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NOTE FROM THE EDITOR

Nothing like a brand new year to bring new energy to your life! A chance at a fresh start with whatever we resolve to do... diet, exercise, school, finances. Whatever your resolutions are, my hope is that we all are able to achieve them in 2017. If better health and fitness is on your list, our feature, Exercise Without Spending a Dime, is a great way to get started.

Have you ever wondered how large families manage everything? I know parents with one child that don't always balance things as well as those with multiple kids. In Smart Perspectives We Can All Learn From Large Families, one mom shares her tips that will help families of all sizes.

This month also includes our annual Education Directory. Open houses and previews are happening now to get you prepared for the fall. If you are looking for a new school for your child, make sure you check out the Directory and advertisements in this issue.

Wishing you much success, happiness and health in 2017!


Kim Carlisle, Editor

COVER CUTIE

This adorable cover cutie is 3 year old Londyn. She enjoys playing dress up, Barbie's, and all things baby. Sweet treats are her favorite food. Her favorite movies are "Tangled" and "Frozen". She recently visited Disneyland and was able to have breakfast with the Princesses!

Londyn loves playing with her brother, Maddox (5) and her best friend, Blake (3). She is a bundle of personality in a tiny package, and incredibly smart and talented. She takes ballet & tap. She also enjoyed practicing with her brother's baseball team and could easily keep up with the big boys. The family enjoys exploring Houston, visiting the zoo, and having movie dates.

Parents Lindsey & Justin are very proud of their Cutie Patootie!



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EXERCISE

WITHOUT SPENDING A DIME

by Pam Molnar

As the holidays wind down and the New Year approaches, people begin to regret the extra cookie, holiday dips and second glasses of wine that seemed like such a good idea at the time. January is the month when many people sign up for membership with the intention of shedding those extra pounds. Yet, regular gym-goers will tell you that by February, most of the new members have stopped coming.

The cost of that unused membership, \$58 per month on average according to Statistic Brain, is not your only option to lose your holiday weight. If you are looking to save a little money and still feel comfortable in your little black dress, check out these exercise options that won't cost you a dime.

CHECK OUT EXERCISE VIDEOS

Whether you enjoy the calming stretches of yoga or the more intense workouts, your local library carries a variety of exercise videos for all skill levels. Most rental periods are one week for videos, giving you the opportunity to try a lot of different exercise routines.

YOUTUBE

Discover thousands of cardio, fat burning, dance, yoga, and general fitness videos. With YouTube available on so many devices, there is no excuse for not finding a time and place to exercise. Head to the park, close your office door or workout in the privacy of your own home.

DO THE STAIRS

Head to a nearby hotel or office building and take the stairs. Set the timer on your phone or simply count the number of flights you take. Can't get away from home? If you have stairs in your house, turn on some music and start climbing. Want to get outside? Try the bleachers at the local high school.

SPRING CLEAN

Now is the perfect time to clean out the attic, crawlspace or basement. Lifting boxes, moving furniture and heavy cleaning can burn up 400 calories per hour.

JUMP ROPE

Every garage has an old jump rope or tie down rope. Get out in the sun and start jumping. This is an easy activity to involve your older kids. Try making it a competition – the one who jumps the least times has to do the dishes.

GO OLD SCHOOL

Remember middle school gym class? Put on a t-shirt and shorts and start with the basics. Try jumping jacks, pushups, sit ups, squats and lunges. Structured workout suggestions can be found on Pinterest or by Googling "calisthenics routines".

DANCE

Invite your girlfriends to come over and crank up the tunes for a kitchen dance party. If your kids have a game console, ask them to play Just Dance with you. Don't have the game? Borrow it from a friend!

MAKE USE OF HOUSEHOLD ITEMS

Make your own weights by filling empty water bottles and milk jugs with water or sand. Place on a scale and mark the weight on the bottle. Look online for exercise routines that use kitchen chairs, walls or stairs.

SHOP IT OFF

That's right! Lace up your shoes and head to the mall for some free indoor exercise. Walking at 3 mph can burn over 200 calories per hour. Download Map My Run app and set your activity to walk. This free app will track your pace, time, distance and calorie burn. Walk with a friend, push a stroller or simply wander the mall.

GO FOR A RUN

You see joggers everywhere – on trails, city streets or in local parks. For motivation, sign up to do a local 5K with your friend or spouse.

PARK IT

Pull out the soccer ball, tennis rackets or basketball for a quick pick up game with family or friends. For added exercise, bike or walk to the park. Many parks allow dogs on their leashes so bring your four-legged friend for some exercise, too.

BURN THOSE CALORIES!

According to the Center for Disease Control and Prevention, the average woman is 63.8" tall and weighs 166.2 lbs. With that in mind, the chart below shows how many calories the average woman can burn without having to pay for a monthly gym membership. Want to find the calorie burn for your own weight and height? Check out HealthStatus.com.

