

# fort bend parent

## Let it Go!

10 THINGS TO STOP  
WORRYING ABOUT

**FEVER?**  
when to call  
the doctor

TURN OFF THE TV  
**TURN ON  
LIFE!**

**SPRING**  
into Action!  
14 WAYS TO CELEBRATE  
**EARTH DAY!**

**Your Source for Affordable Family Fun!**

# fort bend parent

NOTE FROM THE EDITOR

Spring has sprung, and the pollen has exploded! New life is all around us! Does your busy schedule have you feeling a little stressed and overwhelmed? Check out our feature article with 10 things to stop worrying about. We like to focus on family health each April and stress is not healthy for any of us, especially parents. We also have some fun ways to celebrate Earth Day and tips for how to step away from the TV and enjoy the life around us a little more.

Was your baby born in the Spring? Our Annual Birthday Party Guide will help you plan a celebration. And, with only two months left before summer, our handy dandy Summer Camp Guide is just what you need to finalize your kids' camp plans. Don't wait til the last minute!!

Wishing you a wonderful Spring! Get outside and enjoy the beautiful weather as much as your allergies will allow!



Kim Carlisle, Editor

## COVER CUTIES!



Owen is 8 years old and Myles is 6 years old.

Owen is a 2nd grader with a passion for baseball, golf and the outdoors. He loves trying new things and going on adventures!

Myles is a kindergartener with a love for soccer, golf and all things Legos. He enjoys being outdoors and traveling.

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**FACT:**

Sensory play helps fuel a child's curiosity about the world.



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# TURN OFF THE TV TURN ON LIFE!

On average, children in the US will spend more time in front of the television than in school this year. Here are just a couple of great reasons to join thousands of families across the nation in **National TV Turnoff Week the last week of April.**

## 7 FUN THINGS TO DO INSTEAD OF WATCHING TV:



### TAKE A HIKE

Explore your neighborhood or a local park. Gather sticks and stones along the way to make a nature craft with when you get back home. Visit [www.familyfun.com](http://www.familyfun.com) for cute ideas.



### STORYTIME

Gather round, get cozy and read aloud a chapter book. Take turns reading chapters to keep it fun for all.

Nothing is more correlated with CHILDHOOD OBESITY than the amount of television a child watches.



### FAMILY GAME NIGHT

Try a new game or enjoy an old favorite. Even old classics with a deck of cards can bring hours of fun!



### PET A PET

Take "Fido" for a walk, or visit an animal shelter to see if you can help walk or pet the animals.



### GET CREATIVE

Make a family work of art. It's easy, paint your feet and walk across a canvas or just give everyone a paint brush and let them use their imagination!



### COOK UP SOME FUN

Put each family member in charge of something- salad, dessert, setting the table, etc...



### PACK A PICNIC

Go to the park, eat a picnic dinner, feed the ducks, fly a kite, blow bubbles... just have fun!

Your body actually **BURNS FEWER CALORIES SITTING WATCHING TV** than sitting in a room staring at a blank TV screen.

## NEED MORE IDEAS FOR FAMILY FUN?

Check out this month's **Fun-Time Calendar!** Each day is packed with family friendly events for kids of all ages!



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# Let it Go!

## 10 THINGS TO STOP WORRYING ABOUT

by Lara Krupicka



**P**arenting: the toughest job you never trained for. The pressure we put on ourselves to get it right, whatever that means, can leave us bumping up against anxiety at every turn. But allowing our worries to intrude on our parenting can backfire. Researchers at the University of Arizona found kids of overinvolved parents had poorer coping skills and a greater sense of entitlement.

The good news? We're better parents when we worry less and let go more. Here are ten things you can drop from your list of worries:

### **YOU'LL FORGET - A PROMISE, A BIRTHDAY, A PLAYDATE.**

Any time we fail to remember something our kids are counting on us for can be an occasion for guilt. But it happens. When you do forget, do your best to make it up to your child without going overboard. And ask them to help you come up with a new strategy for remembering. Then follow it.

### **YOU DON'T SPEND ENOUGH TIME WITH YOUR CHILD (or you don't spend enough one-on-one time).**

Most parents think this from time to time, unless they're home with their kids 24/7. When that guilt springs up, it may be signaling a need for change in your schedule. Pull out the calendar and plan a special date with your child. Or look for new ways to maximize the time you do have.

### **YOU'LL MISS YOUR CHILD'S GAME/RECITAL/CONFERENCE/ PERFORMANCE.**

Unless this is a habitual occurrence, join the ranks of parents everywhere in your distress. It's difficult to be multiple places at one time and chances are you're going to miss an event. But if you're present for your child in the everyday moments, pat yourself on the back. You're doing well. And if you know you'll miss the special time beforehand, have someone record it. Replay it later with your child.

### **YOU SOMETIMES WANT TO DO YOUR OWN THING, MINUS KIDS.**

This doesn't mean you are a bad parent. Rather, it is a reminder that you are a human being with your own interests and needs. Taking time away from the kids isn't a sign that you don't love them. It's a sign that you love them enough to want to be your best self when you're with them by refueling in ways most suited to you. Occasionally those ways don't include the kids.

### **YOUR CHILD DOES NOT HAVE THE LATEST, GREATEST [FILL-IN-THE-BLANK].**

It is easy to feel deficient as a parent when you can't (or won't) give your kids all they ask for. But consider what you do provide for your child - food, clothing, security, love. Banish the guilt by working together as a family to regularly recount all you can be grateful for.

### **YOUR CHILD WON'T THRIVE - AT SCHOOL, IN FRIENDSHIPS, IN EXTRACURRICULAR ACTIVITIES.**

Each of us meets our match in one arena of life or another. Kids are no different. Remember any challenge that comes your child's way provides an opportunity for growth. Do your best to support them. If necessary provide extra time and resources for a season. Then demonstrate your confidence by encouraging your child to navigate on their own or with assigned helpers using the skills they have been taught.

### **YOUR CHILD'S DIET.**

Is your child growing? Is he healthy? Does he have enough energy? Then you're probably feeding him well enough. If you're truly concerned, track your family's diet. Search out healthier alternatives and gradually introduce changes. We could all use a tweaking of our food habits on occasion.

