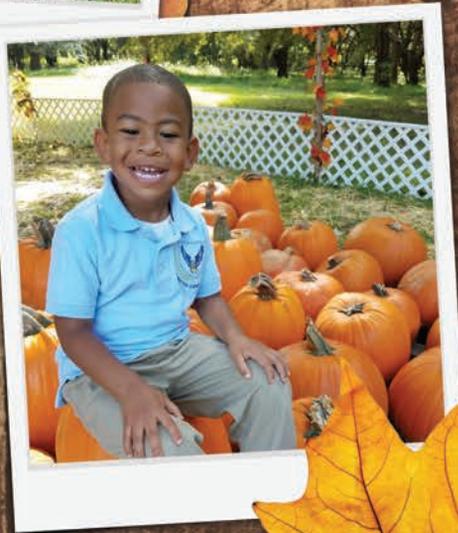


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FREE



BACKYARD CAMPOUT!

FALL FAMILY FUN!

Fall Festivals
Pumpkin Patches
Trunk or Treats
and more!

FALL SPORTS

Comforting
a Friend with
Cancer

Celebrate Your
Child's Inner
Beauty!

Party
Guide



YOUTH LEAGUES



EARLY LEARNING PRESCHOOL



ADULT LEAGUES

fort bend parent

NOTE FROM THE EDITOR

Happy Fall Y'all!

I am writing this from my back porch while enjoying this amazing weather, but I fear that by the time you read it, it will once again be 90 degrees and humid. Fall is such a beautiful time, and a great time to get outdoors- enjoy a festival, visit a pumpkin patch, or just take a long walk and enjoy. Check out our Fall Family Fun Guide-there aren't as many as usual, but there are still several opportunities to get out and enjoy the fall. Prefer to stay home? We have a great list of Halloween family fun ideas that kids of all ages will love.

Fall is also a great time to get out and do some camping. Check out our list of tricks for a safe and fun backyard campout.

Do your kids have a fall birthday? Check out our Birthday Party Guide for some fun ideas. This month we also have tips to help boost your kids self confidence, a list of local youth sports, and ideas for how to comfort your friend when she has cancer.

Wishing you and your family a wonderful fall season.

Kim Carlisle, Editor

Sign Up!



Sign up for our weekly eBlasts with a direct link to our current issue! Each week in our eblasts, we have links to crafts, recipes, activities and resources for family fun as well as events and offers from local businesses. We also send out special eblasts to our subscribers with CONTEST information periodically and dedicated eblasts from local businesses! Don't miss out!

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HALLOWEEN FAMILY FUN!

FUN ALTERNATIVES OR ADDITIONS TO TRADITIONAL TRICK OR TREATING

HAVE A "SCARY" MOVIE NIGHT

Choose an age appropriate movie, Halloween themed snacks (check our Pinterest page for cute ideas), cuddle up and enjoy the show!

HOST A PUMPKIN CARVING CONTEST

Have a family pumpkin carving or painting contest. Post photos on Facebook and let your friends choose the winning pumpkin. Winner gets a pumpkin treat- latte, milkshake, cookie, etc... (You could include extended family members or friends in this since voting is virtual)

ENJOY A GAME OF PUMPKIN BOWLING

Cut the stem off a medium-sized pumpkin. Carve out three holes to resemble a bowling ball. Set up empty 2 liter bottles as pins and bowl some strikes! This could be done with neighbors, while staying socially distanced.

TELL GHOST STORIES AROUND A CAMPFIRE

Create your own story by having each person make up one sentence, adding to the story as you go around the circle. The silly, spooky tale that emerges will keep you all laughing! Don't forget the smore's!

REMINISCE

Enjoy a slideshow of past Halloween photos. Add some fun Halloween songs, pop some popcorn, and enjoy the trip down memory lane.

MAKE CARAMEL APPLES

No fall festival, no problem! You can make your own caramel, or buy a microwave pre-packaged one- add some toppings and have fun creating (and then eating) something yummy!

MOONLIGHT NATURE WALK

Everyone grab a flashlight and head out in search of creepy crawlies or hooting owls!

