FREE
February 2021 | www.fortbendparent.com

fort bend parent

LIVE
LAUGH
LOVE

FEBRUARY FAMILY FRIENDLY EVENTS!

TIPS FOR A HEALTHY HEART!

CAMPS! & ACTIVITIES

VALENTINES FOR PETS!

THE TOOTH ABOUT KIDS' DENTAL HEALTH

Allergy & Asthma Care of Houston

Our Goal is to Get Your Child

Back to Living an Active Life

- Nasal & Eye Allergies
- Asthma
- Eczema
- Food Allergies
- Sinusitis
- Recurrent Infections
- Stinging Insect Allergy
- Hives & Swelling

Now Accepting New Patients • Children & Adults

Same day or next day appointments available

Joseph R. Perez, M.D.

281.645.6401

www.aachou.com

Main location:
14090 Southwest Fwy., Suite 306
Sugar Land, TX 77478

Greatwood location:
17510 W. Grand Parkway S., Suite 585
Sugar Land, TX 77479

tykes to Teens

PEDIATRICS

- Voted one of North Dallas' Top Pediatricians
- Former Medical School Faculty
- Mother of three boys
- Conveniently located next to the new Memorial Hermann Sugar Land Hospital

"Caring For Your Child Through the Years is Our Specialty"

Hanh Nguyen, M.D.
Board Certified Pediatrics

17510 W. Grand Parkway South, # 580

(281) 341-9600

www.tykestoteens.net

fort bend parent

NOTE FROM THE EDITOR

Happy February! Despite a rough start to 2021, time marches on. I can't believe it is already the 2nd month of the year and spring is right around the corner. This month, we focus on heart health, dental health, camps for kids, and LOVE! Check out our more detailed camp guide this month, and every month through July to keep your kids busy during the spring and summer breaks.

We have lots of adorable local cuties featured this month, including some 4 legged cuties! Show your pets and your friends some love this month by making them a sweet treat- see recipes inside.

Looking for activities to keep the kids busy on cool winter days? Check out our list of Family Friendly Events.

Wishing love and good health to you all!

The American Heart Association's **National Wear Red Day is on Friday, February 5th**!

On Wear Red Day, businesses may encourage their employees to wear red (even virtually/working remotely), AND turn their buildings red that evening by changing their light bulbs or filters. You can visit our Wear Red and Give webpage to find more information. We are excited for you to Go Red with us- please wear your red proud and share pictures on social media using #WearRedAndGive.

Kim Carlisle, Editor

FOLLOW US!

@fortbendparent

@fortbendparentmagazine

Click Here to Sign Up for Eblasts!

ADVERTISE WITH US!

CONTACT SALES AT 281-480-3600

OR EMAIL ADVERTISING@SPACECITYPUBLISHING.COM

Fort Bend Parent is trademarked. Reader correspondence and editorial submissions are welcome. We reserve the right to edit or reject all submissions. Reproduction in whole or part without express written permission is prohibited. Advertisers assume all liability for content of their advertisement. Publisher assumes no responsibility should false or misleading advertising appear. Fort Bend Parent is distributed free of charge, one copy per reader. Only Fort Bend Parent authorized distributors may deliver or pick up the magazines. Copyright 2021 Fort Bend Parent and its licensors. Fort Bend Parent is a publication of Space City Publishing, LLC. Please contact us at 281-480-3600 or editor@spacecitypublishing.com for more information.

FEBRUARY cover cuties

Aiden

Aiden is 7 years old. His dog's names is Scrappy. Aiden is a happy child and full of energy. He loves his animals, swimming and spending time with family.

How do you know when someone loves you?

When someone brings you flowers and is always hugging and kissing you..

Lily

Lily is 3 years old. The cat's name is Tom.

Lily likes reading, gymnastics, dancing and going to the beach to collect sea shells.

How do you know when someone loves you?

Someone loves you when they help you, play with you, and encourage you to try your best.

Jackson & Rilen

Rilen and Jackson have been best friends since they were babies! They are both now 7 years old and in first grade.