### **THE UNTHINKABLE WILL HAPPEN.**

It's hard not to see headlines about the latest tragedy and not fear for your own family. But those worries don't serve anyone. Remind yourself to control what you can: provide a safe environment for your family and educate your child on how to stay safe in a variety of settings. Let go of the rest.

### **THAT MISTAKE YOU MADE WILL SCAR THEM FOR LIFE.**

You forgot to send treats on their birthday. You didn't know the school gym uniform was mandatory. We all goof from time to time. And sure, your child may not forget. Instead it could end up being the source of laughs for years to come. A "remember the time" moment.

### **YOU'RE NOT DOING A GOOD ENOUGH JOB AS A PARENT.**

The fact that you worry this at all is a strong indicator you're an invested parent. You are giving it your best. Trust that in spite of any failings, your child knows you are trying. Your love and concern counts for a whole lot more than you realize.

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- Parents Night Out

# April

## FAMILY FRIENDLY EVENTS

### April 2

#### Toddler Tuesday La Centerra

Spend your first Tuesday of the month with your little one at Toddler Tuesday Presented by The Village School. This month Westwood Gymnastics will lead the class with a complimentary playtime session for kids 3 and under.

<https://www.lacenterra.com/events/toddler-tuesday/>

### April 5

#### Open Gym Westwood Gymnastics

Open Gym Offers Parent's a Night Out and Kiddos 4 Awesome Hours of FUN!  
Ages 3 and up (Potty Trained)  
7-11 pm

\$20 preregistered, \$25 at the door  
[www.westwoodgym.com/open-gym](http://www.westwoodgym.com/open-gym)

#### Tumble Clinic

#### Republic Gymnastics and Dance

Don't miss your chance to get extra tumbling practice in at our Tumbling Clinic offered one Friday a month.  
7-9pm.

[www.republicgymnastics.com/special-events](http://www.republicgymnastics.com/special-events)

#### Playdate

#### Westwood Gymnastics and Dance

Ages 3-5 years (Potty Trained)  
9 am- 1 pm

[www.westwoodgym.com/events-calendar](http://www.westwoodgym.com/events-calendar)

#### Mommy Mingle Friday

#### Children's Museum Houston

Every First Friday of the Month During the School Year. Get ready for an exhilarating morning of laughter and connection! Indulge in complimentary coffee and breakfast delights courtesy of us (while they're still available), while you forge friendships with fellow moms in a vibrant atmosphere. Bring along your little explorers for an unforgettable playtime adventure at Tot\*Spot, our exclusive haven designed for children aged 35 months and

under. And here's the best part – daddies, nannies, and caretakers, you're all warmly invited to join in the fun too!

10 am  
[www.fb.me/e/69KE7l0Un](http://www.fb.me/e/69KE7l0Un)

### April 6

#### Kids Workshop- Lattice Planter Home Depot

Join us the first Saturday of each month between 9 am – 12 pm for free in-person Kids Workshops. While supplies last.

9 am-12pm  
[www.homedepot.com/workshops/](http://www.homedepot.com/workshops/)

#### Art in the Bend

#### Historic Richmond Foundation

Art in The Bend welcomes the spring season as the first of three annual festivals brought to Morton Street in Richmond Texas by the Historic Richmond Association (HRA). This one-day event brings local fine art artisans, a Motor Madness car enthusiast show and introduces a one-of-a-kind festival that welcomes your four-legged best friends to join the festivities with Cisco Tucker's Bark in the Park competition.

10 am- 5 pm  
[www.richmondtx.gov/Home/Components/Calendar/Event/8437/313?curm=4&cu ry=2024](http://www.richmondtx.gov/Home/Components/Calendar/Event/8437/313?curm=4&cu ry=2024)

### April 7

#### Egg Hunt

#### The Little Gym of Sugar Land/Missouri City

Come and join us for our annual Egg Hunt here at The Little Gym of Sugar Land! Help us find eggs all over the gym and possibly find the BIG GOLDEN EGG with an awesome prize inside! After doing all that hunting, maybe enjoy some tasty snacks while doing some pretty special arts and crafts! The party can't HOPPIN' without you! Your favorite coach can't wait to see you!

1:30-3 pm  
[www.thelittlegym.com/texas-sugar-land-missouri-city/events-more/](http://www.thelittlegym.com/texas-sugar-land-missouri-city/events-more/)

### Hermann Park Conservancy Kite Festival

#### Hermann Park Hill

Hermann Park Conservancy's Kite Festival will bring a day full of fun and, of course, kite-flying to Hermann Park.

From 10 a.m. to 3 p.m. at Miller Hill and along the Jones Reflection Pool, activities will include live music, a DJ, interactive games and activities, face painting and more.

10 am-3 pm  
[www.fb.me/e/1oXcbDnSQ](http://www.fb.me/e/1oXcbDnSQ)

### April 8

#### Sensory Friendly Day Fort Bend Discovery Center

Sponsored by FLUOR- Children with autism spectrum disorder and their families are invited to experience the Fort Bend Children's Discovery Center with dimmed lights, limited extra sounds, and no distracting motions during this private event. Extra signage is added to help visitors determine things not to climb on, and entrances between exhibits where it is good to stop and wait for an adult before continuing. Our Sensory Friendly Days offer a wonderful relief from extra stimuli. These exclusive events include the following modifications:

Less crowded environment  
Light and sound reduction  
Extra visual safety signage  
Designated quiet rooms  
10 am- 2 pm

[www.fb.me/e/u0zC2rdXz](http://www.fb.me/e/u0zC2rdXz)

### April 12

#### Food Truck Fridays at Pecan Grove Farmers and Artisan Market

Join us for an exciting evening at Pecan Grove Farmers and Artisan Market for our first Food Truck Fridays! Experience a variety of delicious cuisines from local food trucks, live entertainment, and light alcoholic drinks, while enjoying the vibrant atmosphere with friends and family.

