

Calendar for Kids Newsletter

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[The Single Parents of Monmouth County](#)



The Single Parents of Monmouth County was formed on October 28, 2009 in Freehold, NJ. The goal of the group is to bring parents together who are facing similar challenges in single-parenthood while introducing activities the entire family can enjoy.

Activities with the Single Parents of Monmouth County include: day trips, bowling, roller skating, children's museums, rock climbing, sporting events, zoos and amusement parks, parents night out, etc.
The Single Parents of

Issue: # 18

January 2010



Dear Calendar for Kids Registered Users:

Welcome to the 18th Edition of the Calendar for Kids Newsletter! We hope that everyone is off to a great 2010! There are lots of new events posted on the website that we encourage you to check out so that you don't miss out on all the fun. We are anxiously anticipating spring as we will be able to get back outside on a regular basis with the kids. Before you know it, you'll be searching our calendars to find Easter Egg Hunts near you.

- *Calendar for Kids*

More Moms Favoring Chiropractic Care for Their Kids Alternative Solutions for Childhood Wellness

By Pat Darcey

Sure, winters at the Jersey Shore are considered mild by comparison, but ask any Jersey Shore mom and she'll tell you there's nothing mild about her youngster coming down with a cold, the flu, a fever, an earache and the like. Statistics show that often, a pediatrician will prescribe an antibiotic for many of these childhood ailments, "but there is a definite downside to taking that course of action," notes Dr. Tony Garrow, DC, of Sea Girt. "There are actually 'super-bugs' that show resistance to many antibiotic formulas. He cites an article in the Journal of the American Medical Association (JAMA). "The spread of antibiotic-resistant bacteria is associated with antibiotic use. children receive a significant proportion of the antibiotics prescribed each year and represent an important target group for efforts aimed at reducing unnecessary antibiotic use."

Dr. Tony adds that kids who are regularly mediated with antibiotics may require heavier and stronger doses of the antibiotic to combat the more powerful bacteria. "There is great concern," Dr. Tony says, "that at some point, should a child really need an antibiotic in a life threatening situation, the prescribed drug may not do the job."

Dr. Tony suggests that parents consider proper spine alignment as part of their child's overall health regimen. He adds that this will lead to a better functioning nervous system and an improved immune system. "Today, more and more moms are learning that getting their child's spine checked is just as important as getting a dental check



Monmouth County is accepting new members at www.meetup.com/Single-Parents-of-Monmouth-County.

There is an annual membership fee of \$5.00.

Wholesome Kids Cook



Let's Cook! Kids: Cooking Naturally with Mommy/Daddy

CLASSES START SOON!
at Gymboree of Howell

[Learn more](#) about Gymboree's newest parent/child class, "Let's Cook! Kids: Cooking Naturally with Mommy/Daddy" created and run by [Wholesome Kids Cook](#). [Click here](#) for registration details.

Save \$10 when you register before February 2nd, 2010!

Call 609-937-5215 or e-mail info@wholesomekidscook.com
wholesomekidscook.com

Voyagers' Community School - Open House



Voyagers' Community School is a learning environment where children are respected as individuals and are inspired to learn from the heart.

up...perhaps even more so," Dr. Tony says. He adds that as children grow into adulthood, teeth may be lost and/or replaced but the structure of the spine is in place for the rest of his or her life.

Dr. Tony Garrow's practice is, by his own design, family oriented. "We treat many children, many expectant mothers, their moms, dads, sisters, brothers, aunts, uncles, cousins and grandparents, too! In fact, he adds, we frequently treat all the members of the same family.

Dr. Tony notes a quote from Hippocrates, the Father of Medicine, who said, "Look well to the spine for the cause of disease." He suggests to parents who may be new to the concept of healing through chiropractic to "come into the office for a consult." At Garrow Family Chiropractic," he says, "our passion for helping children is an outgrowth of our experience with the benefits of good chiropractic care. In fact, more than 50% of our patients are young children and moms."

Dr. Tony, just entering his tenth year in private practice, has been chosen Best Chiropractor in Monmouth County for the years 2007, 2008 and 2009.