CLEANING THE HOUSE

- Dusting (15 minutes) – 45 calories
- Mopping (15 minutes) – 85 calories
- Washing Dishes (15 minutes) – 42 calories
- Sweeping (15 minutes) – 39 calories

CALISTHENICS

- Jumping Jacks (10 minutes) – 56 calories
- Push Ups (5 minutes) – 32 calories
- Sit Ups (5 minutes) – 28 calories
- Jumping Rope (10 minutes) – 126 calories

GOING PLACES

- Running 6 mph (30 minutes) – 378 calories
- Walking 3 mph (30 minutes) – 164 calories
- Hiking (30 minutes) – 224 calories
- Stairs (30 minutes) – 304 calories

PLAYING SPORTS

- Frisbee (20 minutes) – 76 calories
- Tennis (singles, 30 minutes) – 229 calories
- Soccer (casual, 30 minutes) – 264 calories
- Dancing (30 minutes) – 224 calories

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SMART PERSPECTIVES WE CAN ALL LEARN FROM

Large Families

By Sarah Lyons



Raising six children has taught me many valuable lessons that have changed my perspective on parenting, housework, finances, and relationships for the better. You do not need to have a big family to live like a big family and use the principles most larger families are forced to apply. Here are some large family perspectives that all families should consider, no matter what size.

On Time

Time is something we all want more of. The change in perspective here is that large families must use their time more wisely. If there is an hour for cleaning, get up and clean. If there is an hour for playing, make the most of it and enjoy your children. If you have two hours to spend with your spouse, turn off the TV and talk. Put down your cell phone and ask the kids how school went. Rise early in the morning to spend some quiet time alone so you feel refreshed for a busy and full day.

Benefits for all families: When time is used wisely, there is more time for the things you enjoy.

On Disagreements

Large families have to learn to let go of what they cannot control. Moms of many learn that fighting about whether the four and two year old wear coordinating T-shirts or matching socks is not a battle that is worth ruining a day, or even an hour, over. If the child is dressed appropriately for the

weather, then the child is ready to go. This principle can be applied to any relationship, including your spouse. By choosing to let the small things go and work through the important things as a team, there are less disagreements.

Benefit for all families: Learn not to sweat the small stuff, which helps create healthy relationships and less stress for everyone.

On Chores

Working as a team and sharing chores is a necessity for large families to maintain the house. Teamwork is a skill that is valued in school and in the workplace. Kids in large families learn to use teamwork to accomplish tasks and work with others in all situations. Kids also learn how to effectively do chores that they will be expected to take on in adulthood.

Benefits for all families: When everyone pitches in the work goes faster and children learn responsibility and skills they will use as adults.

On Fun

Many large families must stick to a tight budget. Activities like movies and other outings that cost a lot per person are often out of the questions. Large families learn to find the fun in things that are cheap or free, such as a picnic at the park, building a fort in the living room, movie night at home, a dance party, or learning to bake.

Benefits for all families: Quality family time and lasting memories can be created at little or no cost.

On Planning

When you are dealing with a large crowd, planning and organization are key to things running smoothly. As a large family mom, meal planning, a chore schedule, and a well maintained calendar are necessary for our family to thrive. Planning does take time but the results create a less stressful environment for everyone.

Benefits for all families: Planning ahead creates less stress.

On Budgeting

Large families must work with a tight budget and learn to cut costs in creative ways. There are many ways to trim the budget and all families

have to choose what works for them. Some ideas may include cooking from scratch, buying used instead of new, cutting out cable, or taking on household repair projects yourself.

Benefits for all families: Learn to spend wisely and save money.

On Differences

We all realize that each person is different and has their own unique gifts, talents, opinions, quirks, and habits. Larger families learn to embrace differences because their own house is a diverse place. Growing up in this environment creates an appreciation for our differences and teaches kids to be accepting. You don't have to have a lot of kids to know that life is precious and children are a gift. In a large family parents learn to appreciate each child for their unique personality and have the opportunity to teach kids to love and respect each other.

Benefits for all families: People should be celebrated and accepted for what makes them unique.

Large families may stumble upon these perspectives out of necessity, but you do not have to have a large family to benefit from them.



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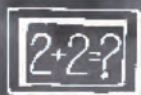
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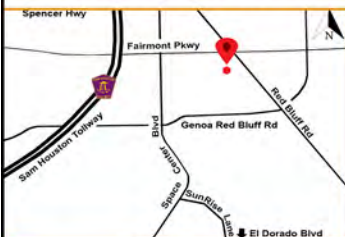
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RAISING BOYS

Teaching Them to be Good Brothers

by Christa Melnyk Hines



Do your boys prefer to duke it out rather than talk it out? Raising brothers to work out conflict respectfully despite wildly different personalities or fierce competitive streaks can prove challenging. But set a positive example, and you'll find that nurturing brotherly love isn't impossible!

Inspire cooperation. Stop bullying behavior.

"Parenting boys is a lot of fun," says Jenny Brandt, an early education childhood professional, and a mom of two boys, ages 2 and 3 1/2. "Whether they are wrestling in the living room or helping me cook dinner, they bring a different perspective to my life which I greatly appreciate."

Brandt says they started early teaching their sons to cooperate by defining how to play nicely.

"We encourage them to use their words, offer another toy to use, and take turns," she says.

Build empathy.

Brandt fosters empathy between her boys by teaching them to acknowledge each other's feelings. She might say to her older son, Rhett, that Hank looks sad and involve him in finding ways to make his brother feel better.

"Rhett, now on his own, notices that Hank is sad and he'll say: 'Hank do you want me to sing your favorite song?'" she says.

While it is important to give your children space to solve conflicts, intervene if one child is hurting the other, physically or emotionally. Separate your kids and tell the offender that he can rejoin the family when he agrees to treat his brother kindly.

Reinforce the positive.

Describe what respectful behavior looks like. For example, if one child answers a question from his brother with a grunt, explain that to show respect he must answer the question.