FEEL AND SQUEAL

Put slimy, squishy, creepy objects inside cardboard boxes for the kids to feel (but not see). Eyeballs- peeled grapes. Worms- cooked spaghetti. Fingers- Cut up baby carrots. Brain- head of cauliflower slightly steamed to soften. Teeth- Candy corn and unpopped popcorn kernels.

HOST YOUR OWN BACKYARD CARNIVAL

Create simple games your kids will enjoy. Pinterest is full of fun, easy DIY options.

"BOO" YOUR NEIGHBORS OR FRIENDS

Create a bag or basket of goodies for two of your friends or neighbors. Make a copy of the Boo-gram below. Drop the gift on their porch, ring the doorbell or knock, and RUN!!!

CLICK HERE TO DOWNLOAD THESE FREE PRINTABLE "BOO" GRAMS!



OCTOBER Cover cuties

Cora

Cora is two years old. She loves Poppy the troll, playing outside, and getting dolled up. She has fun with her friends at play dates and is full of laughter and hugs. She enjoys coloring, learning, and going to fun kid friendly places in Fort Bend.



Caden

Caden is 4, turning 5. He loves playing with his brothers and sister more than anything. He also loves sports, animals and anything that makes him laugh! When Caden grows up, he wants to be a Superhero.



Ebrahim

Ebrahim is 21 months old. He loves to play soccer. He likes dinosaurs, candies, chocolates and ice cream. He is always eager to help everyone. He loves to give hugs and kisses. He is everyone's favorite in our family. When we ask him what do you want to be when you grow up, he gives a big laugh!



DuQuay

DuQuay is a 10 year old Future Hall of Famer. He loves all sports, video games, and learning new things. His favorite subject in school is math. When he grows up he wants to be in the NFL!

Devin

Devin is a 6 year old Houston Texans Man. He loves sports, exploring outside, taking care of his dog, and trying to be just like his big brother. His favorite subject in school is making money in math class. When he grows up he really wants to be "The Hulk", but he will also be a professional football coach to make money on the side.



LOCAL YOUTH SPORTS

BUSHI BAN

www.bushiban.com/martial-arts-classes/Texas/Missouri-City/2815

SAFETY AMERICA

www.karatesugarland.com

SUGARLAND GYMNASTICS

www.sugarlandgymnastics.com

SIENNA GYMNASTICS

<https://siennagymnastics.com>

IRON CROSS

www.ironcrossgymnastics.com

ROBINS DANCE

www.robinsdancestudio.com

OLYMPIA

www.olympiatx.com

PALOMA TRAILS

www.palomatrails.com

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www.newterritory.org

I9 SPORTS

www.i9sports.com

GYMBOREE

www.gymboreeclasses.com/en/locations/TX/Missouri-City/

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www.fibendbaseball.com

FFPS

www.ffps.org/Fort-Bend?s=Home&top=0&ms=4

RICHMOND ROSENBERG YOUTH SPORTS ASSOCIATION

www.rrysa.org

October 16th is
National Sports Day!



10 -20 -30 -40 50 -40 -30 -20 10

SEE FUN SPORTS ACTIVITIES ON
www.pinterest.com/scpublishing







FALL FAMILY FUN

DEWBERRY FARMS

Online reservations required. It's the 19th year of Texas-sized fun! You'll find old favorite attractions (Corn Maze and Pumpkin Patch!) and some delightful new ones — plus a whole lotta good things to eat and drink! Wine and beer in the BierGarten this year!
www.dewberryfarm.com/houston-fall-festival

MISSOURI CITY TRICKS & TREATS IN THE PARK

10/24 • 4-6pm
www.missouricitytx.gov/1000/Tricks-Treats-in-the-Park

THRILL AT THE MILL

10/31 10-3 – Parks, games, face painting and vendors. Visit the petting zoo, mini-golf course, Western play town, huge playground, gigantic sandbox, zip line, horseshoes, and much more. Healthy family fun that kids love!
www.7acrewood.org