Jackson loves football and is the best big brother

What does LOVE mean to you?

Love is when someone treats you nice and gets you things you like.

Rilen loves Super Mario bros and playing sports.

What does LOVE mean to you?

When someone shows you a bunch of respect.

Charlotte

Charlotte is 9 years old and her dog is Wesley, a golden retriever mix, age 12.

How do you know when someone loves you?

I know someone loves me when they help me not just with life, when I fall I get helped up and I am given courage to try again, Someone who cares is someone who loves.

Zaiden

Zaiden is 1 year old pictured with Trigger on the cover.

Zaiden is an adventurous 1 year old that makes everyone smile! He loves playing with his dogs Gunner & Trigger, play dates with his best friend, & reading books.

Macie, Kynleigh & Addyson

How do you know when someone loves you?

Macie, age 10. I know someone loves me by the way they treat me.

Kynleigh, age 8. I know someone loves me when they run up and hug me and want spend to me with me.

Addyson, age 5. I know someone loves me when they snuggle me, it fills my heart up

THE TOOTH

ABOUT CHILDREN'S DENTAL HEALTH

Good dental habits begin early, and by caring for your children's mouth and teeth as early as you can, you will help them develop good dental habits.

- No teeth yet? Wipe baby's gums with a clean, damp cloth after each feeding and at bedtime to control the accumulation of plaque.
- Begin brushing your child's teeth as soon as they come in with a soft infant toothbrush and water. Unless it is advised by your child's pediatric dentist, do not use fluoridated toothpaste until age 2-3.
- Flossing should begin when two adjacent teeth touch.
- Avoid putting anything other than water in baby's bed-time bottle to prevent baby-bottle tooth decay.
- Encourage your child to drink from a cup as they approach their first birthday. Your child's first dental visit should be within a few months of the first baby tooth erupting or by the age of one at the latest.
- Drinking juice from a bottle should be avoided, it should only be offered in a cup.
- Dental sealants are an excellent way to prevent tooth decay in children. This procedure takes only minutes, is painless, is less than half the cost of a filling and is effective at stopping decay.
- Children involved in sports need proper mouth protection. Ask your child's dentist about customized mouth guards.
- If a permanent tooth gets knocked out follow these procedures: gently rinse (not scrub) the tooth off and place it in a cup of warm milk (salt water is the second best choice; plain water, the third best), call the dentist and bring the child and the soaking tooth in immediately.

Your child's first dental visit should be within a few months of the first baby t ooth erupting or by the age of one at the latest.

Swallowing fluoridated toothpaste at a young age can lead to fluorosis (discoloration) of your child's permanent teeth.

According to the American Dental Association (ADA) and the American Academy of Pediatric Dentistry (AAPD)

Katy ABA Center of Texas L.L.C.

Transforming lives since 2009

For Children with Autism and Special Needs

Daniel Baker MACL, BCBA

Katy Texas | Phone 281-574-4226 | www.katyabaoftexas.com

PISKLAKORTHODONTICS

Specialist in Orthodontics for Children and Adults

Carrie W. Pisklak, DDS, MS
Katie Smith, DDS, MSD

Board-certified Orthodontic Specialists
Complimentary Consultation and Records
Premier Provider for Invisalign & Invisalign Teen

281-403-5599

www.pisklakorthodontics.com

6218 Hwy. 6, Ste. C • Missouri City, TX 77459

invisalign · Member American Association of Orthodontists · invisalign teen. The Clear Alternative to Braces

NINJA WARRIOR

Classes in Fort Bend

We also offer: **Karate** ● **Gymnastics** ● **Parties**

www.NinjaKidWarrior.com | (281) 980-3030

www.KarateSugarLand.com | (281) 980-3030

www.SugarLandGymnastics.com | (281) 240-0999

THE ULTIMATE Camp GUIDE

Active Camps

SUGAR LAND & SIENNA GYMNASTICS

SUMMER CAMP STARTS JUNE 7

Ages 4 to 13 | Monday - Friday 9am-3pm | extended care available

Our summer day camp has Gymnastics, Karate, Giant Moonwalk Slide, TrapezeSwing & more!

