

TODAY'S family

April 2023

Cuyahoga

Family Kindness Festival

April 30, 2023

Beachwood High School

Breast milk dispensary opens

UH, OH!

10 reasons why the tooth fairy didn't come last night

Greater Cleveland Food Bank

New, expanded location will help their mission to end food insecurity

When your child feels discouraged

Preschool Guide!

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TODAY'S family

Lake, Geauga & Cuyahoga Counties

P.O. Box 7316, Eastlake, Ohio 44097

www.TodaysFamilyMagazine.com

info@todaysfamilymagazine.com

440-799-8882

Publisher/Advertising

Kim Miller

General Manager/Editor

Dan Miller

Writers

Deanna Adams

Ante Logarusic

Stacy Turner

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Family Kindness Festival • Sunday, April 30, 1–4 pm

39 nonprofits, 25 innovative students, and 26 area schools are joining together to celebrate the magic of kindness at this FREE community festival

Join in for a magical afternoon that brings kids and parents together to have fun, do good, and be kind---all under one roof! Family Kindness Festival, on Sunday, April 30, from 1-4 pm, at Beachwood High School (25100 Fairmount Blvd. in Beachwood) is a free family event geared for children ages 5-13 years. All ages are welcome to attend, however, children must be accompanied by an adult.

It's no illusion that the festival's goal is to reveal that acts of kindness, big and small, add up and can have a meaningful impact on friends, classmates and our communities. This enchanted, one-of-a-kind festival is presented by Senders Pediatrics in partnership with Beachwood City Schools.

Highlights of the day

- Enjoy strolling magicians, inflatables, face painting, balloon magic & ice cream trucks to delight the whole family!

- Interact with Cleveland area nonprofit organizations and discover ways to get involved and give back.
- Connect with area children and teens who have developed awesome ideas to spread acts of kindness in their schools, neighborhoods and communities.
- Participate in the Wigs for Kids Cut-a-Thon or cheer on volunteers who are donating hair to help make wigs for children suffering from hair loss.
- Engage in crafts for a cause - Participate in a variety of make-and-give-back projects that will benefit many local nonprofit organizations and those they serve.
- Have fun with Snapology and build cool LEGO brick structures.
- Experience a professional magic show.
- Try Rink-in-the-Box: NE Ohio's premier pop-up roller skating

- box--skates included!
- Sample Tae Kwan Do mini sessions.
- Savor ice cold treats from East Coast Custard and Kona Ice Trucks.

"Senders Pediatrics is pleased to partner with Beachwood Schools and over two dozen other public, private and parochial schools to sponsor the annual Family Kindness Festival," said Dr. Shelly Senders, founder and CEO of Senders Pediatrics. "In a world struggling with division and meanness, events like Family Kindness Festival are the antidote. They're the secret sauce that promotes social connection, reduces anxiety and aggression, improves resilience, enhances optimism and lends layers of new meaning to life," Senders added.

While Family Kindness Festival is free, advanced registration is encouraged. For a list of participating organizations and to register, visit senderspediatrics.com/kindness.



Once upon a time, a caring community came together at the Family Kindness Festival as Adleigh Landau, surrounded by Princesses Against Cancer, an organization dedicated to bringing joy to children fighting illness, can attest. On April 30, 2023, Princesses Against Cancer will be back at the free community Family Kindness Festival along with 39 other nonprofit organizations and 25 inspiring student leaders.



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Greater Cleveland Food Bank

On a mission to end food insecurity

By Stacy Turner

One in seven Ohioans are currently food insecure, meaning they lack reliable access to affordable, healthy food. Cleveland's child poverty rate has been consistently among the highest of large US cities, with one in five children living in poverty. "Many of our neighbors face the difficult choice of whether to buy food or pay for rent or utilities to support their families," shared Jessica Morgan, chief programs officer at the Greater Cleveland Food Bank. "Our mission at the Food Bank is to ensure that everyone in our community has the nutritious food they need every day."

The Greater Cleveland Food Bank hasn't strayed from that mission since its inception over 40 years ago when a group of civic-minded individuals came together to help resolve the issue of hunger in their community. In its first year, the organization distributed more than 400,000 pounds of food to 100 local partner agencies. Last year, the Greater Cleveland Food Bank distributed 48 million pounds of food to nearly 350,000 people through over 1,000 partner agencies in Ashland, Ashtabula, Cuyahoga, Geauga, Lake, and Richland counties.

To address other needs affecting individuals and families in crisis today, the Food Bank operates a community food distribution center, providing food and other critical grocery products to local food pantries, hot meal programs, shelters, mobile pantries, and programs for the elderly.

"Our challenge," Morgan explained, "is that our organization serves a variety of communities — from urban areas to the suburbs, as well as rural

and very rural areas. Implementing programs and services in each of these environments looks very different for us."

Some clients served through Food Bank programs are working families with low-paying jobs struggling to make ends meet. Others are seniors on a fixed income who, by month's end, have limited funds left for groceries.

The Food Bank Help Center answers hundreds of calls each day, referring low-income callers to local agencies and assisting them in applying for the SNAP program and other benefits. Last year, the outreach team helped nearly 40,000 eligible people apply for public benefits. "We continue to connect our clients to other nonprofits to address the main drivers of food insecurity: housing, healthcare, and employment," Morgan explained. Assistance is available in person at the new Coit Road location, where no appointment is necessary, or via phone Monday through Friday from 9 am to 4 pm.

EXPANSION NEEDED

Back in 2018, the Greater Cleveland Food Bank started work on a three-phase expansion plan. "It began, in part because we were running out of space at our existing facility on South Waterloo Road" Morgan noted.

Phase one called for the creation of a new partner distribution hub. The facility was built on land donated to the Food Bank and opened in October 2022 on Coit Road. This new building has way more space which allows the organization to facilitate inbound shipments of food and supplies and to efficiently distribute these resources to the Food Bank's partner agencies.

The new facility also provides 30% more dry storage areas and a whopping 98% more cold storage than available in the former building. Since two-thirds of the foods distributed through the Food Bank are healthy, perishable items, this expanded storage capacity is a win not only for the Food Bank and its partners, but ultimately for the clients they serve. "This new facility is not only crucial to how we work now, but how we'll work in the future," Morgan shared.

The Food Bank's Help Center is also located here, as is the Greater Cleveland Food Bank Kitchen.