6-9pm  
[www.fb.me/e/3cm08H5Fg](http://www.fb.me/e/3cm08H5Fg)

## The Ultimate Karaoke Party City of Katy -Historic Downtown

7-10 pm  
[www.cityofkaty.com/Home/Components/Calendar/Event/19093/161?curm=4&currency=2024](http://www.cityofkaty.com/Home/Components/Calendar/Event/19093/161?curm=4&currency=2024)

## April 12

### Parent's Night Out Republic Gymnastics and Dance

Do you need a night out without the kiddos; are you looking for an exciting and safe environment for the kids to have fun, run, jump & play? Parent's Night Out is on select Friday nights. Ages 3 and up(Potty Trained)  
6:30-10:30pm  
[www.republicgymnastics.com/special-events](http://www.republicgymnastics.com/special-events)

### Flip Flop Clinic Westwood Gymnastics

Ages 6 and up  
7-9 pm  
[www.westwoodgym.com/events-calendar](http://www.westwoodgym.com/events-calendar)

## April 13

### Chess Fest Sugar Land Town Square

Chess Fest welcomes all casual and avid chess players and chess enthusiasts! Numerous walk-in activities, chess tables, and chess-themed activities plus grand master challenges and a blitz tournament make up this fun annual event.  
10am-3pm  
[www.sugarlandtownsquare.com/events/chess-fest/](http://www.sugarlandtownsquare.com/events/chess-fest/)

## April 11-14

### Disney on Ice Magic in the Stars NRG Park

[www.nrgpark.com/event-calendar/](http://www.nrgpark.com/event-calendar/)

## April 19

### Open Gym Westwood Gymnastics

Open Gym Offers Parent's a Night Out and Kiddos 4 Awesome Hours of FUN!  
Ages 3 and up(Potty Trained)  
7-11pm  
\$20 preregistered, \$25 at the door  
[www.westwoodgym.com/open-gym](http://www.westwoodgym.com/open-gym)

### Toddler Time Westwood Gymnastics and Dance

[www.westwoodgym.com/events-calendar](http://www.westwoodgym.com/events-calendar)

## April 20

### Kids Workshop-Garden Cart Planter Lowe's

Kick-off spring with your little builder as they create a garden cart planter. Kids can grow new skills and take home a fun garden project just in time to start some seeds!  
10 am-1pm  
[www.lowes.com/events/register/garden-cart-planter](http://www.lowes.com/events/register/garden-cart-planter)

### Touch -A- Truck City of Rosenberg /Rosenberg Civic Center

Touch-A-Truck is a unique, interactive outdoor family festival that allows children to explore and discover their favorite big trucks and vehicles! Touch-A-Truck begins at 10 a.m. and ends at 1 p.m. For children with sensory sensitivities, we will have a quiet hour from 10 a.m. to 11 a.m., with no loud noises or flashing lights allowed. We'll also have a food truck and ice cream truck for your enjoyment!  
10 am-1 pm  
[www.rosenbergtx.gov/701/Touch-A-Truck](http://www.rosenbergtx.gov/701/Touch-A-Truck)

## April 20-21

### Spring Market of Katy Merrell Center

Spring into the new season with us & enjoy 2 days of shopping at Katy's Original Gift Market! Shop with 130+ small businesses on TWO FLOORS!  
Find one-of-a-kind & unique gifts for Mother's Day, Graduation, spring décor, summer fashions & more!  
Saturday 10 am-6 pm and Sunday 11 am-4 pm  
Katy Merrell Center  
6301 S Stadium Ln, Katy, TX 77494  
General Admission - \$5, good all weekend & free parking! Children 12 and under are free.  
[www.fb.me/e/1XqWpZ2Jk](http://www.fb.me/e/1XqWpZ2Jk)

## April 26

### Safari Slumber Party Parents' Survival Night Little Gym of Katy

Come in your PJ's and be ready to PARTY The Little Gym Way! Safari adventurers are welcome to wear their pajamas during this outrageously fun escapade! Safari games, challenges, and crafts will make this Slumber Party one to remember.  
Ages 3-12 (Potty Trained)  
6:30-9:30 pm  
[www.thelittlegym.com/texas-katy/events-more/](http://www.thelittlegym.com/texas-katy/events-more/)

### Music on the Square Queen of Tejano

Don't miss a tribute to the Queen of Tejano as you dance the night away in the Plaza! Sing a-long to her most popular songs and grab a bite to eat at your favorite Town Square restaurant before or after the show.  
7:30-9:30 pm  
[www.sugarlandtownsquare.com/events/music-on-the-square-queen-of-tejano/](http://www.sugarlandtownsquare.com/events/music-on-the-square-queen-of-tejano/)

## April 27

### Art Market and Home Show Cross Creek Ranch

The Art Market will showcase paintings, ceramic woodwork, jewelry and other handcrafted items. Enjoy live music, local art and face painting for the kids. Find your dream home in Cross Creek Ranch by touring 15+ Model Homes from 6 award-winning builders!  
11am-3pm  
[www.crosscreektexas.com/artmarket](http://www.crosscreektexas.com/artmarket)

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March 9- April 28 Tickets at [DewberryFarm.com](http://DewberryFarm.com)  
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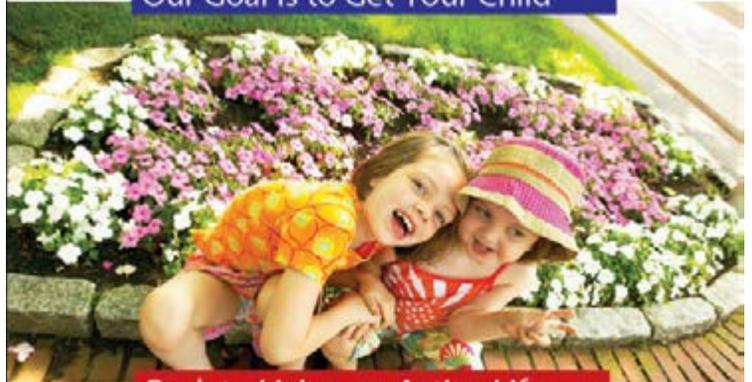
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 Sugar Land, TX 77479