WWW.SUGARLANDGYMNASTICS.COM | 281-240-0999

SAFETY AMERICA / NINJA-KID WARRIOR

SUMMER CAMPS START JUNE 7

Ages 4 to 13 | Monday - Friday 9am-3pm | extended care available

Summer day camp has Indoor Rock Climbing, Ninja Warrior Course, ZipLine, Karate & more!

SPRING BREAK CAMP MARCH 15 - 19

ages 4 to 13 | Monday - Friday 9am-3pm | extended care available

WWW.SUMMERCAMPSUGARLAND.COM | 281-980-3030

OLYMPIA GYMNASTICS AND TUMBLING

JUNE 14-18 • CSI
JULY 12-16 • DOUBLE DARE
AUG 9-13 • EXCELLENT ADVENTURE

Ages 4 to 13 | Monday - Friday 9am-3pm | extended care 7am-5pm for additional charge

Camp Olympia is for students and non-students, ages 4 to 13 (must be fully potty trained) Campers will be placed in age groups and rotate through different activity stations that will include open gym, sports, outside activities, games , inflatables and more! Campers will also participate in special event days such as Carnival Day and Water Days. Extended care is available to add on for an additional fee and is 7am-5pm. Lunch available for additional charge.

WWW.OLYMPIATX.COM | 832-321-7100

ROBINS DANCE STUDIO

JUNE 15-JULY 21

6 week summer program for all ages and several styles of dance – come share the love of dance with us! More information available soon!

WWW.ROBINSDANCESTUDIO.COM | 281-499-3921

IRON CROSS GYMNASTICS

Iron Cross Gymnastics wants your family to have the BEST summer ever with one of the BEST summer programs in Fort Bend County! Camps are designed for Ages 5-13 but some 4's too if potty trained. More information available soon!

WWW.IRONCROSSGYMNASTICS.COM | 281-342-4766 (IRON)

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 | 832-833-0030

ADVERTISE WITH US! CALL 281-480-3600

STEM & Educational

TUTORING CENTER

ALL SUMMER!

Summer Programs in Reading, Math, and Writing for K-12. Improve your child's academic skills to help them succeed in school. Fun learning environment. Concerned about grades? What if your child started the school year already knowing their course material? Now is the time to catch up and get ahead for math, reading and writing courses. Stop the summer brain drain!

RICHMOND: WWW.RICHMOND.TUTORINGCENTER.COM
281-980-1242

SUGAR LAND: WWW.SUGARLAND.TUTORINGCENTER.COM
832-449-3286

MONTESSORI REGGIO ACADEMY OF SUGAR LAND

SPRING BREAK CAMP | MARCH 22-26, 2021
FUN SUMMER CAMP | JUNE 1-JULY 31, 2021

MRA Sugar Land will offer a Spring Break and Summer Camp this 2021. Don't let your child sit at home bored. Enroll them for a week of learning and fun with our dedicated MRA staff and students. MRA Siblings and Fort Bend ISD students will have the chance to participate in a week of Reggio art activities, Montessori learning, dance and singing classes, and many more extra curricular activities we have to offer!

MONTESSORIREGGIOACADEMY.COM | 281-299-5187

CALVARY EPISCOPAL SCHOOL

We offer several great options. Choose from Cooking, Dance & Arts, Sport Skills Camps, or Organization 101. More information coming!

WWW.CES-RICHMOND.ORG | 281-342-3161

SUGAR CREEK MONTESSORI

ALL SUMMER!

Sugar Creek Montessori school offers a fun filled summer school program from June through August. The "camps" are offered in short 2 week sessions, or monthly. The Summer program includes field trips to museums, theater (plays), and other fun destinations. On campus visiting attractions such as a magic show, petting zoo, puppeteers and similar activities are also scheduled. Although the summer is a more relaxing environment for children, children still have opportunities to

work with Montessori materials to continue learning academic skills. Using the Montessori approach, children explore and learn new skills or practice previously taught skills through fun and interesting themes. This program covers Language, Math, Science, Geography, Art & Craft and practical life experiences.