The Food Bank Kitchen has been around for 20 years and is one of nearly 200 Feeding America Network facilities spread across the US and Puerto Rico. Each day, more than 6,500 healthy meals are prepared at the Food Bank Kitchen, with 1,700 meals delivered by partner agencies to seniors in their homes and another 1,000 meals delivered to congregate programs in senior centers.

Another 1,300 meals are assembled to be reheated at Kids Café sites, while an additional 2,000 cold meals are packaged daily for sites without the ability to serve hot meals. In addition, from early June through mid-August, the Kitchen provides summer food service to 100 sites across its service area, where 3,000 cold meals and 2,500 hot meals are served each day to school-age children, with 1,200 breakfasts served daily as well.

The kitchen at the new facility is a shiny, new 18,000 square feet space. And while the kitchen currently produces roughly 7,000 meals each day, the new space will allow staff the capacity to produce up to 19,000 meals daily over time. The former kitchen measured a mere 4,000 square feet, producing 4,000 meals per day on-site, with additional meals packaged off-site to meet the organization's growing needs.

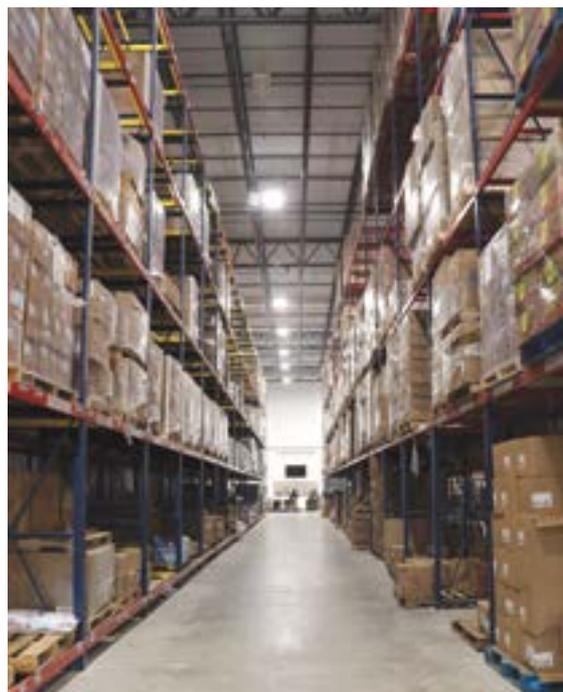
The Food Bank's mission is to end hunger today, tomorrow, and for a lifetime. Access to healthy, nutritious food is the most basic need. But research has shown that the largest drivers of food insecurity are housing, healthcare, and employment, and the Food Bank hopes to address these issues in phase two. To accomplish this, the Food Bank's former facility on South Waterloo is currently being renovated. When it reopens this fall, the building will serve as a community resource center.

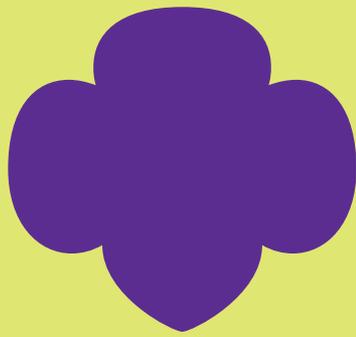
The center will help clients with resources including housing, employment, legal services, and healthcare, as well as help prepare low-income children for kindergarten. The facility will also host a food pantry filled with healthy options, which will provide clients with the ability to select items that support their tastes, health and dietary restrictions. "We're neck-deep in the planning," Morgan explained. But by making these resources accessible at one location, the Food Bank hopes to move people out of food insecurity forever.

While the construction is underway, clients will receive the food they need at partner locations. Food is also distributed to clients at the Municipal Lot in Cleveland twice a month — something the Food Bank implemented during the height of the pandemic. Another food pantry is run by the city of Euclid and operates 20-25 hours per week, as well. To find a location near you, visit www.greaterclevelandfoodbank.org.

"Helping people move out of food insecurity -- that's our ultimate goal," Morgan concluded. If you'd like to volunteer, donate, or find out more, visit greaterclevelandfoodbank.org.

To find out what resources are available to you, contact the outreach team at the help center Monday through Friday from 9 am until 4 pm; in person at 13815 Coit Road; or by calling 216-738-2067 or 1-855-738-2067.





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When your child feels discouraged

By Jan Pierce

We parents understand that life comes with a certain amount of struggle. But that doesn't mean we like it. It's hard to watch our children grapple with tough issues—dealing with strong emotions, accepting small failures on the way to success, and learning to make lasting friendships. It's a given, there will be ups and downs in our children's lives.

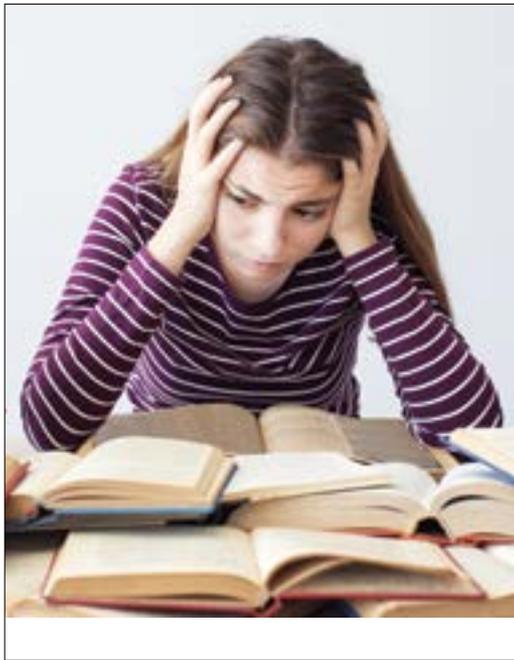
So when we see them struggling with discouragement, we want to step in and help. And that's exactly what we should do. Children are in the process of growing and learning to manage their own lives, but they aren't there yet. As parents we need to have strategies in place when our kids are feeling discouraged.

What can parents do?

The first step is to identify the arena in which your child is experiencing defeat. Most often this comes in the school setting. Children with learning disabilities or attention issues often find themselves feeling unable to cope. But there may be other areas of struggle too, such as sports or social interactions.

While there is no one-size-fits-all way to support children who have become discouraged, here are some ways parents can come alongside and guide them to a place of success.

- **Recognize the signs** that your child is becoming frustrated. These may be manifested in negative talk such as "I can't do it." Or in outbursts of anger. It's important to come alongside your child before negative cycles become a regular pattern.
- **Identify the problem.** If it relates to academic learning determine which subjects or tasks



are problem. Early interventions in school and appropriate testing are often very helpful in assessing needs. Children may have vision or hearing losses, may have communication disorders, may have problems with focusing attention or any number of other learning problems. But all these problems can be addressed.