"You can say: 'I don't want to talk about it right now.' Just as long as the response is something civil," Sosland says.

Identify times when your children are most likely to squabble, such as when they are tired and hungry. When the car ride home from school became a sibling battleground, Sosland started a

program where her kids earned a poker chip for mutual respect and cooperation. In order to attain the reward of a special outing, her kids had to work as a team to compile an equal number of chips.

Encourage healthy competition.

The good news is sibling rivalry is normal. To keep competition good natured, avoid labeling and comparing one child to the other. Encourage your sons to compete against themselves instead of each other.

"Teach them that it's not about whether you are better than anyone else. It's whether you are doing better than you were at the beginning of the year or at the beginning of the season," says child psychologist Dr. Jane Sosland, who is also a mom to three children, twin sons, ages 18, and a daughter, age 15.

If your son expresses sadness or frustration over a loss, acknowledge the disappointment.

"We all feel disappointment at times. Validate how he feels without trying to convince him

that the way he feels is wrong," Sosland says.

Role model.

Many of us share the funny or frustrating things our kids do with friends and extended family members. But Brandt says this behavior may inadvertently teach our kids that it's acceptable to portray family members in a negative light in front of others.

Make a family rule that you won't embarrass or say negative things about each other in front of people outside of the family. Instead make it a habit to point out the positive things each person does.

You and your partner can also model a respectful relationship to your children through your treatment of each other. Celebrate each other's wins and empathize with each other's frustrations and losses.

Over time, your sons will learn that their brotherhood is unlike any other bond. By honoring and respecting each other's differences, their friendship will last a lifetime.

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The Fun-Time Calendar

January 2017



Parents: Some programs require tickets and/or reservations, always contact event locations to confirm times and requirements.

Jan 1 - 15 • Houston Zoo Lights

• Houston Zoo • houstonzoo.org • 713-533-6500

Jan 1 - 8 • Moody Gardens - 8 Holiday Attractions One Venue

• Ice Land, Festival of Lights, Cirque Joyeux Noel, 3D Films, Rudolph 4D, Ice Skating, Arctic Slide, Train Rides, plus live entertainment, great food, group rates, hotel packages and more. • Moody Gardens Galveston • moodygardens.com • 800-582-4673

Jan 3 & 17 • Freeman Needlecrafters

• 10:00am • If you knit, crochet or do any other form of needlecraft please join us in the Conference Space on the 2nd floor for the Freeman Needlecrafters. While attendees are happy to help others through the difficult parts of a project, this club is not intended as a class for instruction. • Free • Freeman Branch Library • hcpl.net • 281-488-1906

Jan 3 • Free Afternoon at Houston Zoo

• 12:00pm • Houston Zoo • houstonzoo.org • 713-533-6500

Jan 4 • New Year, New You! Healthy Treats and New Years Resolutions!

• 4:30pm • Join us in

the Teen Isle for some healthy (but tasty) cuisine, and lets talk about New Years resolutions. • Free • Evelyn Meador Branch Library • hcpl.net • 281-474-9142

Jan 4 • Sonic Pi • 4:30pm • Use the Raspberry Pi along with the program "Sonic Pi" to combine programming and music. Users can create their own sounds and rhythm through coding. Recommended ages 12 -18. Class size is limited. Please call 281-488-1906 to register. • Free • Freeman Branch Library • hcpl.net • 281-488-1906

Jan 5 • Pajama Story Time • 6:00pm • Free • Freeman Branch Library • hcpl.net • 281-488-1906

Jan 5 • Bank of America Screen on the Green: Harry Potter and the Sorcerer's Stone • 7:00pm • You are welcome to bring blankets and chairs to view from the hill. • Free • Discovery Green in Downtown Houston • discoverygreen.com • 713-400-7336

Jan 5 • LEGO Skyline London and Chicago Event • 7:00pm • Join us to help build our exciting, new LEGO Skyline collection in-store display for London and Chicago. Then after, enjoy being creative and collaborative

with other customers by building with food and drinks. • Burnett Bayland Park, LEGO Architecture Studio while bricks. • 6000 Chimney Rock • housuperbowl.com

Jan 7 • Free Hands-On Workshop

• 9:00am • Crate Toolbox-All kids get to keep their craft, receive a free certificate of achievement, a Workshop Apron, and a commemorative pin while supplies last. • At Your Local Home Depot • homedepot.com

Jan 6 - 8 • Zaki Con • A studio Ghibli-Themed Convention. Three days of fun based on the popular movies from the Japanese animation studio! Movies, crafts, cosplay and trivia contest and more. See the Library's website for schedule of events. • Friendswood Public Library • friendswood.lib.tx.us • 281-482-7135

Jan 7 • Touchdown Tour • 10:00am-2:00pm • Features a one-of-a-kind fan experience with interactive games, a Houston Texans mobile locker room, special photo booths, giveaways, music,

Free • Barnes & Noble, Baybrook • bn.com • 281-554-8224 • Barnes & Noble, Pasadena • bn.com • 281-991-8011

Jan 7 • Family Story Time • 11:00am • Free • Freeman Branch Library • hcpl.net • 281-488-1906

Jan 7 • Sunset Pontoon Cruise • 3:30pm • Relaxing and educational trip as you observe the wildlife of the bayou. Departs from Bay Area Park. Advance reservations required 281-474-2551x10 Ages 5-Adult (an adult must accompany children under 18) Fee: \$20/adults; \$15/children & Seniors DISCOUNTS FOR MEMBERS! • Armand Bayou Nature Center • abnc.org • 281-474-2551