OLD MACDONALDS FARM

thru -11/1 We are a 15 acre children's paradise with petting zoo, pony rides, train ride and pumpkin patch in October.
www.oldmacdonaldshumble.com
trunk or treatS

FROBERGS FARM

10/3 runs through October. Join us for our Seventh Annual Corn Maze and Fall Festival! Test your luck trying to find a way through our strategic Corn Maze, then walk out to our Flower Garden and pick flowers for your loved ones! Plus, each one of our attractions offers unique photo opportunities! Or try any of our other famous Fall Festival attractions! These include: Plastic Duck Races, Face Painting, Glitter Tattoos, Emoji Cannon, Friendly Fire, and Bee Coaster.
www.frobergfarm.com/fall-festival

TEXAS RENFEST

Saturdays, Sundays and Thanksgiving Friday October 3, 2020 - November 29, 2020. Kids 12 & under are free on Sundays! Thrill to the charge

of knights jousting on their mighty steeds. Fall under the spell of the faery court. Laugh and be amazed at the clowns, jugglers, acrobats, and magicians performing on stages throughout the village or watch with excitement as birds of prey soar through the air.
www.texrenfest.com/things-to-do/for-kids

BERRYLAND FARMS

Every weekend in October. 100 Ft. Hill Slide, Culvert & Net Swings, Hamster Wheel, Tight Rope, Hay Mountain, Bouncy Balls, Kiddie Roller Coaster Sailboat Swings, lots for photo op, strolling thru the pumpkin patch (prices vary on pumpkins)
www.berrylandfarmsoftexas.com/Fall-Activities.html

CITY CENTRE 4TH ANNUAL ARTUM FEST

10/24-10/25- Enjoy live music, an array of artistic vendors to shop from and backdrops by Arts by Aaron to capture your Instagrammable moments. Their vision is to create an experiential festival showcasing Houston's very own artists, painters, illustrators, hand-crafters and designers.
www.citycentrehouston.com/events/detail/artumn-fest-2020

FORT BEND COUNTY FAIR & RODEO

9/25-10/4 – Livestock show, rodeo and live music!
<https://fortbendcountyfair.com/>

BLESSINGTON FARMS

thru 11/21 – Fun, Fall and Pumpkins! Open every Saturday and Sunday through November 21st.
www.blessingtonfarms.com/

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10/8 Fun for all ages! Join us for an evening of Ghostly Storytelling. We will gather together around the "Fire" to hear some chilling Ghost Stories from near and far! After our stories we will take a ghostly tour of the Historic Vogelsang Building. Let's get together and have a Scary good time! A Ghost story wouldn't be complete with a Smore's Station...wink...

wink..we've got you covered!
<https://rb.gy/uhoink>

CONROE CAJUN CATFISH FEST

10/9-10/11 – Cook offs, carnival and live music! All tickets must be purchased in advance on their website.
www.friendsofconroe.com

FORT BEND MUSEUM – GHOST TOURS

through October - all ages fun! Kick off the Halloween season by exploring the strange, creepy and curious history of select artifacts in our collections! Chief Curator Chris Godbold and Fort Bend Museum staff members will take you behind-the-scenes at the Quonset building, which houses most of our artifacts not on display. The lecture will end with a Q&A with our staff.
www.fortbendmuseum.org/october-events.html

GEORGE RANCH – FALL FUN DAY

10/31 - Visit the George Ranch Historical Park from 9 a.m. to 2 p.m. on Saturday, October 31 for family-friendly fun! Trick-or-treat through the sites and enjoy history-based fall activities from the 1830s through the 1930s. All activities are included with general admission.
www.georgeranch.org/event-calendar/fall-fun-day

SUGAR LAND SKEETERS

10/31 • 4-8pm • Halloween Town is BACK for 2020 here at Constellation Field! Get in on the Halloween spirit and join us for a day of family fun - candy, a costume parade for kids, oversized games and more! Plus, we'll be playing a Halloween favorite movie on our Texas-sized video board!
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Party Planning Guide

Active Play & Dance

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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
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
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
281-980-3030

■ SUGAR LAND GYMNASTICS & SIENNA GYMNASTICS

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■ 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