- **Assure your child he or she is not alone.** Children who are struggling with learning or managing a certain skill often feel they are carrying the burden all by themselves. But your empathy and calming assurance that they will have help is crucial. Letting them know their success is a team effort can offer great relief. The team may include teachers or other professionals or may be simply you and your child. The team is important.

- **First the emotions, then the problem.** No one can tackle a tough problem when they're upset, angry or frightened. You know your child best and know what can help them overcome strong emotions. Take a break, talk it out, take another look together, etc. Sometimes sharing stories of our own learning experiences is helpful and many times finding something to laugh about is the way to break the negative cycle.
 - **Emphasize who they are and not only what they can do.** Your child is much more than the tasks he completes or the grades she gets. Make sure you verbalize the things you love about your child and encourage a broader perspective than just success in school or performance in sports.
 - **Do the hard things in small bites.** Return to the difficult work in short sessions and in small increments. Do one or two math problems, not an entire page. Read one paragraph and let the child read the next. Make it doable and over time the mountain won't seem so huge.
 - **Take a long-term perspective.** All of life involves learning. We're better at some things than others and everyone makes mistakes as they learn. It's good to learn persistence but make the tasks manageable.
- Life can be stressful. Helping our children learn strategies to cope when the going is tough will pay benefits their entire lives.
- For more information on helping our kids cope with stress see:
www.healthline.com: "Coping Skills for Kids"
Mayo Clinic: "Strategies for Stressed Kids and Resilience: Build Skills to Endure Hardship"
Jan Pierce, M.Ed., is a retired teacher and author.

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10 reasons why the Tooth Fairy did not come last night

By Katy M. Clark

It glistened in the soft morning light, the single tear that fell from my 8-year-old daughter's eye as she stood in our bedroom doorway.

"Mommy, she didn't come!" she breathed despondently. Then that single tear turned into a torrent.

Oh, fudge. The Tooth Fairy didn't come last night.

"Uh," I stammered in reply, elbowing my husband awake.

"What happened?" he mumbled.

"The Tooth Fairy didn't come last night," I replied.

"Oh, fudge," he said. Only he didn't say fudge.

How did we let this happen? Quickly I re-viewed the night before. Exhausted by my first girls' night out in three months, I had gone to bed at 10 pm (don't judge) and left the money with my husband. He simply fell asleep before remembering his Tooth Fairy duties.

There were more extenuating circumstances, too. Our daughter's tooth had been wiggly for just a day. That was extremely short notice vs. those teeth that hang on by a (nasty!) thread for weeks. Plus, it had been months since she'd lost her last tooth. Our son, 12, had long since finished losing

his baby teeth. My husband and I were definitely rusty in our duties as well as in the twilight of our Tooth Fairy career.

Still, the plain, hard truth was that we blew it. The Tooth Fairy didn't come.

We sprang out of bed, soothing our daughter (and each other) with hugs and reassuring words. There HAD to be a good reason she didn't come, we told our daughter. In fact, my husband and I, along with friends, family, and the Internet, came up with 10 reasons why the Tooth Fairy did not come last night:

1. The dew was too heavy. Her wings got wet and she couldn't fly.
2. The Tooth Fairy was on vacation and the substitute Tooth Fairy didn't know what she was doing.
3. She couldn't get to your pillow due to your messy room.
4. Too much traffic. She'll leave earlier tonight!
5. She was sick.
6. Spreadsheet error. Your tooth was projected to come out on Friday so she wasn't ready when it came out on Monday.
7. Some Tooth Fairies like snacks. Leave one out tonight and she'll probably come.
8. Oh, look, she dropped the money on the floor over there. She must have wanted you to



keep your tooth as a souvenir.

9. You probably woke up and scared her away, even if you don't remember doing that.

10. She ran out of money and will be back tonight. She's a tiny fairy so she can only carry so much.

My daughter seemed to calm down after she spent the day listening to our reasons why the Tooth Fairy did not come. All was made right with the world the following morning when, hallelujah, the Tooth Fairy DID come.

Moms and dads, may your Tooth Fairy always remember to come. In case she doesn't, may you find these reasons to be a lifesaver!

Katy M. Clark is a writer and mom of two.

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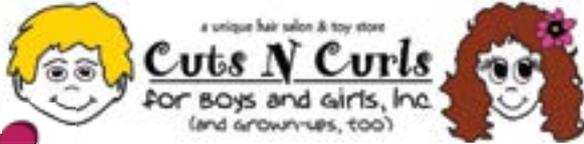
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April is Child Abuse Prevention Month

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.

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Visit www.playologypets.com to see the large selection of toys for puppies to senior dogs.



History of Earth Day



The story of Earth Day is a story of collaboration and cooperation. Fifty-three years ago on April 22, 1970, an estimated 20 million Americans participated in “teach-ins,” marches, letter-writing campaigns and more to bring awareness to the problems of smog, polluted water, pesticide poisoning, and other environmental concerns. Activities were sponsored by local colleges, schools, and community groups, and while many of those involved were high school and college students, older citizens turned out as well from farmers to scientists, teachers to politicians from both sides of the aisle.

Behind the grassroots activities, though, was a bipartisan steering committee sponsored by Sen. Gaylord Nelson, a Democrat from Wisconsin, and Congressman Paul McCloskey, a Republican from California. Nelson had been working for conservation efforts in his home state for over a decade but

was inspired by two headline grabbing stories in 1969 to tap into growing environmental concern, the enthusiasm of youthful demonstrators, and the scientific community to affect political change. The two headline stories that motivated him were the Santa Barbara oil spill and the fire on the Cuyahoga River.

The combination of support by Nelson and McCloskey in Washington, and the local groups was a successful strategy. Earth Day activities empowered citizens to engage in actions in their communities, making it personal and relevant. Here in Cleveland there were “teach-ins” at Cleveland State University and nearby Baldwin Wallace College aimed at informing people of environmental issues. There were cleanups and tree plantings at Edgewater Beach, a Vote Against Pollution rally on Public Square, and an anti-pollution march in the Flats.

All of the above activities, along with thousands more around the country led to a concerted effort by Congress to pass legislation that could make real impact. The Clean Air Act passed in 1970 and the Clean Water Act in 1972. They adopted a proposal by President Nixon to create a plan to consolidate environmental responsibilities of the federal government under one agency, a new Environmental Protection Agency, which was adopted in December of 1970. But Earth Day activities continue to this day, encouraging everyday people to speak out and act to preserve and protect this planet we all love.