Jan 7 • Monster Jam • 7:00pm • NRG Stadium • monsterjam.com

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more family
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Jan 8 • Galveston Symphony Orchestra • 7:00pm • The Grand 1894 Opera House • thegrand.com • 800-821-1894

Jan 9, 23 & 30 • Rattle and Rhyme • 10:45am • Free • Friendswood Public Library • friendswood.lib.tx.us • 281-482-7135

Jan 9, 23 & 30 • Cheap Skate Night • 4:00pm • Glide around the ICE for just \$8 per person plus tax. Includes skate rental. • Discovery Green in Downtown Houston • discoverygreen.com • 713-400-7336

Jan 9 • Bilingual Chinese Story Time • 10:15am • Free • Freeman Branch Library • hcpl.net • 281-488-1906

Jan 9 • Toddler Time • 11:00am • Free • Evelyn Meador Branch Library • hcpl.net • 281-474-9142

Jan 9 • Story Cubes • 4:00pm • Kids create the story together... with a twist! • Free • Evelyn Meador Branch Library • hcpl.net • 281-474-9142

Jan 9 • Maker Monday: Catapults • 4:30pm • For children age 5 and up. Free tickets required and available at the Kid's Information Desk 30 minutes before the program begins. • Free • Freeman Branch Library • hcpl.net • 281-488-1906

Jan 9 • Creatorspace • 7:00pm • Join us for a presentation from local maker group Creatorspace (creatorspace.org). • Free • Freeman Branch Library • hcpl.net • 281-488-1906

Jan 10 • Chess Club • 4:00pm • Free • Evelyn Meador Branch Library • hcpl.net • 281-474-9142

Jan 11 • Kids Knit 1: Buddy Bracelet • 4:00pm • Sign up online for a class today. • \$15 • Michaels • michaels.com • 281-316-2143

Jan 11 • Monthly Craft • 4:30pm • Free • Evelyn Meador Branch Library • hcpl.net • 281-474-9142

Jan 12 • Pancakes and Pajama Story Time • 6:40pm • Free • Friendswood Public Library • friendswood.lib.tx.us • 281-482-7135

Jan 13, 20 & 27 • EcoTots • 9:30am • Join our EcoTots classes for toddler and parent activities. Go on guided hikes, make nature crafts and play games. Classes are held each Friday with a new topic every other week. Ages 18 months to 3 years old. Payment is required at the time of reservation. \$8 for members & \$10 for non-members per class (per parent and child combo). Reservations required. Call 713-274-2668. • Armand Bayou Nature Center • abnc.org • 281-474-2551

Jan 13 • Baby Playtime • 10:00am • Free • Freeman Branch Library • hcpl.net • 281-488-1906

Jan 13 • Friday Flicks! • 4:30pm • Join us in the Teen Isle for a great movie, and tasty snacks! • Free • Evelyn Meador Branch Library • hcpl.net • 281-474-9142

Jan 13 • Snap Circuits • 4:30pm • Join us in our iMaker Space and learn the basics of electronics with fun and easy-to-learn Snap Circuits! Snap Circuits require no tools or additional equipment, just show up and tackle a project with us. • Free • Evelyn Meador Branch Library • hcpl.net • 281-474-9142

Jan 13 • Kids Night at the Rec • 6:00pm • Date night plans, holiday shopping or anything else, we can help! Our amazing staff is dedicated to the care and safety of your child and are experts in creating fun. Food and drinks are provided. Resident registration fee of \$15. Non-resident registration fee of \$22.50 • Hometown Heroes Park • leaguecity.com

Jan 13 • Parent's Night Out • 6:30pm • Jump time, pizza & drink, fun activities and childcare. Preregister \$20 for first child/\$18 per sibling; Walk In's \$25 for first child/\$23 per sibling • JumpN Jungle Webster • jumpnjungle.com • 281-557-0700

Jan 14, 21 & 28 • Sunset Pontoon Cruise • 6:00pm • Relaxing and educational trip as you observe the wildlife of the bayou. Departs from Bay Area Park. Advance reservations required 281-474-2551x10 Ages 5-Adult (an adult must accompany children under 18) Fee: \$20/adults; \$15/children & Seniors DISCOUNTS FOR MEMBERS! • Armand Bayou Nature Center • abnc.org

Jan 14 • Lakeshore Learning Event - Dinosaur Discovery • 10:00am-3:00pm • Explore the wild, prehistoric world of dinosaurs. *Hands-on science stations *Hourly stories *One-of-a-kind crafts Contact your local Lakeshore Learning Store for more details! • 3-11 • Free • Lakeshore Learning • lakeshorelearning.com • 7813551893

Jan 14 • Touchdown Tour • 10:00am-2:00pm • Features a one-of-a-kind fan experience with interactive games, a Houston Texans mobile locker room, special photo booths, giveaways, music, food and drinks. • Alief Community Park, 11903 Bellaire Blvd. • houserbowl.com



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Jan 14 • How Do Dinosaurs Choose Their Pets? Story Time • 11:00am • Free • Barnes & Noble, Baybrook • bn.com • 281-554-8224 • Barnes & Noble, Pasadena • bn.com • 281-991-8011

Jan 14 • 11th Annual MLK Youth Parade Midtown Houston • 12:00pm • Midtown Houston, 1300 Holman St. (San Jacinto St. & Elgin St.) • mlkgrandeparade.org

