

Calendar for Kids Newsletter

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[Middletown Arts Center to Host Spring Festival Open House](#)



The Middletown Arts Center (MAC) will be offering a wide array of programs, concerts and activities for the upcoming spring season. If you've never been to the MAC and are interested in some creative family fun, don't miss the free Spring Festival and Open House on Sunday, March 7th from 1:00-4:00. It will be a great opportunity to learn about all that is offered at this wonderful township facility; activities

Issue: # 19

February 2010



Welcome to the 20th issue of the Calendar for Kids newsletter! We are excited to share some great articles, upcoming events, a recipe and more in this newsletter. We hope you enjoy it!

In addition, as with many of you, Calendar for Kids is very much looking forward to putting this snow behind us and jumping into spring. Come spring time there are so many wonderful things to do and we cannot wait to share them with you! In the meantime, try and dig yourself out of the snow with some of the events that are still going on in this crazy weather. To make sure you are not missing anything, visit the Calendar for Kids [calendar](#) often!

- *Calendar for Kids*

Grandparents Week at Gymboree

Enjoy Grand-Times and Grand-Discounts...



it's GRANDPARENT Week at Gymboree!
March 20-26, 2010

Do something GRAND for your grandchildren! During Grandparents Week at Gymboree, Grandparents can call or go online at www.GymboreeClasses.com **and arrange a FREE class to attend with their grandkids. Choose to enroll your grandchild (ren) during your FREE class and receive immediate membership discounts. Or pass on the savings with a Gymboree Gift Certificate -- the perfect little something for that special little someone just in time for spring!**

Try our **Monthly Value Program!**
It starts at just \$65/month and includes:
· Four 45-minute classes per month

will be available for all ages. Meet instructors, try a few mini workshops, see demonstrations and artwork, and watch dance and musical performances. Information will also be available about our Spring Classes and Summer Camp program.

Speaking of Summer Camps, does your child love to draw, paint or sculpt? Do they love acting on stage, want to compose their own songs, or learn to design clothing? Then the MAC is the place for them!

Camps will be offered throughout July and August with morning and afternoon sessions as well as Before & After Care for working parents. For the ninth season, new offerings will include Chinese Brush Painting, themed theatre weeks, and new Doodle Dude camps. Once-a-week classes will also be available for children as well as adults.

The MAC is located at 36 Church Street, adjacent to the Middletown Train Station. Call 732 706-4100 or visit our website at www.middletownarts.org for more information.

**Galli Theater NYC Performance
@ German School of
Monmouth County**



A humorous, and likeable Bad Wolf narrates Galli Fairytale Theater's bi-lingual musical interpretation of Little Red Riding Hood hosted by the German School of Monmouth County (www.germanschoolmc.org) on Sunday, March 14 at the Lutheran Church of the

- FREE Open PlayGyms (minimum of 4/week)
- \$100/year in GymBucks for the Gymboree Clothing Store
- 20% off 1st visit at Gymboree, Janie & Jack and Crazy 8
- Exclusive shopping events and discounts
- \$20 off Birthday Party
- Unlimited make-up classes
- \$10 monthly rate decrease after 6 months of membership

Get Physical Together!

Now is the perfect time for Grandparents to spring into action! Gymboree is a fun-tastic way to provide opportunities for children to be physically active. Children should be encouraged to crawl, play with balls and toys, balance, walk, climb, and play alongside peers. Getting involved in a structured program such as Gymboree Play & Music dedicates time to playing and moving with your children and grandchildren. From reaching and grasping, rolling, climbing, jumping and kicking, Gymboree Play and Music provides age-appropriate classes for newborns to 5-year-olds. Gymboree's specially designed wooden equipment, bright foam and air pieces, variety of props and trained teachers, create an environment to stimulate your child's physical, cognitive and social development. With you by their side, the action, fun and learning never ends.