WWW.SUGARCREEKMONTESSORI.COM/SUMMER-SCHOOL
FULSHEAR 281-394-9797 | KATY 281-693-7267
SUGAR LAND 281-261-1000

Christian

CAMP ALLEN

BEGINNING JUNE 6, 2021

For Grades 3-10 as of Fall 2021 | Week Long Camps |$768 Per Person

We provide a fun & unique environment for young people to cultivate friendships, experience personal growth, and learn about the unconditional love of Jesus Christ. (located 1 hour from Houston)

WWW.CAMPALLEN.ORG | 936-825-7175

VICTORY CAMP DAY CAMP

JUNE 7-10, 2021

Kids entering grades 1st-4th | M-Th | 9 a.m.– 4 p.m. | $210 Per Person

Expect lots of fun, daily Bible lessons, swimming, sports, outdoor activities, paddleboats, crafts, new friends, games, lunch and snacks. Registration fee includes: daily activities, lunch, crafts, snack. Campers are placed in groups by age and gender. 8 campers are assigned per camp counselor.

Campers of all ages will participate in : crafts, field sports, swimming, paddleboats, train rides, gym sports, and camp games. Campers must be at least 8 years of age to ride go-karts and at least 48" tall to ride the zipline or waterslide. Register by 3/31 to receive a FREE $15 concessions gift card!

VICTORY CAMP KIDS CAMP

JUNE 14-17 & 21-24, 2021

Overnight Camp for kids entering grades 3rd-5th | Check in: 3:00pm / Check out: Noon | $239 Per Person

Kids, get ready for CAMP! This is an awesome adventure for KIDS entering Grades 3-5! Four days packed with waterslides, swimming, go-karts, and ziplines. Three nights filled with games, activities, dynamic services and incredible live worship.

All meals and activities are included in your registration fee. So grab a friend and pack your bags! Register by 3/31 to receive a FREE $15 concessions gift card!

VICTORY CAMP JUNIOR HIGH CAMP

JUNE 28 - JULY 1, 2021

Overnight Camp for kids entering grades 6th - 8th | Check in: 3:00pm / Check out: Noon | $249 Per Person

Exclusively for students entering grades 6-8. This session is crammed full of all the things pre-teens love. High energy activities, incredible food, tons of friends, amazing speakers and great live music are all part of the JH camp experience.

All meals and activities are included in your registration fee. load up your friends or youth group and GET TO CAMP! Register by 3/31 to receive a FREE $15 Concessions Gift Card!

WWW.VICTORYCAMP.COM | 281-338-CAMP (2267)

Horses

THE SUGAR & SPICE RANCH CAMP

ALL SUMMER!

$1,149 for 1 week | $2,299 for 2 weeks

Mother/Daughter $2299 for 2 people for 1 week

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. Sessions are all-inclusive (lodging, all meals, tack, horses, lessons, etc.)

WWW.TEXASHORSECAMPS.COM | 830-460-8487

ADVERTISE WITH US! CALL 281-480-3600

MAKE THEM STRONG & HEALTHY

from head to toe!

Sugar Land & Sienna Gymnastics

Try a FREE Class!

www.SugarLandGymnastics.com • 281.240.0999

80% of Learning is Visual!

Be sure your child has an annual eye exam.

Dr. Ho is a residency trained Optometrist and performs eye examinations for 6 months and older.