# SUMMER CAMP GUIDE

## ● BENEDICTINE TUTORS

Full-Day and Half-Day Math & English Prep camps for students entering K-8th grades. Math Morning Camps include additional STEM activities such as Coding, Robotics, and Science Labs. English Afternoon Camps include prep with Reading Comprehension, Spelling and Creative Writing. All Camps run Mon-Thurs and help students prepare for the coming school year. Benedictine Summer Camps are individualized and designed to build upon previous camp attendance so the longer a camper attends, the more preparation they are able to achieve! Sibling Discounts are available! Ages 5-13. Half-Days (9am-12pm & 1-4pm) and Full-Days (9am-4pm) available.  
[www.benedictinetutors.com/katy-summer-camp](http://www.benedictinetutors.com/katy-summer-camp)  
832-588-4408

## ● BUSHI BAN INTERNATIONAL

Our Summer Camp Program is a fitness & self-defense program for children of all ages and fitness levels teaching multi-disciplinary techniques of martial arts including karate, Jiu Jitsu, kickboxing & ground grappling.  
[www.BushiBan.com](http://www.BushiBan.com)  
832-833-0030

## ● CAMP ALLEN

We provide a fun & unique environment for young people to cultivate friendships, experience personal growth, and learn about the unconditional love of Jesus Christ. (1 hr from Houston)  
[www.CampAllen.org](http://www.CampAllen.org)  
936-825-7175

## ● CENTURY FINE ARTS

Join us for a musical Summer!  
281-201-2991  
[www.centuryfinearts.com](http://www.centuryfinearts.com)

## ● CHALLENGE ISLAND

Where Engineering Meets Imagination! Challenge Island Camp is a magical place where children are inspired to imagine, create, and experiment in the STEAM world. Engineering battery operated vehicles, Experimenting in our Imagination LAB or Learning to be an Entrepreneur, innovative and fun challenges are awaiting every camper! Ages 5-13yrs Location 1: Church of Holy Apostles- Location 2: Cinco Ranch Lakehouse  
[www.challenge-island.com/nwhouston-katy](http://www.challenge-island.com/nwhouston-katy)  
281-901-1034

## ● CLUB SCIKIDZ HOUSTON

Club Scikidz Houston is Houston's premiere summer science day camp. CSPH provides authentic, immersive, and application-based experiences. The experiences have loads of engagement, are fun, and planned with plenty of hands-on science (S), technology (T), engineering (E), art (A) and mathematics (M) opportunities.

Variety of summer camps for kids Pk- 7th grade offered. After School Child Care is offered  
Locations: Katy, Sugarland and Bellaire.  
[www.houston.clubscikidz.com](http://www.houston.clubscikidz.com)

## ● EVERBROOK ACADEMY

Spend your summer at Camp Everbrook! Campers enjoy fun and learning all summer long, with a variety of weekly camp themes and interesting visitors. With our theme experiences, you can be an artist, explorer, zoologist, time traveler, or anything you want to be! 832-239-1748  
[www.everbroomacademy.com/programs/summer-camp](http://www.everbroomacademy.com/programs/summer-camp)

## ● INSPIRATION STAGE

Fun camps, advanced intensives and electric shows! 713-302-5329  
[www.inspirationstage.com](http://www.inspirationstage.com)

## ● KATY YOUTH SOCCER

Spring and Summer Soccer Programs. The emphasis is on fun and learning how to play soccer for ages 5-19.  
[www.KatyYouthSoccer.com](http://www.KatyYouthSoccer.com)  
281-392-5972

## ● PRIMROSE SCHOOLS

At our Summer Adventure Club, children become engineers, artists, explorers & more as they discover the joys of design thinking, a fun and innovative way to learn. Engineering design challenges, experiments & themed activities await as children unlock new ways of thinking, all while having a blast!  
[www.PrimroseSchools.com](http://www.PrimroseSchools.com)  
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Kelliwood: 281-828-1600  
North Mason Creek: 281-492-7400  
West Cinco Ranch: 281-347-1212  
Woodcreek Reserve: 281-731-0099

## ● ROBINS DANCE STUDIO

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Choreography Camp  
Princess Camp  
Ages 3-adult  
[www.RobinsDanceStudio.com](http://www.RobinsDanceStudio.com)  
281-499-3921

## ● STARS GYMNASTICS SPORTS CENTER

Spring Break and Summer Camps!  
A fun & safe environment for ages 4-12 learning gymnastics & participating in group games and activities. Gymnastics, Ninja, Open Gym, Games and Crafts. Full & half day available.  
[www.StarsGymTX.com](http://www.StarsGymTX.com)  
713-364-2631

## ● SUMMER SCIENCE SAFARI CAMP

Where science and summer fun meet! We help students envision their future by taking them places where science actually happens every day! Field trips to places where science really happens, every day! 832-305-8572  
[www.SummerScienceSafari.com](http://www.SummerScienceSafari.com)

## ● THE HONOR ROLL SCHOOL

Providing children opportunities to explore, discover, make new friends and learn new skills. The outstanding counselors set the tone for an unforgettable experience with their talent, creativity and leadership. Campers are encouraged to reach for new heights and to expand their horizons and interests. In addition to traditional day camp, academic camps and specialty camps are wonderful ways for students to focus on kindergarten prep, drone aviation, engineering, movie making, sports and much more. Preschool - 8th grade.  
[www.TheHonorRollSchool.com](http://www.TheHonorRollSchool.com)  
Sugar Land 281-265-7888  
Riverstone 832-402-8215

## ● THE SUGAR & SPICE RANCH

Mother/Daughter or All Girl Camps. Our summer camp sessions run from Saturday through the following Friday every week from Memorial Day weekend through Labor Day weekend. No Technology Allowed!  
[www.TexasHorseCamps.com](http://www.TexasHorseCamps.com)  
830-460-8487

## ● VICTORY CAMP

Amazing summer camp experience that's close to home! All the activities your kids love in a fun Christian camp environment. Corcl Boats, Go Carts, Gymnasium, Lake Blob, Rope Course, Swimming Pool, Train Rides, Volleyball Court, Water Slides, and Zip Line! Kids Day Camp- Grades 1st-4th; Overnight Camp- Grades 3rd-5th; Junior High Camp- Grades 6th-8th.  
[www.victorycamp.com](http://www.victorycamp.com)  
281-338-Camp (2267)

## ● VILLAGE TREE LEARNING COMMUNITY

Summer Program  
Ages: 6 weeks - 6 years  
Educators implement different learning styles to enhance each student's experience to academic success which includes cooking; arts (music, drama, dance/movement and visual art); gardening; outdoor learning; and 21st century technology in the classroom.  
[www.villagetreeourway.com](http://www.villagetreeourway.com)  
281-302-5080

# Fort Bend ONGOING EVENTS

## Sundays

### Sugar Land Town Square Sundays in the Square Yes Yoga

These FREE yoga classes will be led by Erin Cummings, owner of YESyoga, and will be a 60 minute vinyasa based class open to all levels of yogis. Please bring your own mat and water, no mats will be provided.