From day one, being active is important to help set the stage for an ongoing lifestyle that promotes healthy habits and is linked to providing a positive effect on brain development. According to the National Association of Sports and Physical Education, "Current research confirms that the physical activity of infants and young children is an important component of early brain development and learning. Positive early movement experiences increase the infant's chances of achieving full developmental potential throughout life."

As parent or caregiver, you are the role model for your child's active lifestyle. Start in infancy by encouraging movement, and continue through the toddler and preschool years by providing enthusiasm and opportunities that support an active lifestyle. If she sees you being active, she will want to be active, so make physical activity an important part of your daily routine and your family's as well! The health and developmental benefits of an active lifestyle will last a lifetime!

For more in depth articles on child development, please go to www.themamablog.com. For class schedule, call us in Ocean Twp at (732)493-1993 or Howell at (732)462-4450 or go to www.GymboreeClasses.com. You can also find us on Facebook at Gymboree Play & Music of Ocean & Howell, NJ or follow us on twitter at @kathygymboree.

Nurturing Healthy Eating Habits

As a parent, one of the greatest gifts you can give your child is to teach them the importance of eating nutritious foods and instill healthy eating habits that will last a lifetime. Despite the simplicity of this statement, reaching this goal can, at times, seem quite challenging,



Good Shepherd, 112 Middletown Road, Holmdel, NJ. Doors open at 3:00 p.m. with the performance at 3:30 p.m., followed by a theater workshop with Galli actors at 4:30 p.m. Light refreshments will be served. Performance is \$10.00 per child. Workshop is \$10.00 per child. The program, designed for children three and older, does not require any German language knowledge. Seating is limited so please reserve your seats, at info@germanschoolmc.org.

POST YOUR EVENTS!



Calendar for Kids wants to know about your events! We will post them free of charge on our calendar. To post an event click [here](#).

Check out the [calendar](#) often to see all that is taking place in and around Monmouth and Ocean Counties!

A Healthy Snack from Wholesome Kids Cook



Here's a recipe for a healthy snack from Wholesome Kids Cook

Apple Crisp Yogurt Parfait

1/2 cup organic plain yogurt
1/2 organic Fuji apple
1-2 tsp. pure maple syrup
Dash of cinnamon
Granola
Organic raisins

especially when faced with children's picky eating and food phases, hectic schedules and the abundance of convenient foods available today. What can you do as a parent to ensure your child, and family, is on the road to healthy eating?

Consider some of these tips and strategies to create a positive environment to help nurture and grow healthy eating habits for your family:

1. Establish Regular Meal Times

-Provide meals, including snacks, at a regularly scheduled time, as often as possible. This will help children to regulate their eating and avoid non-stop grazing or snacking. Because some children need to eat every 2 or 3 hours, offering a healthy snack at a scheduled time can help them to refuel their bodies. Consider a snack as a mini-meal and make sure it is balanced with a protein (cheese, nut butter), healthy fat (i.e. avocados), and a complex carbohydrate (fruits, vegetables).

-Avoid meals on the go or in front of the television. Eating is not only a way to fuel the body but eating together as a family provides an opportunity to model good eating habits as well as connect with your child.

2. Serve Healthy Foods and Offer Only Healthy Choices

-Offer foods that are healthy and nutritious. If your pantry is stocked with junk food, then your child is more likely to eat those foods. Clean out your pantry and stock up on fruits, vegetables, whole grain snacks, nuts and other nutritious foods!

-Empower your child to make good food choices by offering him/her a selection of healthy foods at snack time. For example, give your child a choice between an apple or a pear.

3. Expose Your Child to a Variety of Foods

-The more you expose your child to healthy food choices and a variety of foods, the more likely he/she will eat them. Exposure to a food does not necessarily mean eating it. It can also include seeing others eat it or helping to prepare or cook it. Remember it can sometimes take up to 10-15 times for a child to like something new.

-Don't get stuck preparing only kid-favorite meals. When introducing a new food at meal time, serve one or two other familiar foods along with it so it's not so overwhelming. Plus if they don't like the food the first time around, your child will have something to eat for dinner, avoiding the urgency to become a short order cook and whip up another meal.