Garrow Family Chiropractic
2204 Route 35
Sea Birt
732-223-1990
www.garrowchiropractic.com

Sandy Hook Child Care Center Open House & Valentine Crafts Days: Come Fall in Love with Us

Open House & Valentine Crafts Day: Come Fall in Love with Us

On **Monday, February 8 from 4-6pm** and **Saturday, February 13 from 10am-noon**, Sandy Hook Child Care Center will host an open house, featuring crafts, story time featuring "Be My Valentine Charlie Brown", and more. There will also be a fundraiser with tasty treats and jewelry made with love by our parents and teachers. Join us for a sweet day with Sandy Hook's sweeties.



Sandy Hook Child Care Center (SHCCC) is located in historic Fort Hancock on beautiful Sandy Hook Unit of Gateway National Recreation Area and provides affordable, quality childcare for families who live and work on and off the park. Founded as a nonprofit day care center in 1980 by parents working at the Marine Laboratory on Sandy Hook, SHCCC continues to be run by parents where the main focus is caring for the children and not the bottom line. Celebrating its 30th Anniversary in 2010, SHCCC, with a maximum of only 15 children on any day, provides a cozy setting that allows for a safe, stimulating atmosphere where children can flourish.



"At the Sandy Hook Child Care Center, our teachers and parents care for an amazing bunch of toddlers and preschoolers, leading them on the adventure of a lifetime. Our location on Sandy Hook affords us a natural, simple way to learn about the world around us. A walk in the park or a stroll on the

Voyagers' Community School is having an **OPEN HOUSE** on **February 11th at 10:30 a.m. - 12:00 p.m. and 1:30 p.m. - 3:00 p.m.**

Go check them out!

Voyagers' Community School
127 Yellowbrook Road
Farmingdale, NJ 07727
732-842-1660

www.voyagerskids.com

A Sweet Healthy Valentines Treat



[Calendar for Kids](#) has come up with a healthy way to send a sweet Valentine. Put a pear in a clear treat bag and make a card that says "We Make the Perfect Pear"

Or get creative and use other fruits with other cute sayings such as:

"You are the **apple** of my eye"

"**Orange** you glad to be be my Valentine"

Make sure you visit the [Calendar for Kids](#) website to see some fun Valentine's activities and events for you and your kids. Click [here](#) to be directed to our calendars.

Happy Valentine's Day from [Calendar for Kids!](#)

beach helps the children understand the value of our environment by merely experiencing everything around them. Come visit us and see everything we have to offer your family," June Neal, Executive Director, Sandy Hook Child Care Center.

Children Blossom in National Park Setting

The environment plays a vital role in the young lives of Sandy Hook Child Care Center children. From their commute to school with their parents catching expansive views of the Bay, to daily walks in the park discovering osprey in flight and horseshoe crabs on the beach, children enjoy first hand the experiences with nature that will inspire them through life. By instilling a love and respect for nature from a young age, our parents and teachers hope to raise happy, healthy and caring children who recognize the importance of experiencing the outdoors and crave its wonders and activities.

Please also inquire about our organic optional lunch plan and children's garden.

SHCCC lessons and arts projects also strive to meet the needs of each and every child. Teachers use weekly thematic lesson plans incorporating the different stages of your child's development. These areas include gross-motor, fine-motor, language, and art. Science and math activities include counting, memory, sand and water play. All activities are adjusted to each child's developmental ability. The different themes allow SHCCC the freedom to incorporate a wide variety of ideas and topics, time for exploration, and the flexibility needed when dealing with young children.



SHCCC has reasonable rates and flexible full or part-time schedules are available. Hours are 8am - 7pm, Monday -Friday. Diversity of ages: (6 weeks to 6 years).

Sandy Hook Child Care Center Contact:

Jennifer Smiga
Board President
Sandy Hook Child Care Center
335 Pennington Street
Fort Hancock
Sandy Hook National Park
(201) 892-9403
jasmiga@verizon.net

Thank you for viewing the 18th edition of the [Calendar for Kids](#) newsletter. We hope that you enjoyed it. Please remember to support our advertisers, as they are they reason we are able to maintain our calendar of events for you!

And, as always if there is anything you would like to let us know about in terms of events, or in order for us to improve our website, please email us at info@calendarforkids.com.



Save \$10 when you register with Wholesome Kids Cook before February 2nd, 2010!

Click [here](#) for details.

Offer Expires: February 2nd, 2010



10% off Valentine's Day Product Orders of \$25 or more! Click [here](#).

Tiny Prints: \$10 off Orders \$99+ (Code AFL10). Click [here](#).



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