Search “Earth Day Cleveland Metroparks” for more Earth Day games, activities and info.



Earth Day 2023

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 help restore our planet with a free event at Lake Metroparks.

- 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
- Shop in The Nature Store
- Miniature train rides (1 to 3 pm, weather permitting)

April 23, 2023

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Easter traditions change as the kids get older

By Stacy Turner

Like most family holidays and traditions, Easter has begun changing as my kids get older. In the early days, Easter morning would find our little girls up early, excited to find the baskets the Easter Bunny had filled and hidden for them overnight. As our hunters were small, baskets were hidden in obvious places. But as our seekers got older, the Easter Bunny made more of an effort to stump them. Just when basket hunting flirted on the edge of not fun anymore, my husband would start dropping hints to guide them to their well-hidden bunny booty. Sometimes, “you’re getting warmer,” or “Brrr – so cold!” would guide them along. Sometimes he’d drop hints like, “I heard the dog bark early this morning – maybe the Bunny was by her bed?”

Once they found their baskets, they’d sort through to discover what was inside. Usually art supplies, small toys, and a toothbrush to combat all the sugary candy. Reese’s

Peanut Butter Cups were prized, as were solid chocolate bunnies. Jelly-beans and Peeps were there, too, for a splash of color.

Other than gifting the Peeps to their grandma, who likes them slightly stale and chewy, most years the sugary blobs were left uneaten. One year, we used them to top hot cocoa, but when they melted, it turned a weird, unappetizing color. Another year, they were toasted on a bonfire, and still another year, the vividly colored marshmallows were donated to science. We watched them expand and grow, slowly riding the microwave-merry-go-round like a scene from Willy Wonka. I won’t tell you how it ended, but I do suggest using a paper plate to contain your fun. Often, Peeps got tossed in the trash months later, still as brightly colored as Easter morning. Then they, along with craft supplies and toys were eventually phased out, replaced with teen-friendly options like nail polish, make-up, and hair supplies.

Back in the day, Easter weekend

included a hunt for eggs. In the week prior, I’d fill large bags with colorful plastic eggs containing candy, coins and trinkets. After my husband hid them throughout the yard, the girls and their cousins, friends, or neighbors were released outside to hunt and gather. Once the supply was exhausted, the kids would open their eggs and sort their treasures. These days the girls have outgrown the egg hunt, too, making me nostalgic for the way things were. But maybe I need to look at it from a new perspective.

Before I had kids, I remember a coworker named Veronica talking excitedly about the annual egg hunt her mom had planned for that weekend. It sounded like a big deal, and I mistakenly assumed that her grandmother had planned it for Veronica’s young kids and their cousins. She laughed and said, “We spoil our kids enough. Mom still does this for me and my adult siblings.” In fact, as she explained it, the hunt was more like a contact sport in her competitive family, and something she and all her adult siblings looked forward to each year.

Trash talk was the norm as they were sequestered, waiting for eggs to be hidden. Then the lot burst forth into the front yard in a loud, exuberant gaggle, elbowing each other out of the way to grab as many



eggs as possible. She recalled, with a chuckle, the time she jumped on her brother’s back to steal eggs from his basket. And while the eggs contained candy, lottery tickets, and cash, it wasn’t really about the goodies. It was all about giving a bunch of siblings the chance to become kids again. And of course, bragging rights until next year’s hunt. “Neighbors must think we’re crazy,” she added, laughing, “but we look forward to it all year.”

I’ve since lost touch with Veronica, but it makes me smile thinking that those spirited egg hunts have continued through the years. And her story gives me hope that with time and intention, my family and I will confidently cast off the things, like Peeps, that no longer fit, and create fun new traditions we can all look forward to.

Beech Brook offers free parenting series to help parents and caregivers CONNECT with teens and preteens

Parents of teens or preteens in Ashtabula, Cuyahoga, Geauga, and Lake counties are invited to participate in a free small group program offered by Beech Brook staff called Connect®.

Connect is a 10-week parenting class for parents of preteens and teens, ages 8 to 17. The program helps strengthen the bond between parents and teens during the challenging time of adolescence. Connect helps teach parents skills to manage conflict in ways that can open communication, build trust, promote problem-solving, and reduce difficult behaviors with their child.

Mark Groner, clinical director of Beech Brook says, “Research shows that strong relationships with par-

ents protect adolescents from risky behavior. Beech Brook wants to help parents in our community connect better with their preteens and teens so all can thrive.”

Two versions of Connect groups will be offered virtually on Microsoft Teams:

Wednesdays, April 5 – June 7, 6:00-7:30 pm for foster parents

Saturdays, April 8 – June 10, 1:00-2:30 pm for biological parents.

This program is free based on a grant from the Ohio Children’s Trust Fund. Limited spots are available.

Learn more and apply at www.beechbrook.org/connect. For questions, please contact Mark Groner at mgroner@beechbrook.org or 216-513-9657.

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Cuyahoga Parents Connect

Parenting support from pregnancy to kindergarten

If you are expecting, or the parent of a child up to 5 years old in the Cleveland area, join the Cuyahoga Parents Connect Facebook Group. This vibrant, inclusive community gives fellow parents a nonjudgmental place to learn valuable information and receive practical and emotional support. We provide a safe space for parents to ask each other for advice and share successes. Our primary goal is to help one another be the best parents we can be.

GROUP RULES

Stay on topic – Our group is about positive parenting support for those who are pregnant and parenting children birth to 5 years. Please help keep things on topic by keeping your posts and comments centered around parenting.

Be kind and courteous – We're all in this together to create a welcoming environment. Let's treat everyone with respect and be mindful of what we post. Healthy debates are natural, but kindness is required. Before posting, ask yourself: Is it appropriate? Is it helpful? Is it informative? Is it true?

No hate speech or bullying – Make

sure everyone feels safe. Bullying of any kind isn't allowed, and degrading comments about things like race, religion, culture, sexual orientation, gender, or identity will not be tolerated.

No promotion, spam or monetary requests – Give more than you take to this group. Self-promotion*, spam, monetary requests, and irrelevant links aren't allowed.

*From time to time on specific posts, we will give members the opportunity to share information about their businesses — this is the only time you will have the opportunity to self-promote.

Respect everyone's privacy – Being part of this group requires mutual trust. Authentic, expressive discussions make groups great, but may also be sensitive and private. What's shared in the group should stay in the group.