[www.sugarlandtownsquare.com/event/sundays-on-the-square-with-yesyoga/all](http://www.sugarlandtownsquare.com/event/sundays-on-the-square-with-yesyoga/all)

### Jazzy Sundays in the Park

Jazzy Sundays in the Park include free performances at The Water Works in Buffalo Bayou Park. The concert series, made possible by the Kinder Foundation, celebrates the legacy and evolution of jazz in Houston. Held at Buffalo Bayou Park [www.buffalobayou.org/event/jazzy-sundays-in-the-park-buffalo-bayou-park/2021-11-14](http://www.buffalobayou.org/event/jazzy-sundays-in-the-park-buffalo-bayou-park/2021-11-14)

### Michaels Make Break

2-4 pm  
[www.michaels.com/instoreevents](http://www.michaels.com/instoreevents)

## Mondays

### Playtime in the Plaza with Jolly Trolley

The tremendous, tumbling, tossing, traveling trolley is coming to Town Square every Monday! Welcome aboard a trolley to enjoy a magical moment of play for up to two hours. Drop the kids off and enjoy some afternoon me-time while they watch your children.

12-2 pm Ages 18 months to 5 years  
Fee \$15 for 30 minutes, \$20 for 1 hour.  
[www.sugarlandtownsquare.com/event/playtime-in-the-plaza-with-the-jolly-trolley/all/](http://www.sugarlandtownsquare.com/event/playtime-in-the-plaza-with-the-jolly-trolley/all/)

### Sugar Land Branch Library Middle School Program

3 pm

### Sienna Branch Pajama Night Story Time

6:30 pm

### University Branch School Age Programs

2:30 pm

## Tuesdays

### Mission Bend Middle School Program

1st and 3rd Tuesday at 2 pm

### University Middle School Programs

2nd and 4th Tuesdays 2:30 pm

### Cinco Ranch Pajama Story Nights

1st and 3rd Tuesdays 6 pm

## Tuesdays and Wednesdays

### Fulshear Branch Family Storytime

10:30 am

### Fulshear Branch School Age Program

2 pm

## Tuesdays, Wednesdays and Thursdays

### Storytimes

Sienna Branch Family Storytime 10:15 am  
First Colony Branch Family Storytime 10:15 am  
Mission Bend Branch Family Storytime 10:15 am  
University Branch Family Storytime 10:30 am

## Tuesdays and Thursdays

### Sugar Land Branch Library Family Storytime

10:30 am

## Wednesdays

### Sugar Land Branch Library Family Programs

5 pm

### Mission Bend Branch Pajama Night Storytime Every Other Wednesday

6:30 pm

### Albert George Branch School Age Programs

3 pm

### Cinco Ranch Branch School Age Programs

2-3 pm

## Wednesdays and Thursdays

### George Memorial Branch Family Storytime

10:15 am

### Albert George Branch Family Storytime

10:15 am

### Cinco Ranch Branch Family Storytime

10:15 & 11:30am

## Thursdays

### FREE Thursdays at Houston Museums

The Museum of Fine Arts, Houston courtesy of Shell Oil Company  
5-9pm

[www.mfah.org/visit/visiting-mfah-free](http://www.mfah.org/visit/visiting-mfah-free)

The Health Museum

2-7pm

[www.houmuse.org/visit/the-health-museum](http://www.houmuse.org/visit/the-health-museum)

Houston Museum of Natural Science

Permanent Exhibits Free on Thursdays

2-5pm

[www.houmuse.org/visit/houston-museum-of-natural-science/](http://www.houmuse.org/visit/houston-museum-of-natural-science/)

Children's Museum Houston

5-8pm

[www.cmhouston.org](http://www.cmhouston.org)

### George Memorial Pajama Night Storytime

6 pm

### First Colony Branch Middle School Program

Every Other Thursdays 3 pm

### Mission Bend Branch School Age Programs

3 pm

### Albert George Branch Middle School Program

2nd Thursday 2 pm

### Cinco Ranch Branch Middle School Programs E

very Other Thursday 3 pm

## Fridays

### Free fitness in the Plaza

Sugar Land Town Square Boot Camp with Cida Fitness 9-10:00 am, Mommy & Me with Inspired Fitness 9:30 - 10:30 am, Zumba with Cida Fitness 10 - 11:00 am

HIIT (High-Intensity Interval Training) workout with F45 Sugar Land! Join F45 Training for a 45-minute HIIT workout that is fast, functional and results driven. The workout will include body weight exercises that are scalable to all fitness level.

Discounts on memberships will be offered to all participants – start your weekend on the right note with this FREE lunch-time workout!

Fridays at 11-11:45 am

[www.sugarlandtownsquare.com/events](http://www.sugarlandtownsquare.com/events)

## Saturdays

### Saturday Farmers' Market Fulshear, TX

The Fulshear Farmers' Market offers a vast array of produce and food products that were grown or produced within a 200 mile radius of Fulshear. The lineup includes seasonal vegetables and fruit, fresh seafood, Artisan breads, pastured Red Wattle pork, Dorper lamb, Certified Grassfed Wagyu beef, farm eggs, free range chicken, pies, cookies, pastas, granolas, dried fruit and nuts, Houston Chili Pepper Festival award-winning salsas, soaps, toiletries, Cold-pressed juices, local honey, fresh quail and quail eggs, pecans, local wines, kombucha, BBQ sauces, pickles and canned goods, Indian food, heat and eat meals, locally roasted and blended coffees, plants, and more. You will always find a delicious food truck or two, as well.

