confidence to build a foundation for lifelong learning with multi-age

children working and learning together. Close proximity to the resources of Little Italy and University Circle provides culturally rich extensions to classroom learning.

Applications for preschool (three and four year olds) are being accepted for the fall. Contact their admissions director for more information and to discuss enrollment for your child.

Corpus Christi Academy Prekindergarten

5655 Mayfield Road, Lyndhurst
(440) 449-4242 ext. 102
www.corpuschristiacad.org/
pre-kindergarten

The Corpus Christi Academy prekindergarten program offers both full- and half-day options to meet the needs of your family. The half-day program is offered M-F from 8:15 am–11:15 am and the full-day program is offered M-F from 8:15 am–2:15 pm. Prekindergarten students will examine their world using a play-based approach that encourages critical thinking and builds confidence

as the littlest Eagles learn to soar. Before-care and after-care options also available.

Fairmount Early Childhood Center

24601 Fairmount Blvd.
Beachwood
(216) 464-2600

www.beachwoodschoools.org/
fairmount.aspx

Where learning is fun and play is important.

The preschool environment encourages children to manipulate developmentally appropriate materials and allows them to become confident creative explorers. Hands-on learning activities stimulate and challenge the students to encourage social, emotional, intellectual and physical growth.

The curriculum balances both teacher-directed and child-initiated learning, with an emphasis on responding to children's learning styles. The curriculum is aligned with the Ohio Early Learning and Development Standards and developmentally appropriate practices. *continued next page →*

Foundations for Lifelong Learning

A child's preschool experience should build a foundation for their education and lifelong skills of
perseverance independence
confidence curiosity
and finding joy in their own interests.

Located in the heart of Little Italy, our students grow and thrive in a learning environment that promotes a lifetime passion for learning.

Unlock your child's potential with a solid preschool foundation.

Applications are now being accepted for preschool through 8th grades for the 2022-2023 school year.

Call today for information on discounted tuition for those working in designated University Circle area institutions .

*Contact the Director of Admissions at 216-421-0700
or email at info@clevelandmontessori.org to arrange a personal tour.*



CLEVELAND MONTESSORI

12510 Mayfield Road • Cleveland
P (216) 421-0700 • clevelandmontessori.org



Fairmount Early Childhood cont'd

The preschool follows the Beachwood City School year calendar. Fairmount offers programs for children ages 3–5 years. Three-year-old programs run three and five days a week. Four-year-old programs run half-day and all-day, five days a week. The Young 5's class is all-day, five days a week for students that turn 5 years old by December 31, 2022.

Fairmount Early Childhood Center is located in Beachwood, Ohio and is open to residents and non-residents.

Contact Karen Leeds, preschool director for more information.

Montessori School of University Heights

23599 Cedar Road, Lyndhurst
(216) 381-8388
www.ms-uh.org

The Montessori School of University Heights, established in 1968, is a preprimary school dedicated to helping the child become the unique person his/her Creator intended in a Christian

atmosphere of peace, love, and respect. Their approach involves:

- Providing comprehensive, individualized opportunities for growth. Each child is introduced to the materials as the child becomes ready for the concepts that the material embodies. Children develop order, concentration, coordination, independence, and self-discipline.
- Engaging children in a caring, supportive community. Their multi-age environment, serving children ages 3 through 6 years old, provides a family-like atmosphere. Children develop compassion and confidence.
- Respecting each child's developmental abilities and personality. Montessori children enjoy choosing their own work each day guided by adults who are sensitive to each child's unique personality. Children experience joy in learning.

They warmly encourage interested parents to schedule an in-person or virtual tour.



FAIRMOUNT

EARLY CHILDHOOD CENTER



Fairmount Early Childhood Center is a private, district-sponsored learning center within the Beachwood City Schools.

• Classes For 3- and 4-Year-Olds Available

• Young 5's Class

for students turning 5 years old by December 31, 2022.

Learn how Fairmount is preparing students for the kindergarten and Ohio third-grade reading guarantee.



Fairmount Early Childhood Center is open to residents and nonresidents of Beachwood.



Email Karen Leeds for more info • KML@beachwoodschoools.org

216.464.2600

Fairmount Early Childhood Center • 24601 Fairmount Boulevard
www.beachwoodschoools.org/fairmount.aspx

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