This group is all about success and support – We love hearing stories of success! Please be encouraged to share milestones in your parenting journey. We can't wait to celebrate with you!

Sign up at www.cpconnectonline.com.

Filmmaking camps offered at CSU

Odyssey Program at Cleveland State University's School of Film & Media Arts offers 4 different residential or day camps for teens (aged 13-18) interested in filmmaking. With access to the film school's professional soundstages and production equipment, Odyssey participants learn screenwriting, acting, directing, cinematography, editing, and complete their own individual film projects, including a college admissions interview video.

During the in-person summer camps, students see behind the scenes and learn how the film industry actually works through workshops with special guest artists and in real-world media environments including full soundstages, Mac editing labs, and the vast inventory of film equipment. Expert instructors aided by CSU film student camp counselors help students



hone their skills while finding their creative community and making friends during these activity-packed experiences.

Outside of class, residential students get a preview of college life by staying in Cleveland State University dorms and experiencing Cleveland's robust cultural offerings through scheduled trips and activities.

All meals are provided for residential students and breakfast and lunch is provided for day camp students.

For more information or to register, please email odyssey@csuohio.edu or visit csufilmodyyssey.com.

Summer Camp Guide

Online at www.TodaysFamilyMagazine.com



Just For Laughs

Q: Why did the fish blush? A: Because it saw the ocean's bottom.

Q: What type of sandals do frogs wear? A: Open-toad!

I saw a movie about how ships are put together. It was riveting.

Why did the taxi driver get fired? Passengers didn't like it when she went the extra mile.

I submitted 10 puns to a joke-writing competition to see if any of them made the finals. Sadly, no pun in 10 did.

My teachers told me I'd never amount to much because I procrastinate so much. I told them, "Just you wait!"

Comic Sans walks into a bar. The bartender says, "We don't serve your type here."

I bought the world's worst thesaurus yesterday. Not only is it terrible, it's terrible.

You know why you never see elephants hiding up in trees? Because they're really good at it.

What do you get from a pampered cow? Spoiled milk.

What's the difference between a hippo and a Zippo? One is really heavy, the other's a little lighter.

Have you heard the one about the skunk? Never mind, it really stinks.

How does NASA organize a party? They planet.

What's the difference between a poorly dressed man on a unicycle and a well-dressed man on a bicycle? Attire.

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Spring Discovery Days at Greater Cleveland Aquarium

Event spotlights small species now—April 16, 2023

Did you know that dwarf seahorses are only about one inch long as adults or that little Eastern musk turtles emit a big odor to deter predators? Have you noticed there is no webbing between a green-and-black poison dart frog's toes or seen the disk on a northern clingfish's belly that lets it suction tightly to slimy or rocky surfaces?

Greater Cleveland Aquarium invites you to appreciate life's little things via videos, contests, daily animal encounters and I Spy with My Little Eye activities during its Spring Discovery Days, now through April 16, 2023.

"While the ragged-tooth sandtiger sharks gliding through the Aquarium's 230,000-gallon shark habitat are always going to make a big impression, we hope guests will stop to appreciate some of the smaller species—from the burrowing garden eels to delicate weedy sea dragons," says Stephanie White, general manager.

Situated inside a historic brick powerhouse, the Flats West Bank

destination's many freestanding habitats offer up-close, child's-eye-, 180- and 360-degree views. "The creative design of these habitats let you get a closer look," says White. "You can watch schooling redhook silver dollars zip around in unison, see a sea star's tiny tube feet move it across the acrylic or identify the thin horseshoe-shaped markings that give the arc-eye hawkfish its name."

In addition to Aquarium activities, on Thursday, March 30 and April 6 & 13, northeast Ohio traveling animal educator Nora the Explorer will give guests of all ages the opportunity to learn about, get close to and even touch some remarkable little critters.

Spring Discovery Days

Now—Sunday, April 16

10 am–5 pm (last ticket sold 4 pm)
\$19.95 ages 13+, \$13.95 ages 2–12,
\$0 passholders and kids under 2.

Advance online tickets encouraged for nonmembers.

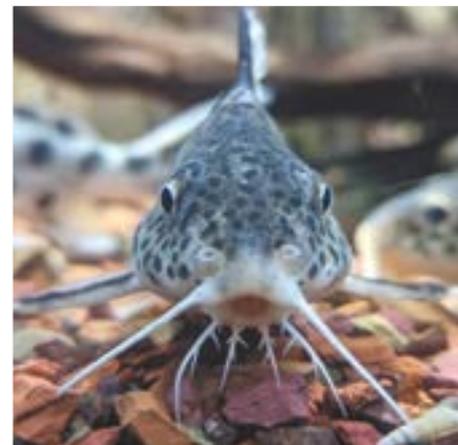
Get tickled by a cleaner shrimp,

check out Surinam toads' star-tipped fingers and spot the Boesemani crayfish cruising below the Indonesian rainbowfish. Spring Discovery Days' activities give you more opportunity to visit and take a closer look at amazing aquatic animals.

A Little Trivia With a Big Prize Now—Sunday, April 16

Quiz participants must be age 18 or older. Correct answers do not determine eligibility. One (1) winner will be chosen randomly on 4/17/23 and notified by email. Nontransferable.

Answer three trivia questions about some of Greater Cleveland Aquarium's smaller residents for a chance to win a #cleaarium prize pack (\$250 value) including a seahorse plush, a drawstring backpack, a one-year annual pass (or extension on a current membership) and Aquarium-branded gear. www.greaterclevelandaquarium.com/event/discovery-days-trivia/



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Beech Brook's Bash for the Brook

Beech Brook is proud to present the 2nd annual "Bash for the Brook" on Friday, May 5, 2023 at Sapphire Creek Winery & Gardens in Chagrin Falls. All funds will support Beech Brook's mission of helping the most vulnerable children and families of our community thrive.

This year's "Bash for the Brook" will include:

- Premium open bar and tequila tasting station
- A gourmet "Cinco de Mayo" inspired dinner menu prepared by Sapphire Creek's chefs

- Live music by the Dave Sterner Quartet
 - Support on-site raffles, Fund-a-Need, and other fun activities for a worthy cause
 - Complimentary valet parking
- Tickets are \$195 per person ("Event Hosts" can purchase eight tickets for the cost of \$1,500). Sponsorship opportunities are also available. Contact Heidi Lang at hlang@beechbrook.org or 216.831.2255, ext. 2240.