Jan 14 • Wiesenthal • 8:00pm • The Grand 1894 Opera House • thegrand.com • 800-821-1894

Jan 15 • 16th Annual MLK Battle of the Bands Competition-Houston • 4:00pm • W.W. Thorne Stadium, 1715 Aldine Bender Rd, Houston • mlkgrandeparade.org

Jan 16 • 23rd Annual MLK Grande Parade Midtown Houston • 10:00am • Midtown Houston, 1300 Holman St. (San Jacinto St. & Elgin St.) • mlkgrandeparade.org

Jan 17 • Dinosaur Zoo LIVE • 10:00am • The Grand 1894 Opera House • thegrand.com • 800-821-1894

Jan 18 • The Jackie Robinson Story • 10:00am • The Grand 1894 Opera House • thegrand.com • 800-821-1894

Jan 18 • Kids Knit 2: Headband • 4:00pm • \$15 • Michaels • michaels.com • 281-316-2143

Jan 18 • Maker Tech.: Balloon Cars! • 4:30pm • Ready, set, go! We're making little balloon powered cars to test your creativity and designing

skills. A great prize for the car that can go the fastest! • Free • Evelyn Meador Branch Library • hcpl.net • 281-474-9142

Jan 18 • Family Craft Story Time • 6:40pm • Free • Friendswood Public Library • friendswood.lib.tx.us • 281-482-7135

Jan 21 • Nanette's Baguette Story Time • 11:00am • Free • Barnes & Noble, Baybrook • bn.com • 281-554-8224 • Barnes & Noble, Pasadena • bn.com • 281-991-8011

Jan 21 • Family Story Time • 11:00am • Free • Freeman Branch Library • hcpl.net • 281-488-1906

Jan 21 • Odd Squad Live! • 5:30pm • Jones Hall • spahouston.org

Jan 21 • Sunset Pontoon Cruise • 6:00pm • Relaxing and educational trip as you observe the wildlife of the bayou. Departs from Bay Area Park. Advance reservations required 281-474-2551x10 Ages 5-Adult (an adult must accompany children under 18) Fee: \$20/adults; \$15/children & Seniors DISCOUNTS FOR MEMBERS! • Armand Bayou Nature Center • abnc.org

Jan 21 • The Oak Ridge Boys • 7:30pm • The Grand 1894 Opera House • thegrand.com • 800-821-1894

Jan 22 • The Oak Ridge Boys • 3:00pm • The Grand 1894 Opera House • thegrand.com • 800-821-1894

Jan 23 • Toddler Time • 11:00am • Free • Evelyn Meador Branch Library • hcpl.net • 281-474-9142

Jan 23 • Speed Stacks • 4:30pm • Compete to stack cups in complicated patterns with the most speed. • Free • Evelyn Meador Branch Library • hcpl.net • 281-474-9142

Jan 23 • Maker Monday: Magnetic Mosaics • 4:30pm • For ages 5 and up. Free tickets required and available at the Kid's Information Desk 30 minutes before the program begins. • Free • Freeman Branch Library • hcpl.net • 281-488-1906

Jan 24 • Chess Club • 4:00pm • Free • Evelyn Meador Branch Library • hcpl.net • 281-474-9142

Jan 24 • Cocktails and Crayons • 6:30pm-8:00pm • The Village School's French-English Bilingual Open House • The Village School West Campus • thevillageschool.com • 281-496-7900

Jan 24 • Family Dance Party • 6:40pm • Free • Friendswood Public Library • friendswood.lib.tx.us • 281-482-7135

Jan 25 • Chinese New Years Craft! - Zodiac Origami • 4:30pm • It's almost the Chinese New Year (Sat, 28th). Get ready for the year of the rooster by making some Chinese zodiac origami (any origami really, but we'll be focusing on making the zodiac animals). • Free • Evelyn Meador Branch Library • hcpl.net • 281-474-9142

Jan 26 • Chinese New Year Celebration • 4:30pm • Join us for crafts, music, Chinese food and a Lion Dance video! Free tickets required and available at the Kid's Information Desk 30 minutes before the program begins. • Free • Freeman Branch Library • hcpl.net • 281-488-1906

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Jan 26 • First Baptist Christian Academy Preview Night • 7:00pm • First Baptist Christian Academy • fbcapasadena.org • 281-991-9191

Jan 27 - Feb 12 • The Cover of Life • Pasadena Little Theatre • pasadenalittletheatre.org • 713-941-1758

Jan 27 • Coding Basics • 4:30pm • Want to learn how to speak computer? Join us in the iMaker Space and learn how software works from the ground up. • Free • Evelyn Meador Branch Library • hcpl.net • 281-474-9142

Jan 27 • Parent's Night Out • 6:30pm • Jump time, pizza & drink, fun activities and childcare. Preregister \$20 for first child/\$18 per sibling; Walk In's \$25 for first child/\$23 per sibling • JumpNjungle Webster • jumpnjungle.com • 281-557-0700

Jan 28 - 29 • Katy Home and Garden Show • Get a head start on your home and garden expansion and experience two buildings packed with more than 300 exhibits which will focus on decorating; remodeling; window treatments; kitchens and baths; do-it-yourself; flooring and more. • Merrell Center in Katy • katyhomeandgardenshow.com