Ayesha Butt, OD • Wayne Maltz, OD
Hong Ho, OD • Waqar Akhtar, OD

TSO CHAMPIONS
5774 Cypress Creek Parkway • Houston, TX 77069
281.440.5887• www.tsoatchampions.com

TSO BRIARGROVE
6100 Westheimer, Suite 138 • Houston, TX 77057
713.785.2022 • www.tsobriargrove.com

TSO
TEXAS STATE OPTICAL
Since 1936

February

FAMILY FRIENDLY EVENTS

SUGAR LAND TOWN SQUARE FREE FITNESS IN THE PLAZA EVERY FRIDAY

Fridays

Boot Camp with Cida Fitness 9-10:00 am, Mommy & Me with Inspired Fitness 9:30 - 10:30 am, Zumba with Cida Fitness10 - 11:00 am

www.sugarlandtownsquare.com/events

SUGAR LAND TOWN SQUARE SUNDAYS IN THE SQUARE YES YOGA

Sundays

YESyoga is hosting Sundays on the Square each Sunday throughout the month of January! 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. We ask you to honor all guidelines with setting up your mat for social distancing and wearing a mask if you are within 6 feet of others.

www.sugarlandtownsquare.com/event/sundays-on-the-square-with-yesyoga/all/

OLYMPIA GYMNASTICS FEBRUARY EVENTS

Feb 5 • 9-11am

Mom & Tot Playdate • Ages 3 and under

Feb 5, 19 • 7pm-11pm

Parent's Night Out • Ages 4 and up, restroom independent

Feb 12, 15 • 9am-1pm

Parent's Day Out • Ages 4 and up, restroom independent

Feb 12 • 6pm-8pm

Tumbling clinic • Ages 6 and up

Feb 26 • 10am-1pm

Preschool Playdate• Ages 3yrs-5yrs old, restroom independent

www.olympiatx.com

FUN AND FITNESS GYMNASTICS - FRIDAY NIGHT FUN!

Fridays •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

NINJA-KID WARRIOR - VALENTINES DAY PARENTS NIGHT OUT

Feb 12 •6-10 pm

Parents Night out is an opportunirty for parents to have the night off from the kids and allow the kids to get out of the house and enjoy an evening of fun games and activities with friends. Activities include: Indoor Zip-Line, Ninja Warrior Course, Double Warped Wall, Indoor Rock Wall, Rope Swing, Parkour Obstacles, Dodge Ball, Basket Ball, Jedi Sword Fight games, group games, pizza and more!

www.ninjakidwarrior.com/parents-night-out

VALENTINES PARENTS SURVIVAL NIGHT

Feb 12 •6:30-10:30 Pm

Ages 3-12 Years

$32 Members $37 Non Members

www.thelittlegym.com/SugarLandMissouriCityTX/events-more-fun/drop-ins-events

PEARLAND KIDS CLUB PARENTS NIGHT

Feb 13 • 6 – 11 PM

Go ahead and book your Valentines plans with the comfort of knowing your child is in good hands and having a good time of their own.
Or staff is CPR/First Aid certified and well trained in the care of children ages 6weeks and up.
We will be providing Pizza, Crafts, and a Movie for all children attending.
The cost is $40 per child and $20 per additional.
Refer a friend and get $10 off when they sign up!

www.facebook.com/events/435938159742 1640/?acontext=%7B%22event_action_histo ry%22%3A[%7B%22mechanism%22%3A%2 2search_results%22%2C%22surface%22%3A %22bookmark%22%7D]%7D

FREE BLACK HISTORY DANCE DAY AT FBAAD WITH LAUREN ANDERSON

Feb 13 • 10 - 11:30am

FBAAD is so excited to host Lauren Anderson for a FREE Ballet Master Class! Join us Saturday February 13th as we celebrate Black History Month with Houston's own Black History Dance Legend! This class is open to the public for ages 12-Adult. This event is sponsored by The Edison Arts Foundation • Class Ages- 12yrs.-Adult • Attire- Leotard/Tights, Ballet Shoes (Form fitting warm ups allowed at the beginning of class). To register visit:

www.eventbrite.com/e/free-black-history-dance-day-at-fbaad-wlauren-anderson-tickets-132477950115

MAKE A DAY OF IT: VALENTINE'S DAY WEEKEND AT THE HEALTH MUSEUM

Feb 13. 14 • noon - 3pm

Looking for a creative way to celebrate Valentine's Day weekend? Start with a leisurely a trip to The Health Museum to see our new exhibit, GEAR UP: The Science of Bikes followed by a picnic in the park (vegetarian and non-vegetarian option) and a scenic bike ride on a BCycle bike. Member Cost for 2 people: $46 ($23 per additional person). Non-Member Cost for 2 people: $62 (+$31 per additional person) *TWO-PERSON MINIMUM requirement for initial purchase. Registration must be completed 2 DAYS BEFORE your chosen date.