Visit www.beechbrook.org/bash for more details.



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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

First breast milk dispensary in NE Ohio opens

Pasteurized donor breast milk is now available locally

Breastfeeding Medicine of Northeast Ohio (BFMEDNEO) in partnership with OhioHealth Mothers' Milk Bank in Columbus, has opened the first non-hospital-based breast milk dispensary in the region. The dispensary, located at 2054 S. Green Road in South Euclid offers pasteurized donor breast milk for the public to purchase.

BFMEDNEO's new milk dispensary service, enables families with a prescription to pick up the processed milk locally. The milk is provided by The OhioHealth Mothers' Milk Bank, which under the guidelines of the Human Milk Banking Association of North America, provides pasteurized human milk to fragile infants and as a bridge to mother's own milk.

The Milk Bank relies on donations from healthy, lactating women who generously provide milk to help other babies. In 2022, the Milk Bank dispensed 449,382 ounces of milk to 72 hospitals and 205 outpatients in eight states plus Ohio. That is 3,511 gallons of milk. Each ounce of pasteurized human milk will feed three premature infants for a day.

"Some families need to start supplementation while waiting for their milk supply to increase, and while in the hospital after delivery they may have the option to supplement with pasteurized donor breast milk," said Ann M Witt, MD, FABM, IBCLC, founder and director of Breastfeeding

Medicine of Northeast Ohio. She has worked with thousands of mothers throughout northeast Ohio providing medical and lactation support to help mothers achieve their breastfeeding goals.

"Upon discharge there has not been a readily available option to continue donor breast milk. We have seen this need for years, and hear from many families how frustrated they are to not continue to provide exclusive breast milk to their infants," Dr. Witt added. "When the Milk Bank contacted us about the possibility of a dispensary we were very excited."

"Additionally, for those families who have a goal of exclusive breastfeeding and have a delay in their milk production increasing, they will have another option to provide breast milk while figuring out the next steps," Dr. Witt says, "This is truly wonderful news for area women in need of donor milk."

Most dispensaries are in hospitals—in specialty units such as NICUs and not available to the general public. The BFMEDNEO dispensary is accessible to the public. Given that most insurance companies do not cover outpatient donor bridge milk, families will need to pay the processing, handling and shipping fee for the dispensed milk. Pasteurized human donor milk is sold in three oz. bottles. The cost is \$16 per three oz. bottle which includes the milk bank processing of \$12.75 per



three ounces, plus shipping and handling.

In order to receive milk at the dispensary, families can arrange pickup either during scheduled appointments at BFMEDNEO or at a donor milk pickup-only appointment, which are scheduled Monday through Friday, from 1-4 pm. Families will need to complete the forms found on the Breastfeeding Medicine of Northeast Ohio website at bfmedneo.com.

The OhioHealth Mothers' Milk Bank has 21 milk drop-off sites in Ohio, where milk is accepted from approved donors. Those wishing to donate breast milk should contact the OhioHealth Mothers' Milk Bank at 614-566-0630 to begin the process today or email them at MilkBank@OhioHealth.com.

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.

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Cuyahoga County
Together We Thrive
Division of Children and Family Services

Hey, Can We Talk?

What your 1-year-old should be saying

By Sandra Gordon

When it comes to language development, every 1-year-old sets his own pace. Read on for the latest word on when to worry and when to relax.

“How many words does your child say?” is the hot topic of conversation among parents of 1-year-olds. But keeping a word count can be more nerve-wracking than thrilling if your toddler’s the silent type. Most of the time there’s little cause for alarm. “Just as kids vary in when they begin to walk, there’s a wide range of normal when it comes to speech,” says linguistics professor Katherine Demuth, Ph.D.

The shift from babbling to real words is a slow process that begins shortly after your baby is born. Every time you respond to her cries, you encourage her expressive language. By 12 months, her gurgles and coos have evolved into varied consonant sounds (like m’s, b’s, c’s, and d’s),” says Rhea Paul, Ph.D.,

editor of the Journal of Speech, Language and Hearing Research. “And your toddler’s babbling intonation should go up and down like a sentence and perhaps contain a word or two you recognize,” Dr. Paul says. (For instance: “Ball ooh da?”)

But even if your toddler says only a few actual words — by 15 months, tots typically say three words in addition to “mama” and “dada” — your child comprehends much of what you say. You’ll see this receptive language in action when you ask your toddler to follow simple instructions, like “Pick up your cup.” Your toddler should also be able to recognize her name, point to objects, identify some parts of her body, and wave bye-bye.

Spotting a delay

If your 1-year-old is making only vowel sounds or if he doesn’t seem to understand much, consult your doctor. A hearing impairment is the most common cause of both expressive and receptive language delays. Most newborns are screened for



hearing problems before leaving the hospital, but there are lots of babies who miss their test or who develop hearing loss later, says pediatrician Andy Spooner, M.D. Fluid in the ears or chronic ear infections can affect a baby’s ability to perceive sound and understand speech. If your pediatrician suspects a problem, the pediatrician may recommend seeing an audiologist for a full hearing evaluation.

Otherwise, most doctors adopt a watchful waiting approach until 18 to 24 months. But if your child

still doesn’t say words by this age, ask for a professional evaluation. The language lag could be a natural developmental delay (common among babies born prematurely) that your child will eventually outgrow. Or your toddler may need speech therapy to give his talking skills a helping nudge. A speech pathologist can screen for other culprits, including apraxia, a disorder in which oral-motor muscles cannot form words correctly, and developmental disorders, such as cerebral palsy or autism. “Rest assured that kids talk

Together We Can 2023 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 a loved one’s death. Campers will share stories, laugh together, shed some tears and celebrate the life of their special person.

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Red Oak Camp

9057 Kirtland Chardon Road,
Willoughby

August 8 – 10, 9 a.m. to 3 p.m.

\$25 registration per camper

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

Transportation is available from our Lakeshore campus.



For more information or to receive a registration packet, email thebereavementcenter@hospicewr.org or call 216.486.6838. Scholarships are available.



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late for many reasons—and not all of them have serious long-term consequences,” Dr. Paul says. “Genetics plays a part too. Toddlers who are late talkers very often have a family member who talked late too.”

Dialogue dos

Many studies have found a strong relationship between how much parents talk with their babies and how quickly kids acquire language. To get your tot chatting:

Narrate your day. Talk out loud about what you’re doing, and ask your toddler questions. “If you’re doing laundry, say ‘Let’s go down to the washing machine. Okay, in goes the soap. Now, the clothes.’ Talk it up, even if you feel silly because your child can’t answer back,” says speech pathologist Pam Quinn.