Animals

■ MOODY GARDENS

www.moodygardens.com
1-800-582-4673

■ THE HOUSTON ZOO

www.houstonzoo.org
713-533-6500

STEM & Educational

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www.lonestarflight.org
1-888-FLY-LSFM (359-5736)

Video Game

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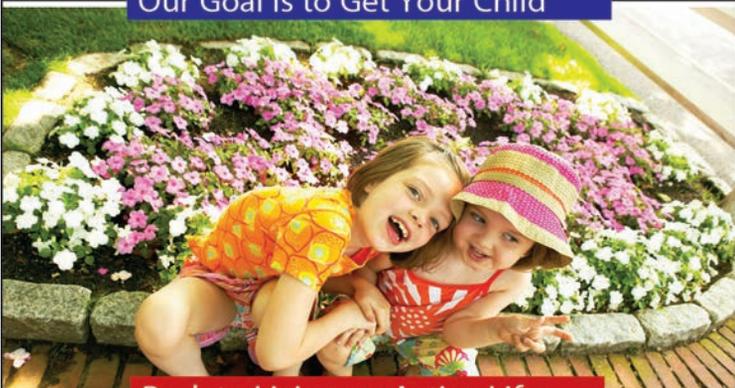
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www.nationaldaycalendar.com



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#strong willed



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5 Ways to Build Your Kids Self Confidence

TEACH INDEPENDENCE.
If we constantly do things for our kids, we are subconsciously telling them that we don't think they can do it. While there are certain things we have to do for them, it is important to teach them age appropriate skills that will help prepare them for life each step along the way.

LET THEM CHOOSE.
Ever heard someone say "I'm choosing my battles"? If your little girl wants to wear red sparkly "Dorothy" shoes to school everyday, let them do it. (Unless the school doesn't allow it). If your son wants to play chess instead of football, let them do it. Exposing kids to a variety of activities when they are young lets them see they have many options, but forcing a child to participate in an activity they don't enjoy, or don't feel they are good at, could make them feel like a failure. It is also important for them to finish what they start, even if they decide they don't like an activity. This is especially important if they are part of a team, but finishing whatever they start will help them feel a sense of accomplishment at the end.

HELP THEM HELP OTHERS.
Find opportunities to volunteer in your community. This could be serving meals to homeless people, walking dogs at the local shelter, visiting elderly folks in a nursing home... there are many opportunities- you just have to look.

DISCONNECT.
Stepping away from the electronics for a while every day is VITAL. Set limits on your children's social media, make sure they are active in things that don't involve a screen. It could be playing in the backyard with your dog, washing dad's car, reading a book, etc... Teach them that they don't have to respond to every message as soon as they receive it. The constant need for peer approval that social media encourages is detrimental to our children's self-worth, and we are the only ones that can change that.

TELL THEM TO GET A JOB!
Whether they are 5, 10, or 16, there are job opportunities! Young children can do extra chores around the house for money. (Washing the dog, cleaning the baseboards, etc...) Older kids can look for neighborhood jobs (mowing yards, walking/feeding pets, babysitting/tutoring younger kids, etc...) Even really busy teens can usually fit in a few hours a week for a part-time job. Working and earning your own money is a great confidence booster, and by encouraging your kids to get a job, you are helping them build a life skill that will lead to them being self sufficient adults.



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#compassionate



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#adventurous



#watchful



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HOW TO Comfort

YOUR FRIEND WHEN SHE HAS

CANCER

By Sue LeBreton

When a friend receives a cancer diagnosis you reel in disbelief, horror and fear. It is normal to fear for your friend's life and to worry about your ability to help her. Do not let the thought of becoming part of your friend's support team overwhelm you. Your actions, both large and small, will be invaluable while her world is in turmoil. Follow these suggestions to bring comfort to your friend as she battles cancer.

USE YOUR EARS.

Increase your listening skills. You do not have to say anything but if you do, please do not share stories of other cancer patients, especially those who died. Allow her to share whatever emotion she is feeling. Do not judge. Process your feelings privately.

EDUCATE YOURSELF.