[www.fulshearfarmersmarket.com](http://www.fulshearfarmersmarket.com)

### Kids Workshops at Home Depot

1st Saturday of the month

Keep kids engaged with projects and activities. Pick up your free Kids Workshop Kit on the first Saturday of each month between 9am - 12pm from your local store or order online – while supplies last. 9am-12pm

[www.homedepot.com/c/kids?cm\\_sp=vanity-\\_-Kids-\\_JUL20](http://www.homedepot.com/c/kids?cm_sp=vanity-_-Kids-_JUL20)

# Katy ONGOING EVENTS

## Sundays

### Jazzy Sundays in the Park

Jazzy Sundays in the Park include free performances at The Water Works in Buffalo Bayou Park. The concert series, made possible by the Kinder Foundation, celebrates the legacy and evolution of jazz in Houston. Held at Buffalo Bayou Park  
[www.buffalobayou.org/event/jazzy-sundays-in-the-park-buffalo-bayou-park/2021-11-14/](http://www.buffalobayou.org/event/jazzy-sundays-in-the-park-buffalo-bayou-park/2021-11-14/)

### LaCenterra Farmers Market

2nd and 4th Sunday of the month.  
11 am- 3 pm  
[www.lacenterra.com/events](http://www.lacenterra.com/events)

### Sunday Night Live

City Centre  
Sunday nights are live in CITYCENTRE's plaza! Enjoy live music each Sunday with a line-up of inspirational artists. 3-6 pm  
[www.citycentrehouston.com/event/aug-7-sunday-night-live](http://www.citycentrehouston.com/event/aug-7-sunday-night-live)

### Michaels Make Break

2-4 pm  
[www.michaels.com/instoreevents](http://www.michaels.com/instoreevents)

## Tuesdays

### Library Story Times

Maud Smith Marks Preschool Storytime 10:15  
Katy Branch Library Baby Storytime 10:30 am  
Cinco Ranch Branch Pajama Story Nights  
1st and 3rd Tuesdays 6 pm  
[www.hcpl.net](http://www.hcpl.net)

## Wednesdays

### Library Story Times

Maud Smith Marks Infant Storytime, 10:15 am  
Katy Branch Library Potato Tots Storytime on 1st and 3rd Wednesday at 10:30 am  
Katy Branch Library Preschool Storytime 2nd and 4th Wednesdays at 10:30 am  
Cinco Ranch Branch, School Age Programs 2-3 pm (Starting June 8)

## Wednesdays & Thursdays

### Cinco Ranch Branch Family Storytime

10:15 and 11:30 am

## Wednesday and Friday

### Yoga on the Green

9 am  
Yoga classes will be held every Wed and Friday at 9 am. Please check with your doctor before participating in these or any other exercise classes. Don't forget to bring your mat, a towel, and a bottle of water.  
[www.katy.com/events/event\\_details.php?event\\_id=5578&event\\_date\\_id=26714](http://www.katy.com/events/event_details.php?event_id=5578&event_date_id=26714)

## Thursdays

### Laughter Yoga at Central Green

FREE 9-10 am  
[www.katy.com/events](http://www.katy.com/events)

### FREE Thursdays at Houston Museums

The Museum of Fine Arts, Houston courtesy of Shell Oil Company  
5-9pm  
[www.mfah.org/visit/visiting-mfah-free](http://www.mfah.org/visit/visiting-mfah-free)  
The Health Museum  
2-7pm  
[www.houmuse.org/visit/the-health-museum](http://www.houmuse.org/visit/the-health-museum)  
Houston Museum of Natural Science  
Permanent Exhibits Free on Thursdays  
2-5pm  
[www.houmuse.org/visit/houston-museum-of-natural-science/](http://www.houmuse.org/visit/houston-museum-of-natural-science/)  
Children's Museum Houston  
5-8pm  
[www.cmhoustons.org](http://www.cmhoustons.org)

### Library Story Times

Maude Smith Mark Branch Toddler Storytime 10:15 am  
Cinco Ranch Branch Middle School Programs  
Every Other Thursday, 3 pm  
[www.hcpl.net](http://www.hcpl.net)

## Fridays

### Fun and Fitness Gymnastics - Friday Night Fun!

7:30-10:30 pm  
Bring the kids in for some Friday night fun!  
Ages 5+, Members: \$15 Non-members: \$20  
Team: \$10  
[www.funfitgym.com](http://www.funfitgym.com)

### FREE Yoga on the Green

[www.katy.com/events](http://www.katy.com/events)

## Fridays & Saturdays

### Live Music in the Plaza

City Centre  
Come enjoy live music in the plaza every weekend\*! A new line-up with performance times is posted every week; enjoy a wide range of sounds, from smooth jazz to pop, and classic rock to country. 6-9 pm  
[www.citycentrehouston.com/event/aug-5-live-music-in-the-plaza](http://www.citycentrehouston.com/event/aug-5-live-music-in-the-plaza)

## Saturdays

### Saturday Farmers' Market Katy, TX

Free Farmers Market On Grand Parkway  
Come meet the hands that feed you. We offer you local sustainably grown produce, locally raised meats, farm fresh eggs, local raw honey, freshly baked bread & baked goods, jams & jellies, spices, snacks, multi-cultural foods, Artisan crafts & gifts, handmade soaps & spa products, Texas-raised herbs, flowers, plants and much more!  
We Grow It, Bake It and Make It! We are your friendly neighborhood Farmers' Market!  
Leashed pets welcome.  
[www.fb.me/e/1WaiEPSrh](http://www.fb.me/e/1WaiEPSrh)

### Katherine Tyra Branch Library at Bear Creek Family Storytime Wagging Tails with a Certified Therapy Dog!

Every Saturday at 10:30 am

### Kids Workshops at Home Depot

1st Saturday of the month  
Keep kids engaged with projects and activities. Pick up your free Kids Workshop Kit on the first Saturday of each month between 9am - 12pm from your local store or order online - while supplies last.  
9am-12pm  
[www.homedepot.com/c/kids?cm\\_sp=vanity\\_-Kids\\_-JUL20](http://www.homedepot.com/c/kids?cm_sp=vanity_-Kids_-JUL20)

## Active Play & Dance

### BUSHI BAN MARTIAL ARTS

At Bushi Ban Martial Arts, we understand how exciting birthdays are, especially for kids. That's why we go above and beyond to make sure every party is the best one yet! Perfect for all ages, your child and all their friends will have the time of their lives!