Be a role model. “If your little one says “ba ba” for bottle, use the correct pronunciation when you reply (“Yes, here’s your bottle”). Elaborate on what she says with an additional word, such as, “That’s a big bottle” — a strategy that not only increases vocabulary but also teaches word combinations. But try not to correct her. “Pointing out mistakes can be inhibiting,” Quinn says. “Even young kids can start to think they can’t say anything right.”

Play dumb. Give your tot a chance to ask for what she wants before answering her need, says speech-language pathologist Denise Boggs Eisenhauer. For example, when you’re rolling a ball with her and you know she wants you to roll it back, give your toddler a confused look and say, “What do I do?” Pausing for a few seconds will encourage her to communicate.

Keep it real. Don’t overly enunciate or speak in one- or two-word sound bites. “Speak in regular sentences to help your child understand how to put words together into meaningful phrases,” says speech-language pathologist Gayle Sorrentino. His constant exposure to language is the key to enhancing his speech development.

Baby Word Count Milestones

Early talking isn’t a sign of superior intelligence, and most late talkers quickly catch up. Here, the language leaps to look for.

12 months: Your baby says one to five words and understands 25 words or more. He uses gestures such as waving and pointing and can follow simple instructions, like “Bring me your shoe.” He sustains interest in looking at simple books.

18 months: Most toddlers are able to understand at least 50 words and say at least 30. Your child understands a variety of familiar names and actions and can say simple words like “hat,” “cookie,” “cat,” and “tree.”

24 months: Your child combines two or three words into sentences, like “What’s that?” or “Me eat apple.” Her vocabulary includes more than 100 words, and she adds a few endings to words, such as “ing” and plurals.



Forge The Future Summer Camp

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216-781-6260

www.fierf.org/summer-camps

Explore the world of forging through the Forging Foundation’s two-day Forge the Future Summer Camp. Students 11–15 years old will have the opportunity to tour a forging facility, participate in STEAM and team-building activities, and learn how to forge. Plus, campers will get to take home their own forging!

2023 Camp Schedule

July 10–11, 2023

9:00 am – 3:00 pm • both days

Breakfast and lunch will be provided.

Campers will need their own transportation to and from camp. Registration fee: \$75

Register at www.fierf.org/summer-camps.

For more information please contact Amanda Dureiko at amanda@forging.org or call 216-781-6260.

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Cleveland Botanical Garden welcomes spring

Get growing in the new season with exhibits, events, and fun for the whole family

Spring has sprung at the Cleveland Botanical Garden! Enjoy a captivating way to experience 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 through Saturday 10 am–5 pm and Sunday noon–5 pm.

Return of the Butterflies

To celebrate the arrival of spring in a big way, Holden Forests & Gardens presents Return of the Butterflies at the Cleveland Botanical Garden – a visual treat with more than 600 newly emerged butterflies in the Costa Rica biome. The butterflies in the Costa Rica biome will bring the glasshouse to life in a colorful, moving, and exhilarating way! There will be a public butterfly release Tuesdays-Sundays daily at 2 pm in the biome. Visitors will learn about the butterflies, and even assist with the release! Opens April 1, 2023.

Hershey Children's Garden

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! Opens April 1, 2023.

Spring Egg Hunt

Saturday, April 8 • 9 am – noon

Join us for an eggceptionally fun day at the Cleveland Botanical Garden. New this year, there will be no official "start" time for the egg hunt. Eggs will be continually hidden all morning long; once each hunter has received their 10 natural seed bomb eggs, they can retrieve their delicious prize at our candy station. Our seed bomb eggs are a great way to avoid plastic and encourage planting. Visitors can look forward to learning about seed dispersal in unconventional ways—leaping, twisting, and running! Advance registration is required.

Free Admission Day (Arbor Day)

Friday, April 28, 2023

Enjoy free admission to the Cleveland Botanical Garden and a free tree seedling giveaway while supplies last.

Outdoor Gardens

Whether you're a budding plant lover or a deep-rooted botanist, our beautiful campus has something for everyone. In late March and early April, visit our gardens to spot the first sights of spring! Look for blooming snowdrops, witch-ha-



Photo credit: Bob Perkoski

Return of the Butterflies opens April 1 in the Costa Rica biome.

zels, lenten rose, spicebush, and more. Catch the first glimpse of blooming spring bulbs on the Geis Terrace. Let your love of nature draw you to the Japanese Garden where every detail matters. Take refuge among towering trees and enjoy a brief escape from our bustling city in our Woodland Garden. Head to the Western Reserve Herb Society Garden where there are over 3,500 plants, a collection used for dyes, historic roses, culinary needs, and medicinal remedies, just to name a few. Additionally, don't forget to stroll through our Gateway Garden, Perennial Garden, Restorative Garden, Inspiration Gardens, Rose Garden, and Topiary Garden on your visit.



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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

the 

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For more information visit www.clevelandyymca.org/child-care or simply scan the QR code



Finding a preschool from page 17

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 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 page 23.

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.



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 2023-2024 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

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PRESCHOOL

Cleveland Metropolitan School District

(216) 838-0110

www.clevelandmetroschools.org/choosecmsd

It is the vision of the Cleveland Metropolitan School District (CMSD) that every student in early childhood grades pre-K through grade three 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/choosecmsd 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 over 28 years.

Students from preschool through eighth-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 educa-

tion 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 (3- and 4-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 Preschool

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 8:15–11:15 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.

Creative Playrooms Montessori & Child Care Centers

Solon • Independence
Maple Heights • Parma
Strongsville • Westlake
(440) 349-9111

www.creativeplayrooms.com

At Creative Playrooms Montessori & Child Care Centers, their mission is to offer the highest quality, learning environment for the successful development of the total child, in clean, modern, and safe facilities. This is achieved through programs balancing individual experience, small group participation, and

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- Freedom of choice and movement
- Emphasis on language, coordination, nutrition, and socialization
- Active learning in indoor/outdoor spaces
- Supportive staff and parent community

**CONTACT US TO REGISTER OR
REQUEST MORE INFORMATION**

440-357-0918

admissions@hershey-montessori.org

Ask about our financial aid options!



2023 SPRING OPEN HOUSE DATES

Registration is required

Concord Campus

(B-6th Grade)
10229 Prouty Rd.