www.thehealthmuseum.org/event/make-day-it-valentines-day-weekend

THE SINGING TREES - VALENTINE'S EDITION

Feb 14 • 6:00 pm

Join the Houston Brass Quintet in celebrating love on Sunday, February 14th with CITYCENTRE's Singing Trees. These lights react to live sound, filling the courtyard with beautiful colors along to the music. Cuddle up with your cutie and grab some hot cocoa to enjoy the night! Find them in the courtyard between Fellini Cafe and Paper Source. • Age: all ages • CityCentre

www.citycentrehouston.com

FARM FUNLAND SPRING GRAND OPENING!

Feb 20 • 9 am - 4pm

March into Spring and make it amazing at Blessington Farms. Bring the family for a fun filled time on the Farm and make some great memories. Come pick strawberries, flowers and participate in ALL things FUN on the Farm including hay rides, pedal cars, barrel trains, animal encounters with goats, camels and many more. There are

ADVERTISE WITH US! CALL 281-480-3600

also giant slides, Sand Mountain, and many, many more amazing activities in Farm Funland like family Tug-O-War and "Gem Mining" where you purchase a bag of gems to "mine" and then take home. We still have the fun favorites..... Reptile Grotto with "Tank" the turtle, the Jump Pad, Tire Mountain and our Aviary where you will be able to feed and interact with a variety of birds.* Loads of photo opportunities in the flower patch, BLUEBONNETS and our custom designed spring photo spots! Bring your families, a picnic and come see us!! U-Pick strawberries $5/pound (no admission fee to pick), Farm Funland $20 per person plus tax (24 mos. and under are free). Admission includes all Funland activities ALL day. Camel and bird feedings, flower picking are $3 each. Fishing is FREE with admission just bring your own tackle and bait.
www.blessingtonfarms.com

FREE AUTISM PARENT WORKSHOP: MANAGING PROBLEM BEHAVIOR

Feb 20 • 10:30 am – noon
This FREE 1 hour workshop is designed to teach parents/caregivers how to effectively manage problem behaviors that are often exhibited by children with autism or other developmental delays. This workshop will provide methods for analyzing problem situations and developing strategies to solve problems such as noncompliance with instructions or routines, whining/crying, tantrums, physically aggressive or self-injurious behaviors, obsessive routines, toileting and sleeping related problems. Success On The Spectrum will provide FREE child care for those who attend this event. A Behavior Therapist will play with them in our playroom. Parents will be able to see them on a security TV during the workshop.
www.eventbrite.com/e/autism-parent-workshop-managing-problem-behavior-tickets-126263572745?aff=ebdssbdestsearch

ALPHA OMEGA GYMNASTICS PARENTS NIGHT OUT

Feb 20 • 5:30-9:30 pm
50's Sock Hop • Extended Care Available
www.missouricity.alphaomegagymnastics.com/parents-night-out/

AUTISM WINTER GAMES

Feb 21 • 10am– 3pm
This is the GRAND OPENING event for our newest location! Autism families are invited to come inside our newest ABA center and have some fun! We will have free games for the kids to play winter themed games, such as playing with craft snow, ice fishing, and winter pictures! Kids can enjoy our indoor playground and parents can enjoy hot coffee! We will have free snacks and drinks for everyone! Success On The Spectrum • 14520 Memorial Dr #50 • Houston, TX 77079
www.eventbrite.com/e/autism-winter-games-tickets-131512506447?aff=ebdssbdestsearch

ROSENBERG RAILROAD MUSEUM

Feb 28 • 1-4 pm
HAGG Garden Railroad Fun Day Run Day! Come see the visiting trains!
rosenbergrrmuseum.org

VIRTUAL FUN!

ONGOING ONLINE ACTIVITIES!