[www.bushiban.com/martial-arts-classes/Texas/Missouri-City/2815](http://www.bushiban.com/martial-arts-classes/Texas/Missouri-City/2815)  
832-833-0030

### IRON CROSS GYMNASTICS

Our birthday parties are awesome! We make sure that each and every child has an extraordinary experience! Birthday parties are booked on Saturdays. Time selections are 12pm, 2, pm, 4pm, or 6pm. Call and get your party reserved today!

[www.ironcrossgymnastics.com/services/birthday-parties](http://www.ironcrossgymnastics.com/services/birthday-parties)  
281-342-4766

### OLYMPIA GYMNASTICS & TUMBLING

Every child will jump, tumble, flip and play through an hour of gymnastics related activities and games. They will spend the remaining 30 minutes in your party area feasting on birthday cake! Book your birthday or team party soon, they sure go fast! [www.olympiatx.com](http://www.olympiatx.com)  
832-321-7100

### NINJA KID WARRIOR

Ninja-Kid Warrior Party (Ages 4-13 years old) 1-hour of ninja play, 30 minutes for party. Two coaches will lead and supervise fun challenges & group activities designed for their age and skill level. All participants will get to try some of the American Ninja Warrior obstacles as seen on TV.

[www.ninjakidwarrior.com](http://www.ninjakidwarrior.com)  
281-980-3030

### SUGAR LAND GYMNASTICS & SIENNA GYMNASTICS

A full hour of gym time filled with fun games and more! Thirty minutes in our party room for food and cake! No need to stress about set up or clean up parents, that is also included!

[www.sugarlandgymnastics.com](http://www.sugarlandgymnastics.com)  
281-240-0999

### SUGAR LAND SKEETERS

Birthdays at the Ballpark! Celebrate your birthday at Constellation Field! No Worries, No Clean Up. We do all the work! Check out our available packages and book your party today!

[www.sugarlandskeeters.com/groups/birthdays](http://www.sugarlandskeeters.com/groups/birthdays)

## Animals

### MOODY GARDENS

[www.moodygardens.com](http://www.moodygardens.com)  
1-800-582-4673

### THE HOUSTON ZOO

[www.houstonzoo.org](http://www.houstonzoo.org)  
713-533-6500

## STEM & Educational

### CHILDREN'S MUSEUM OF HOUSTON

[www.cmhouston.org](http://www.cmhouston.org)  
713-522-1138

### FORT BEND CHILDREN'S DISCOVERY CENTER

[www.Childrensdiscoveryfb.org](http://www.Childrensdiscoveryfb.org)  
832-742-2800

### LONE STAR FLIGHT MUSEUM

Get ready to soar in for a party that will not soon be forgotten! Recommended for ages 6 and up, packages include museum access, party room, and knowledge hunt. [www.lonestarflight.org](http://www.lonestarflight.org)  
1-888-FLY-LSFM (359-5736)

### SEA STAR BASE GALVESTON

With four conference rooms overlooking the bayou, a reception hall with panoramic views, and outdoor spaces on our pristine waterfront, your next event is sure to be a hit! Receive 5% off your rental with promo code: PARENTEVENT5 [www.ssbgalveston.org/specialevents](http://www.ssbgalveston.org/specialevents)  
409-572-2560

## Video Game

### MAIN EVENT

Main Event throws EPIC birthday parties for kids! The most FUN you can have under one roof! [www.mainevent.com](http://www.mainevent.com)  
Stafford 281-313-7200

### CONNOLLY DANCE ARTS

Your child will enjoy being the star of the class, and everyone who attends will enjoy being a dancer for the day! Choice of ballet, jazz, musical theater or hip-hop themed parties. Parties are 1.5 hours long and can be hosted on Saturdays and Sundays.

[www.connollydancearts.com/studio-rentalbirthday-parties/](http://www.connollydancearts.com/studio-rentalbirthday-parties/)  
281-693-1232

### REPUBLIC GYMNASTICS & DANCE

We offer an AMAZING Party that kiddos of all ages will love and that is super simple for the host! 1 hour of play time that includes all sorts of activities throughout the entire gym and 30 minutes of lobby time for cake, snacks and gifts. [www.republicgymnastics.com](http://www.republicgymnastics.com)  
281-345-7555

### SUGAR LAND SKEETERS

Birthdays at the Ballpark! Celebrate your birthday at Constellation Field! No Worries, No Clean Up. We do all the work! Check out our available packages and book your party today! [www.sugarlandskeeters.com/groups/birthdays](http://www.sugarlandskeeters.com/groups/birthdays)

### STARS GYMNASTICS

Have your party indoors at Stars Gymnastics! Our experienced coaching staff provides close supervision of all activities. Sit back, relax and enjoy your child's party! [www.starsgymtx.com](http://www.starsgymtx.com)  
Houston 713-464-1996  
Katy 713-364-2631

### THE LITTLE GYM

Ages 1-12, full access of the facility with an instructor for games, music, and Lego. We set up and clean for you, offering a totally awesome birthday experience. [www.thelittlegym.com](http://www.thelittlegym.com)  
Katy 281-347-1400  
Memorial 281-558-9500

### WESTWOOD GYMNASTICS & DANCE

Jump, tumble, flip and play through an hour of gymnastics related activities and games. Then spend 30 minutes in your party area feasting on birthday cake! [www.westwoodgym.com](http://www.westwoodgym.com)  
281-347-2000

### WORLD THEATER

Beautiful auditorium and function rooms for your events, parties, recitals and church services. Puppet shows and entertainment. [www.worldtheater.us](http://www.worldtheater.us)  
832-552-5115