Background knowledge about her disease and treatment will give you a common language so she can speak to you without having to translate

every medical phrase. The education may also reduce your fears.

PLAY CHAUFFEUR.

Your friend may have many trips to hospital for appointments and treatments. Offer to drive and stay for the session to help her pass the time. If you have never been to an oncology ward, steel yourself for the level of sickness you will see. If you are not able to function in this situation find another way to serve your friend because she does not need to be comforting you.

FUEL THE FAMILY.

Proper nutrition is necessary to your friend and her family. If your friend has a freezer, make meals ahead. Organize a calendar with other friends to rotate meal preparation. Remember snacks especially if there are young children in the house. Ask about any food aversions she may have during treatment.

CHALK UP THE CHORES.

Consider the regular chores we all have. Pick up laundry to wash and dry at your house? If your friend wants company you may be able to do her laundry while you visit. Offer to walk dogs, drive children to activities, shop for groceries, clean her house, run errands or mow the lawn.

PACE YOURSELF.

Your friend may be dealing with cancer for a long time so monitor your energy so you don't burn yourself out. While you are supporting your friend, remember to practice self-care.

BRING SOFTNESS AND WARMTH.

People often feel cold when they are unwell so give your friend a colorful, cozy sweater, socks or blanket. Look at her surroundings during your visit and see what might make the environment more soothing.

ENCOURAGE INDEPENDENCE.

Although your first instinct may be to do everything for your friend, respect that she wants to do whatever she can. Support her but do not take over. Conversely, if you see her abdicating too much, gently encourage her to participate to her current ability.

MAKE SENSE OF THE SCENTS.

Many people on chemotherapy are repelled by smells. Avoid scented products when visiting or accompanying her to the hospital. Give her scent-free creams, soaps and detergent. Do not give flowers. Their fragrance may be intense and bacteria dangerous to a weakened immune system can grow in the water.

BRIDGE THE MILES.

You can offer emotional support from afar. Buy a supply of "thinking of you" and humorous cards to send frequently. Consider regular care packages. Text or email your friend when you think of her without expecting a response in return.

Try to put yourself in your friend's shoes. Although she may look different she is still your friend and will be grateful for your efforts, both large and small. Remember the greatest gift you can give her is your presence.

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TEXAS STATE OPTICAL

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8 Top Tricks for a Safe and Fun

BACKYARD CAMPOUT

By Gina Roberts-Grey



Must Haves

Here's a list of "must-haves" for whenever you're sleeping under the stars (or in a comfy 2-room, 8 person tent).

- Waterproof sleeping bags and plenty of pillows.
- Quick set-up tent. Instead of fumbling with tent poles for hours, splurge and spend a few bucks more on one that says it sets up in about 60 seconds.
- Glow sticks. One package of dollar tree glow sticks make great tent "night lights", are fun to softly illuminate the yard for night tag, or provide creepy mood lighting for ghost stories. Put them in the freezer in the morning and you'll get one more night out of them.
- Flashlight. It'll help you read bedtime stories, play flashlight freeze tag or tuck everyone in at bedtime.
- Ghost stories. Take turns adding a line to a homemade story or find a new favorite at Americanfolklore.net/campfire.
- Your house keys. Chances are you'll lock most – if not all – your house doors while you're camping but you're going to want to be able to get back into the house in the morning.
- Trash bags to easily haul away chocolate bar and glow stick wrappers.
- Air mattress, old comforter or blanket for under the sleeping bag to block the chill from the ground.
- Camp chairs and a table or a blanket for eating and game playing outside.
- A deck of cards, board games, coloring books and crayons, and favorite bedtime books.
- First Aid Kit

No time to venture beyond your own backyard now that school is back in session? No problem. Scores of over-scheduled moms and dads are taking advantage of the waning warm weather days and camping out with their kids in the great outdoors a.k.a. their own backyard.

To ensure everyone has a night to remember, first check the weather forecast to make sure a torrential downpour – or even a hearty drizzle - isn't on the way. Then put these parent-tested and kid-approved tricks of the trade into action.