-Get your kids involved in the kitchen. Studies have shown that children who help in meal planning, shopping and cooking are more likely to be better eaters. Plus homemade foods are healthier and can also save you money.

[Wholesome Kids Cook](#) is a culinary and education center for families to explore the wonderful world of food and learn about the benefits of healthy food choices and how to prepare foods that are simple, tasty and nutritious using whole foods and all-natural ingredients. We offer cooking classes and special programs that seek to provide children and their parents with hands-on cooking skills and a connection to nature from learning how foods are grown to why organic foods are healthier and best for our environment.

1. In a small bowl, mix together yogurt, maple syrup and a dash of cinnamon. Set aside.

2. Wash apple and cut in half. Cut half of the apple into bite-size pieces and place into a small bowl. Add a dash of cinnamon and mix to combine.

3. How to assemble the parfait:

-In a parfait glass or cup, add half the amount of yogurt. Then add a layer of apples, using half the amount.

-Repeat the steps, reserving a small amount of yogurt.

-Spoon remaining yogurt on top of apples and sprinkle with granola and raisins.

© Wholesome Kids Cook

Tiny Prints

Upcoming Parent-Child Cooking Workshops

Join Wholesome Kids Cook at Whole Foods Market Middletown for a fun and engaging cooking workshop series just for kids and their parents. The monthly workshop series runs March through June.

Let's Cook! Kids: Cooking Naturally with Mom/Dad

Whole Foods Market Middletown

471 State Route 35, Red Bank, NJ

Tuesday, March 9th

Ages 3-5 with parent - 1:30 p.m. - 2:30 p.m.

Ages 6-9 with parent - 4:00 p.m. - 5:00 p.m.

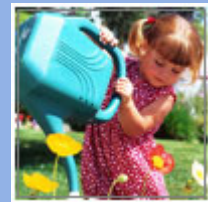
On the Menu: Whole Grain Pancakes with Apple Dipping Sauce

\$15/couple (parent/child)

To register, contact Whole Foods Market Middletown at 732-758-1688. Visit [Whole Foods Market](#) for a complete list of upcoming workshops.

It's Time to Plant the Seeds!

Gardening with your children is fun and rewarding! Make the most out of gardening with your kids and reap some of the benefits that you and your children may receive from gardening:



- Greater willingness to try new foods, improved eating habits and knowledge about nutrition, and increased consumption of fruits and vegetables.
- More positive attitudes about environmental issues.
- Higher scores on science achievement tests and improved life skills.
- Boost in self-esteem, as children are able to see the rewards of their efforts and feel a sense of accomplishment.
- Reduced stress due to gardening's calming effect.

Plants of many annual flowers and vegetables may be started from seeds indoors. Vigorous plants started indoors flower sooner and produce an earlier harvest.

[Calendar for Kids](#) suggests the following fun and easy steps for starting you seeds indoors.

- 1) Gather the materials - an egg carton, soil, scissors, seeds and plastic wrap.
- 2) Cut the top of the egg carton and save for later. Then lay the seeds in the carton and cover the seeds with some soil.
- 3) Using the lid you cut off in Step 2, place a layer of plastic wrap on top, big enough to have an inch hang off. Place the egg carton with seeds and soil into the lid.
- 4) Water the seeds and soil and loosely cover the egg carton with plastic wrap.

tiny*prints

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Baby Shower Invitations
& More from
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AFL10)

5) Continue to water the seeds as needed. Once seeds have germinated and you see a sprout, remove the top plastic wrap and put them in direct sun light. Allow the sprouts to grow bigger and stronger indoors.

6) Once sprouts are strong enough and the weather is appropriate, plant them outside. The egg carton is biodegradable so can be planted right into the ground/pot outside.



Calendar for Kids thanks you for your support. And, as always, wants to remind you to continue to support our sponsors. Without these sponsors, and your support of them, we would not be able to provide you with our comprehensive calendar of things to do with your kids in and around Monmouth and Ocean Counties.

Sincerely,

- Calendar for Kids