### PALOMA TRAILS

Your party guests will meet and greet the miniatures horses, and be taught how to groom manes, dress up the horses with bows and clips. They will also feed and ride the horses. [www.Palomatrails.com](http://www.Palomatrails.com)  
713-715-9363

### CHILDREN'S MUSEUM OF HOUSTON

Celebrate your child with a birthday party at the ultimate Playground for Your Mind! [www.cmhouston.org/birthdays](http://www.cmhouston.org/birthdays)  
713-535-7212

### FORT BEND CHILDREN'S DISCOVERY CENTER

Celebrate your child with a birthday party at THE place in Fort Bend for kids! [www.childrensdiscoveryfb.org/parties](http://www.childrensdiscoveryfb.org/parties)  
832-742-2783

### IDEA LAB KIDS

Take our STEAM learning out of the classroom and into a custom-designed, fun party experience for all! Choose from a variety party themes. All parties incorporate inventive, hands-on activities in a festive atmosphere tailored to a child's interests and age. [www.katy.idealabkids.com](http://www.katy.idealabkids.com)  
832-672-7932

### MAIN EVENT

Main Event throws EPIC birthday parties for kids! The most FUN you can have under one roof! [www.mainevent.com](http://www.mainevent.com)  
Katy 281-394-4800

### TILT STUDIO

We offer several party packages to ensure that your child has the best birthday experience! Our full blast parties are for all ages! [www.tiltstudio.com](http://www.tiltstudio.com)  
281-644-2340

### CHALLENGE ISLAND

Challenge Island is a party everyday-so you can probably imagine, our birthday parties are epic! Our Traditional parties have a luau theme and a mix and match of your child's favorite challenges. Or choose one of our STEAMtastic party themes, like Fort Island, Slime, STEAMwartz, Wizardry, Frostbitten, STEAMions, STEAM Girls & Dolls and More! We offer a variety of packages to fit your budget! Contact us today to schedule your child's party!  
281-901-1034  
[www.challenge-island.com](http://www.challenge-island.com)

# FEVER?

## When to Call the Doctor

As a parent, it's very upsetting when our little ones don't feel good. When they have a fever, it can be very worrisome as well. Although uncomfortable, fever isn't always a bad thing, it's often the body's way of fighting infections. According to The American Academy of Pediatrics, here are a few tips on when to call the doctor.

### RIGHT AWAY...

- If they look very ill, unusually drowsy, or is very fussy
- Has been in a very hot place, such as an overheated car
- Has other symptoms, such as a stiff neck, severe headache, sore throat, ear pain, an unexplained rash, or repeated vomiting or diarrhea
- Has immune system problems, such as sickle cell disease or cancer, or is taking steroids
- Has had a seizure
- Is younger than 3 months and has a temperature of 100.4 degrees F or higher
- Fever rises about 104 degrees F for a child of any age

### ALSO CALL IF...

- Your child still "acts sick" once his fever is brought down
- Your child seems to be getting worse
- The fever persists for more than 24 hours in a child younger than 2 years
- The fever persists for more than 3 days in a child 2 years or older

*This article should not replace your pediatrician's advice, or your parenting intuition.*



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# SPRING into Action!



## 14 WAYS TO CELEBRATE EARTH DAY!

By Heather Lee Leap



Spring is here and Earth Day is close at hand, but don't wait until April 22<sup>nd</sup> to celebrate. Now is the time to reflect on your family's commitment to the environment. What can you do to educate and inspire your own children? Have fun as a family and encourage your children to be stewards of the Earth by jumping into action with these ideas.

**Create an Earth Day Recycled Village.** Delve into the recycling bin for small boxes and cardboard cylinders. Using a stiff piece of cardboard as a base let your child design a fantasy village of recycled materials. Glue objects together to create towers, arches and skyscrapers. When the village is dry, bring out poster paint and brushes to fuel another burst of creativity. Snap a photo, and when your child has moved on to other things, pitch it all back into the recycle bin.

**Expand your palate.** Visit a local market with your children and seek out unfamiliar produce. Choose a new fruit or vegetable to try each week.

**Use alternative transportation.** Use public transportation, walk or bike to reach a destination you would normally drive to.

**Decorate re-usable canvas tote bags.** Your kids can personalize their own bags using fabric markers and fabric paint. Use them all year long for shopping, library books and sleepovers, or pass them on as one-of-a-kind gifts.

**Volunteer for a neighborhood clean-up project.**

**Visit a zoo or aquarium.** Discuss how zoos have changed over time with an ever-increasing emphasis on scientific research and species conservation.

**Plan, prepare and plant your garden.** Set aside a portion of the garden for your children. Create a special patch they can tend and let them choose what to plant.

**Make Earth Cookies.** Bake sugar cookies and decorate them with blue and green icing to represent Earth's continents and oceans. Look at a globe or map for inspiration before you begin.

**Use only eco-friendly and reusable products all day.** Help your children notice things they can reuse. Don't forget those cloth napkins.

**Turn out the lights and have dinner by candle light.**

**Clear the clutter.** Search your home for items you no longer use

and have your children do the same. Finding a new home for these things keeps them out of the landfill. It saves the manufacturing, transportation and packaging costs required when buying new. Get unused items back into circulation by donating them to charity or holding a yard sale. Sell items on a site such as Craigslist or leave them by the curb with a "free" sign for a few days.

**Visit a park or nature preserve and go for a hike.**

**Make a biodegradable bird feeder by tying a long loop of yarn around a pine cone.** Coat the pine cone with peanut butter or lard, and then roll it in seeds, nuts or oats. Hang this from a tree and watch as the birds swoop by for a taste.

**Plant a tree.** Arbor Day is officially the last Friday of April, the same week as Earth Day. Celebrate both days by joining a group tree-planting or by planting a tree on your own property.

As the saying goes, "Every day is Earth Day." So begin your family's stewardship adventure to today.

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Your child will be thrilled to celebrate at Board & Brush Sugar Land with one of our DIY workshops and you will love that the mess won't be in your home! Unique and stylish projects for the birthday boy or girl to complete with their friends!

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sugarland@boardandbrush.com



**Jane Dabney**  
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