Concord Township, OH 44077

April 12, 9-11 am

May 10, 9-11 am

Individual tours are available by request or take a virtual tour via our website.



Visit our website at www.Hershey-Montessori.org

PRESCHOOL

Creative Playrooms cont'd

large group activities with nurturing, caring caregivers.

They believe that children carry within them the full potential of the person they will someday become. They are continually at the forefront of innovation program development and continue to set industry standards. Their goal is always to ensure that the best interest of the total child remains the single most important consideration.

They offer programs for ages 6 weeks to 12 years old; infant/toddler, nursery school, prekindergarten, Montessori program, chartered private kindergarten, before- and after-school programs, and summer camp. Some activities offered are swimming lessons in their indoor pool, computer labs, music, gymnastics, Spanish classes, and science. Their experienced cooks serve breakfast, snacks and hot lunches.

Hershey Montessori School

(440) 357-0918

www.Hershey-Montessori.org

Concord Campus

10229 Prouty Road

Huntsburg Campus

11530 Madison Road

At Hershey Montessori School, classrooms are called "communities" where students work in multi-age groups so they can learn from and interact with others of diverse ages and interests. These programs include the Parent-Infant Program (2 months to 12 months), the Young Child

Community (12 months to 36 months), Children's House (3 to 6 ½ years), Elementary (6 to 12 years) and Adolescent Community (12 to 18 years). Students are given blocks of uninterrupted time to figure out a problem, to ask questions of their teachers, or share their passion for a subject with another student. They work and learn at their own pace and make choices regarding which activities they want to take part in. When children are given a choice, they are naturally more engaged, interested, and happy to go to school.

For more information call (440) 357-0918, email admissions@hershey-montessori.org, or visit www.Hershey-Montessori.org.

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



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or at orlcpreschool@sbcglobal.net for a tour.

Or visit our website for more information:
www.orlcsolon.org

PRESCHOOL

Montessori School of UH cont'd

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.

The Nest Schools

www.TheNestSchool.com

The Nest Schools curriculum and program design incorporates the most current research in early development to best prepare children for the future in and out of the classroom. Each element of their Nest Play curriculum shares one goal: to help children love to learn.

The Nest believes that involving children in hands-on experiences is the true definition of teaching. Each day, they're re-imagining learning through creative play opportunities and their enrichment programs Art of Living, Fit Buddies, and Paints and Pianos. They encourage children to wonder, question, work with their peers, and experiment with different possibilities.

Older preschoolers will participate in a literacy exposure and awareness program designed to build awareness and a foundation for strong literacy skills. The Nest Schools' preschool program will also prepare children for the Kindergarten Readiness Assessment (KRA).



Our Redeemer Lutheran Preschool

7196 SOM Center Road, Solon
(440) 248-4066
www.orlcsolon.org

Our Redeemer Lutheran Preschool, located in Solon near the Twinsburg border, provides an early childhood education based on the Christian faith that fully prepares children for kindergarten.

They believe that every child is a child of God and that all children can learn and learn best in a safe, secure, and loving Christian environment.

Their goals are to nurture each child's unique abilities, gifts, and talents through developmentally appropriate experiences and to acquaint their students and their families with the good news of Jesus' love and salvation.

Their curriculum is designed to be age and developmentally appropriate and follows the state of Ohio Early Learning and Development Standards.

Activities are designed to

enhance each individual child's intellectual, spiritual, emotional, social, and physical growth. Hands-on learning is encouraged through participation in free play, art, music, large motor, science, math, literature, and language activities and is supplemented by field trips, visitors, and special activities.

Classes are for children ages 3, 4 and 5. They also provide weekly chapel, music, Spanish, sign language, and a lending library.

YMCA of Greater Cleveland

www.clevelandymca.org

Childcare: The YMCA is one of the largest childcare providers in Greater Cleveland. Their goal is to deliver childcare programs in a positive environment where children can develop to their full potential. Their before- and after-school enrichment programs (known as Y-Club) provide safe, nurturing care so you can have peace of mind while you are at work or school. *Continued* →

Help Your Preschooler Thrive



Enrolling Now

At Creative Playrooms, our preschool programs help young learners explore their world through a variety of age-appropriate activities. With both Montessori and traditional offerings available, preschoolers will develop fine and gross motor skills, problem solve, build emotional skills, and more.

- Serving children from 6 weeks to 12 years
- 6 locations in the greater Cleveland area

LEARN MORE

Schedule a tour and see what we're all about.

creativeplayrooms.com or call 440-349-9111



Preschool Visit Checklist

(answer yes or no)

YMCA Greater Cleveland cont'd

Their curriculum helps support youth development and build positive communities through social-emotional learning. Their school-age program also offers fun weekly themes that align with Ohio's K-12 state standards.

Preschool: Preschools at the Y are all about discovery. Kids can explore nature, find new talents, try new activities, gain independence, and make lasting friendships and memories. Their programs focus on preparing children for kindergarten. Their curriculum is based on school readiness skills and is aligned with the Ohio Department of Education's Early Learning and Development Standards.

Learn more online at www.clevelandymca.org.



As you check yes or no to each of these questions, decide which of them are deal-breakers for your family and which are not as important. Jot down notes as they occur to you and feel free to ask more questions of the staff and administrators.

1. Do the stated learning goals match mine?
2. Do the goals address all areas of my child's development including social play, control of emotions, language skills, learning letters and numbers, engaging in science, art and physical development?
3. Am I comfortable with the school's discipline policies?
4. Is the school licensed by the state? Is it accredited by a national association like the NAEYC?
5. Does the lead teacher have a bachelor's degree or certification in Early Childhood Education?
6. Are support workers trained?
7. Is there one adult for every ten children?
8. Are there separate learning centers for various activities such as art, reading, dramatic play, writing, etc.?
9. Does the school use a well-known quality curriculum preparing children for kindergarten later on?
10. Does the class follow a daily routine that offers a variety of activities? Do the children play both outdoors and inside?
11. Are parents free to drop in without making an appointment?
12. Does the school have a means of regularly communicating with parents? Do they report the activities of the past week or month?
13. Do you feel welcome?
14. Are the teachers warm and caring with the children? Do they have conversations with the children as they work or play?
15. Are the children happy and engaged?
16. Do children have the opportunity to choose their activities part of the time?
17. Are the children talking and interacting with each other?
18. Are books and read-alouds a regular part of the day?
19. Is children's art work and other work samples displayed?
20. Are the furniture, equipment and toys age appropriate? In good working condition?

It's time for them to soar



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learn



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