Jan 28 • Together at the Table • 11:00am-12:30pm • A gathering for families focused on gardening and fresh healthy food choices in the kitchen. This is a chef led free event and geared towards children ages 4-7 and their parents. We explore our community garden, do a planting or harvest activity

and then head inside for a fun, gourmet food prep activity and then we share a meal together. This event is free but registration is required. • 4-7 • Free • St. Christopher Episcopal Church/ Buckner Hall • stchrischurch.org • 2813325553

Jan 28 • I'll Never Let You Go Story Time • 11:00am • Free • Barnes & Noble, Baybrook • bn.com • 281-554-8224 • Barnes & Noble, Pasadena • bn.com • 281-991-8011

Jan 28 • Parent's Night Out • 6:00pm • Enjoy great fun, pizza, and a movie at a price just right for parents. Pre-registration: \$25 plus tax for first child, \$20 plus tax for each sibling. Drop ins will be taken on a space available basis for \$35 plus tax for first child, \$25 plus tax for each sibling. • AcroSports League City • acroports.com • 281-967-7261

Jan 29 • PIPPIN • 2pm & 7pm • The Grand 1894 Opera House • thegrand.com • 800-821-1894

Jan 30 • Maker Monday: Puzzles • 4:30pm • For children ages 5 and up. Free tickets required and available at the Kid's Information Desk 30 minutes before the program begins. • Free • Freeman Branch Library • hcpl.net • 281-488-1906

Jan 30 • Family Story Time and Craft • 6:40pm • Free • Friendswood Public Library • friendswood.lib.tx.us • 281-482-7135

Ongoing

Luby's Free Kid's Meal • Free kid's meal with purchase of adult entree Wednesdays and Saturdays from 11am to close. • Luby's Cafeteria Webster • lubys.com

MONDAY

Toddler Time • 11:15am • Free • Freeman Branch Library • hcpl.net • 281-488-1906

Fuddruckers Kid's Night Mondays • 4:00pm • Join us every Monday night where kids eat for only 99 cents with the purchase of an adult entree from 4pm-close. • Fuddruckers Webster & Nasa Pkwy • fuddruckers.com

TUESDAY

Toddler Time • 10:10am • Free • Friendswood Public Library • friendswood.lib.tx.us • 281-482-7135

Toddler Time • 10:15am & 11:15am • Free tickets are required and available at the Kids Information Desk. • Free • Freeman Branch Library • hcpl.net • 281-488-1906

Preschool Story Time • 10:30am • Free • Evelyn Meador Branch Library • hcpl.net • 281-474-9142

Preschool Story Time • 10:45am • Free • Friendswood Public Library • friendswood.lib.tx.us • 281-482-7135



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WEDNESDAY

Book Babies • 10:15am & 11:15am • Free tickets are required and available at the Kids Information Desk beginning 30 minutes prior to event. Due to space limitations, only one adult is permitted per child. • 0-18 months • Free • Freeman Branch Library • hcpl.net • 281-488-1906

Baby Time • 10:15am • Evelyn Meador Library • 2400 North Meyer Road • Seabrook • hcpl.net • 281-474-9142

Luby's Free Kid's Meal • 11:00am • Free kid's meal with purchase of adult entree Wednesdays from 11am to close. • Luby's Cafeteria NASA Rd One • lubys.com

Toddler Time • 11:00am • Evelyn Meador Library • 2400 North Meyer Road • Seabrook • hcpl.net • 281-474-9142

Preschool Story Time • 1:30pm • Free tickets are required and available at the Kids Information Desk. • Free • Freeman Branch Library • hcpl.net • 281-488-1906

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Preschool Open Gym • 11:00am • This is a great time to let your child experience our gym environment with no obligation & to have an unstructured playtime in the gym. \$6 plus tax for currently enrolled AcroSports students and \$10 plus

tax for kids not currently enrolled. • AcroSports League City • acrosports.com • 281-967-7261

Art Cart • 4:00pm • Free • Evelyn Meador Branch Library • hcpl.net • 281-474-9142

Evelyn Meador Gaming Club! • 4:30pm • Free • Evelyn Meador Branch Library • hcpl.net • 281-474-9142

Family Night • 5:00pm • Let Jump N Jungle do the cooking and cleaning for you while your family has a jumping good time. • JumpN Jungle Webster • jumpnjungle.com • 281-557-0700

FRIDAY

Toddler Time • 10:10am • Free • Friendswood Public Library • friendswood.lib.tx.us • 281-482-7135

Preschool Story Time • 10:45am • Free • Friendswood Public Library • friendswood.lib.tx.us • 281-482-7135

SATURDAY

Breakfast on the Bayou • 8:00am • Enjoy breakfast drifting down the bayou on our pontoon boat. Observe wildlife searching for their breakfast. Watch and learn about bayou life. Enjoy pastries, juice and coffee while underway. The boat will pick up at the Bay Area Park boat launch (NOT at the nature center). Reservations required. Ages 5-Adult (an adult must accompany children under 18). Fee: \$25/adults; \$20/children & seniors. DISCOUNT TO MEMBERS! • Armand Bayou Nature Center • abnc.org • 281-474-2551

Kid's Club • 10:00am-12:00pm • 30 minutes sessions...you can register and pay online or in the store. • \$2/child • Michaels on Bay Area Blvd • michaels.com

Free Craft for Kids • 11:00am-3:00pm • Free • Lakeshore Learning • lakeshorelearning.com • 281-461-6263