VIRTUAL CAMPOUT WITH SPACE CENTER HOUSTON

Feb 20 • 6:00 - 9:00 pm (see website for future dates)
Grab your camping gear and head to the backyard because the night sky is calling us to camp out! During this unique time, Space Center Houston is hosting Virtual Campouts. This exciting program allows guests who would like to experience Space Center Houston's Camp-In program but are unable to visit the center. Stargaze and explore the stars with us in real time. Use household items to make science come to life through engaging hands-on activities. Tour our space artifacts virtually with our app. Ordinarily, Space Center Houston's Campouts are paid programs. We recognize the financial difficulties the COVID-19 crisis has created for many people, and we want everyone to be able to participate and enjoy these educational and fun programs without price being a barrier. As a result, we are offering this Campout to anyone who would like to participate and ask you pay whatever you are comfortable paying. Please enter the amount you are able to pay per person. If you are not able to pay, please enter "0" in the blank during registration. We are excited to have you join us for this Virtual Campout! Please register at least 24 hours before the event. We can't wait to see you under the stars!
www.spacecenter.org/education-programs/overnight-experiences/virtual-campout

LET'S MAKE ART! AT-HOME ART MAKING

Let's make art! Use downloadable step-by-step instructions and follow along with how to videos featuring artists and educators as they guide you in fun and exciting art making activities to do at your home with your family.
www.mfah.org/programs/families

FAMILY ACTIVITY BOOKS

Enjoy family time with a museum twist! Families can create and discover together with printable books that feature coloring sheets, search activities, and drawing exercises inspired by works of art in the MFAH collections.
www.mfah.org/programs/families

VIRTUAL FUN FOR ALL AGES WITH FORT BEND COUNTY LIBRARIES

Create crafts like bottle cap windchimes, party with Pete the Cat, listen to stories, make a confetti bowl, learn a new language and more! Check out this month's calendar for details.
www.fortbend.lib.tx.us/events/month/2021/02

VIRTUAL FUN FOR ALL AGES WITH HARRIS COUNTY LIBRARIES

Online activities for all ages! Teen Dungeon and Dragons, teen crafts, baby and toddler story times, Pictionary, Anime Club, treasure hunts, trivia, sing and sketch and more! Check out this month's calendar for details.
www.hcpl.net/events

CHILDREN'S MUSEUM OF HOUSTON ALL TIME ACCESS

Get ready to see the museum from a whole new digital landscape! All-Time Access allows everyone to experience the museum from anywhere, anytime. 3D Virtual Field Trips are now available for How Does It Work? We've got a few questions to get you registered and then you can immediately begin your adventure! Sign Up:
www.cmhouston.org

FORT BEND CHILDREN'S DISCOVERY CENTER NEW VIRTUAL EXPERIENCE!

Educator Moments, 3D Field Trips The Fort Bend Children's Discovery Center opens is ready to welcome visitors virtually! The educators bring their warm personalities onto your screen with the launch of "Educator Moments" on the Discovery Center's Facebook and YouTube channel with art projects, science experiments, demonstrations, storytimes and more. Plus, you can now visit us from home! Explore the Discovery Center's first Matterport 3D Field Trip!
www.childrensdiscoveryfb.org

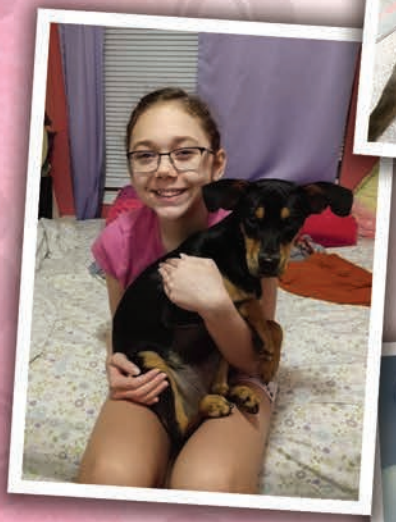
WE LOVE

Looking to Adopt a Pet?

See our Business Directory listings on www.FortBendParent.com

Click on Business Directory > Pet Care > Pet Adoptions for local places to adopt a pet!