Use night vision

Janet Groene, author of several books on camping, suggests checking out your backyard a night or two before the campout. "Use your parental instincts to assess hazards and pitfalls often overlooked during the day." For instance, do lawn sprinklers run at midnight or could a child wander off in the dark to a nearby swimming pool or body of water? Are there any anthills or snake holes nearby, or signs of night visitors such as raccoons or bats? "Knowing these things exist will help you better prepare for them and keep everyone safe," says Groene. And ensure you pick the best spot in your yard to set up camp.

Keep growling tummies away

To satisfy grumbling stomachs, Groene suggests planning meals that don't require refrigeration or cooking. "Make sure to pack food for supper (including plenty of drinks), snacks for stargazing and breakfast in the morning." Finger food tied in a bandana is a fun and individual way for kids to get into the yardcation spirit. Of course, when all else fails, you can always order pizza or your family's favorite take-out to the backyard. Your kids will remember the fun time together much more than what you actually ate.

"The day before your campout, have the kids design their own trail mix to package by the cupful for snacks," Groene says. And don't forget chocolate bars, marshmallows and graham cracker so you can make the camping staple s'mores.

Pack to be gone

Even though your refrigerator and medicine cabinet are only 100 yards away, experienced backyard overnights say you should camp as though the house isn't there, just

to get the full "outdoor" effect. That means no running in the house for a drink of water or fluffier pillow. It also means you'll need to tote along a few first-aid supplies like band-aids and antiseptic ointment. That way if anyone gets a splinter or scrapes their knee, you can administer instant backyard TLC.

Set-up successfully

Before pitching your tent, run a rake through your yard to clear away any small twigs and rocks. Your back will thank you in the morning!

And no matter how tricked out or rustic your gear, place a tarp under the tent (even if the ground is dry and there's not a rain cloud in sight) for some insulation and to keep the bottom of the tent from getting too dirty so clean-up the next day is a snap.

Prevent pests

The smoke from a fire pit may reduce the number of mosquitoes and other winged things, but just to be sure, apply insect repellent to all campers before the sun goes down. The Centers for Disease Control suggest using a product with DEET, but there are many DEET-free products that help keep bugs away. Just check the product's label and make sure it's formulated to target insects native to your neck of the woods. And if your backyard is heavily wooded, it's a good idea to wear light colored clothing to easily spot ticks (or other bugs) that land on you.

Since it's going to be your "bedroom" for a night or two, experts suggest treating the yard to a bug bath, too. "Protection from bugs starts with a strong defense," says entomologist, Ron Harrison, Ph.D. Use an area repellent, to treat the entire lawn and protect your family from getting bugged out.

Get fired up

Most neighborhood's local zoning laws won't permit you have a "real" campfire in your backyard but a fire pit is just as good for roasting marshmallows and creating the ambiance of a wilderness campfire. Just make sure the kids aren't left alone near the roaring (or smoldering) fire and have reviewed fire safety tips at smokeybear.com/campfire-safety.asp.

Keep 'em busy

Plan plenty of activities to keep your campers amused and entertained – and cut down the odds siblings will fight about who gets the "better" sleeping bag or first s'more. Board and card games played by the light of a full moon or flashlights are a great way to exhaust kids and make sure they fall asleep quickly once you call "lights out."

Jenny Realo, mother of three boys ages 16, 14 and 11 and veteran backyard camper, suggests using nature as an art studio. "We take a box of crayons and sheets of paper to make crayon rubbings of tree bark, sticks, etc. It's a great way to entertain kids and preserve the memories of the adventure," she says.

You and your kids can also decorate small paper lunch bags that, along with battery-powered votives, become lanterns. "They're great for lighting up the path to the house, warning where the pool is or adding a cozy feeling along the edge of the backyard," says Realo.

Soak up the moment

Once the tent is up and the marshmallows are roasting, all that's left is enjoying your camp out with your kids. "There's nothing better than the simple act of having a pillow fight in the tent or playing hide 'n seek in the yard," says frequent backyard camper, Beth Derby of Racine, WI. "It's often more fun than a hotel vacation could ever be."



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