Story Time • 11:00am • Free • Barnes & Noble, Baybrook • bn.com • 281-554-8224 • Barnes & Noble, Pasadena • bn.com • 281-991-8011

Train Rides • 11:00am-2:00pm • Every Saturday head down to the island, ride the train and take a tour of the museum and learn all about the trains • Galveston Railroad Museum • 2602 Santa Fe Place • galvestonrrmuseum.com • 409-765-5700

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Farm Life Demonstration • 1:00pm • Observe life as it once was at the Martyn farm. Each week our knowledgeable volunteers demonstrate activities common to daily life on a 19th-century farm in southeast Texas. These vary from butter and cheese-making to carpentry and blacksmithing. • Armand Bayou Nature Center • abnc.org • 281-474-2551

Natural History Demonstration • 1:00pm • Learn about the animals of Armand Bayou and the habitats they live in. Demonstrations vary from week to week: mammals, birds and reptiles. • Armand Bayou Nature Center • abnc.org • 281-474-2551

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RAISING MONEY

Savvy KIDS

by Christa Melnyk Hines



Kids may not always listen to the life lessons we try to impart, but when it comes to money, they are an amazingly attentive audience. Provide guidance about managing money now and you'll set your children on the course for a lifetime of financial responsibility and long-term security.

SHAPE SAVVY SPENDERS. For Megan Lynch, whose daughters are ages 5, 3, and 10 weeks, understanding money is an important life skill. "It took me a really long time to learn to budget and get my credit on track," Lynch says. "I want my girls to know being responsible with their finances will reap better rewards than the instant gratification of just blowing it all."

First, distinguish between wants and needs. Your child will become a more prudent spender, who fulfills needs first and saves for wish-list items to purchase later.

Lynch's girls use a piggy bank to watch their money grow. "We are trying to teach them saving up for something special takes time and patience and in the end, they are always proud of how much money they saved," she says.

BASIC BUDGETING. For novice money managers, offer budgeting and planning tips. Trish Batten provides some guidance for her 9-year-old daughter Kendall, but overall she gives her the freedom to make her own decisions about how she spends money.

"Recently she had a goal to save up for a pet, then got invited by a friend to the new American Girl Doll Store," Batten says. "She chose to dip into her money for American Doll items. Her savings for a pet dwindled significantly and she is just now realizing it."

ALLOWANCE. This is a great tool for teaching kids as young as four basic budgeting skills. Make the connection between work and earnings by assigning chores that benefit the entire family, like feeding pets or washing the dishes.

Wondering how much to pay? Provide enough allowance each week to cover one of your child's needs, such as lunch money, and a little extra to go towards a want. And no bail-outs here! If your child spends all of his allowance without considering his weekly expenses, natural consequences like brown-bagging lunch for the rest of the week will quickly teach him the value of planning and budgeting his money. If your child wants to earn

more money, offer extra chores for additional allowance.

Talk Family Finances. Early on, lead by example. "Kendall sees when we give to charity, save money, pay bills, use coupons and such," Batten says. "We talk about what we are doing and why we are doing it."

Once your children enter middle school or high school, involve them in family budget discussions to help them understand weekly expenditures. Divide the week's expenses into envelopes. When a child sees money isn't in the budget for the designer jeans she wants, she can save some of her own earnings to purchase the jeans herself.

SAVINGS. By the time your kids are 7 or 8-years-old, encourage them to put birthday money or allowance left over at the end of the week into a savings account in their name. With a savings account, children learn about interest and how their money can grow. To get her started, consider matching your child's already accumulated savings.

WANT TO KNOW MORE?

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Many parents find themselves so busy with work, school, extracurricular activities, and errands that cooking weeknight meals seems impossible. In reality, eating at home can be faster, easier, and more affordable, even on those busy school nights. Try these tips for quick and easy meal planning.

MAKE TWO. If you are making one casserole, why not make two? One can be eaten now, and the other can be frozen and saved for dinner another night.

STOCK THE FREEZER. Fill your freezer with both pre made and homemade items to have on hand for a busy week.

USE THE SLOW COOKER. Toss some things together in the morning and come home to a hot meal after a long day.

BUY PRE MADE INGREDIENTS. Pre cut vegetables, cooked rotisserie chicken, and ready to grill marinated meat are perfect for the busy family.

LEFTOVER NIGHT. Designate one night a week to eat whatever is in the fridge and save time and money

STOCK THE PANTRY. Have meals on hand you can turn to in a bind, such as spaghetti, bean burritos, or quesadillas

DOUBLE DUTY. Use extra ingredients to make two meals. For example - Leftover taco meat could become enchiladas, nachos, or chili. Grilled chicken breast could be used for a salad, soup, or a casserole.

THEME NIGHTS. Monday - Pasta, Tuesday - Tacos, Wednesday - Stir Fry.... and to make it even easier, repeat every week to streamline your grocery list, steady your grocery budget, and simplify meal planning.

LOVE EATING OUT? - Add a "Night Out" to your meal plan once in awhile to treat yourself and your family.

MAKE IT FUN. Get the kids involved in meal planning, food prep, and most importantly, enjoy mealtime together.

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Mondays 7:00-7:30pm **Ballet/Pointe Conditioning Boot Camp** (ages 10+)
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Wednesdays 8:00-9:00pm **Open Solo/Duet Critique**
(Limited to 4 students/week) Non-Recital Class

Thursdays 5:00-5:30pm **Budding Ballerina's** (ages 3-6)

Thursdays 5:30-6:00pm **Mommy and Me** (ages 2-3 w/caregiver)

Thursdays 7:00-7:30pm **Teen/Adult Hip Hop** (ages 12-99)

Fridays 6:30-7:00pm **Beginning Ballet** (ages 5-6)

Fridays 7:00-7:30pm **Beginning Tap** (ages 5-6)

Fridays 6:15-6:45pm **Budding Ballerinas** (ages 3-4)

Fridays 6:45-7:15pm **Tiny Tappers** (ages 3-4)

Fridays 7:00-8:00pm **Ballet/Jazz** (5th-8th grade)

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Teen/Adult Hip Hop: \$50 or \$25 if enrolled in another class

*Tuition is paid upon registration and in the months of February, March and April



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By Teri Cettina



KID COMFORT

Give good medicine. Being sick is hard enough — it's nice if the medicine doesn't make your child feel worse. Ask your pediatrician to suggest over-the-counter remedies that are long-lasting or taste good, such as ones that come as lollipops or quick-dissolving strips.

Don't jump straight to the drugstore remedies, says Neil Schachter, M.D., author of *The Good Doctor's Guide to Colds & Flu*. For a cough, start with liquids (like soup, or tea for older kids who like it) to wash away the mucus, and then an old-school antihistamine like Benadryl, which often works better than some newer ones on the market. Only if those don't do the trick should you turn to a cough suppressant.

Bend some house rules. Whether that means giving your child some ginger ale or letting her snuggle with the dog on the couch, special privileges can bring comfort and cheer. Kellie Pease, a mom of three in Derby, Connecticut, sets up a sick-day-only snack table next to the living room sofa. "Since they're normally not allowed to eat or drink anywhere but the kitchen, it's a real treat," she says. "It also gets them to eat and drink better."

Try some home remedies. Theresa Duda, a mom of three, ages 6, 4, and 2, and a pediatric nurse-practitioner in Portland, Oregon,

swears by warm, steamy baths about 30 minutes before bedtime to loosen chest or nasal congestion and to help relax kids' bodies. If your child doesn't have sensitive skin, a little eucalyptus or lavender essential oil added to bathwater can help open airways and provide a calming effect. (Always store essential oils well out of kids' reach.)

Other easy ways to help your kid feel better, from Patricia Carroll, author of *What Nurses Know and Doctors Don't Have Time to Tell You*:

- For a stuffy or dry nose: Squirt a solution made from 2 cups warm water and 1 teaspoon salt up her nose through a bulb syringe.
- For a sore throat: If she's old enough to gargle, try a mixture of 8 ounces warm water, 1 teaspoon salt, and 1 teaspoon baking soda. (Baking soda cuts the mucus that causes the pain.)
- For sinus pain: Use a heating pad wherever she's feeling pressure. Or make your own by heating water and soaking washcloths in it.

Make the bed more welcoming. Give your child several layers of sheets and thin blankets so it's easy for her to peel them off to get cool or cuddle under them to stay warm. Plan on changing the sheets frequently, too. It's more laundry, but a fresh pillowcase just may lull a feverish kid to sleep. The final touch? Stuffed animals set up by your child's feet: Tell

her they're there to watch over her and help her feel better.

LOW-KEY FUN

Set up some solo games. Deliver a pile of junk mail. To someone who doesn't get much mail, free address stickers and catalogs are very exciting. Or hand over a flashlight; a dark room is the perfect theater for light shows and shadow puppets. Tell him when you'll check back to see his show.

Join in the fun. Let your child be king of the house for 15 minutes once or twice a day: He gets to give silly commands ("Dance and sing the Hokey Pokey" or "Read me a funny story") as you humbly oblige. Play a game of memory with family photos, or draw a picture together, taking turns adding an arm, then a nose, until it's complete. When you need to get something done around the house, give your child one walkie-talkie while you carry the other one. Share jokes (Over!), describe what you're cooking (Over!), and keep in touch (Over!) throughout the day. More low-tech? Pay bills or fold laundry in his room to keep him company.

Air them out. A little fresh air can help a child feel and sleep better. "If he's up and moving inside, he can safely go outside and play a little or take a short walk with you," says Theresa Duda.

Dote on your healthy kids, too. Set up an art center in the kitchen, separate from the sick sibling, or let the healthy child choose the video

from time to time. After all, sick days shouldn't be the only time your kids get extra attention. Otherwise, they might start complaining of the sniffles much more often!

SANTY SAVERS FOR YOU

Accept a few favors. Even once your child is past the contagious stage, she'll probably still need to stay home a few days. That's when you may really be looking for a break. Take a friend up on her offer to watch your kids while you soak in the tub or run errands. To lower the chance that your mom friend will catch the bug, ask if she'll give you a quick break after your child's in bed.

Keep yourself from getting sick. It's one of life's great injustices that caring for a poor, sick child can lead to a just-as-sick mom. Hedge your bets by washing your hands more than you really think you need to, eat more foods rich in vitamin C, and scoop up those dirty tissues carefully by the edges.

Embrace the upheaval. Sick kids whine, complain, and clamp onto your legs as if they're permanent appendages because they simply don't know how to soothe themselves when they're feeling off. Instead of gritting your teeth, give in with as many hugs and cuddles as she needs, and you may be surprised that she stops clinging so much. That's because what kids often want most when they're sick isn't orange juice or cartoons: It's you.

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