PETS



AN EASY 3 INGREDIENT TREAT YOUR DOGS WILL GO BANANAS OVER!

Ingredients

1 large ripe banana
1/2 cup creamy peanut butter (NO xylitol)
1 1/2 cups uncooked oats

Directions

1. Preheat oven to 350 degrees.
2. Grind oats in a food processor or belnder until they are powder.
3. In a bowl, use a hand mixer to beat together the banana and peanut butter until smooth. You can leave a little chunky if desired.
4. Save out about 1 tablespoon of the ground oats. Pour the remainder into the banana peanutbutter banana mixture and stir until combined. (Add a little more peanut butter if the dough is too dry or more ground oats if too sticky.)
5. Use the saved oats to dust your working surface with and roll your dough to about a 1/4 inch thickness.
6. Use a cookie cutter to cut into desired shapes.
7. Place cut out treats onto a parchment paper lined cookie sheet.
8. Bake treats for approximately 15 minutes, or until edges are browned.
9. Cool completely before serving to your dog.
10. Store remainder in air tight container.

Find more recipes for treats and crafts to make for your pet on Pinterest!

See our Board on @ scpublishing

Simple ways to BEAT HEART DISEASE

by Gina Roberts-Grey

It's the number one cause of death for women–but heart disease is also 80% preventable, according to the Mayo Clinic. How do you stop this sometimes-silent killer?

"Do one thing a day and by the end of the month, you – and your family – will have a healthier heart," says Suzanne Steinbaum, M.D., an attending cardiologist and Director of Women and Heart Disease at the Heart and Vascular Institute of Lenox Hill Hospital in New York City.

These 7 daily tips are the easiest, most effective and expert-endorsed ways to prevent and manage heart disease. Find 21 more ideas online at www.fortbendparent.com-one idea for each day this month.

1. Go guilt-free

Instead of feeling guilty if your blood pressure is high or your cholesterol is out of control, Steinbaum says turn energy you'd use feeling guilty toward making changes in your lifestyle. To ditch the guilt, remind yourself 80 percent of heart disease is preventable. "And recognize that it's never too late to adopt a healthier lifestyle to make a difference in your heart's health," says Irene Levine, Ph.D., a psychologist in New York, New York and professor at the New York University School of Medicine.

2. Go nuts

Reign in or control cholesterol by sprinkling unsalted nuts on a salad or your oatmeal. "Nuts are rich in plant sterols, natural substances that block absorption of cholesterol from the digestive tract," says Stephen Devries, M.D., a preventive cardiologist at Northwestern Memorial Hospital in Chicago. Two handfuls a day (about 2 ounces) have been shown to reduce "bad" LDL cholesterol by 10 points. Four handfuls of nuts have been shown to cut the risk of heart disease by more than 1/3 "All nuts appear to be beneficial, but almonds and walnuts have the most benefit," says Devries.

3. Chat it up

Make today's Facebook status a message that women experience different symptoms of a heart attack than men, and encourage your female friends to make that message their current status, too. "Roughly one third to one quarter of women who have a heart attack don't have any chest pain at all," says A. Marc Gillinov, M.D., cardiologist and surgical director, Center for Atrial Fibrillation at The Cleveland Clinic. Instead of clutching at their chest with intense pain like a man might, Gillinov says women who do experience pain tend to feel heaviness in the chest. "They feel like an elephant is sitting on their chest," he says.

4. Start everyone's day the heart-healthy way

Skip the muffin and keep your family's hearts beating strong with a heart healthy breakfast of two slices of whole grain toast, an 8 oz. glass of orange juice and ½ cup of low-fat yogurt. "You can reduce your cholesterol by as much as 15 to 20 percent with a healthy diet of fruits, vegetables, whole grains and lean proteins," says Steinbaum.

5. Stop and smell the roses

Allot ten minutes of "me time" today, no matter how busy you are. "Enjoying life and doing something indulgent for yourself leads to a positive attitude and the likelihood you'll make heart-smart choices like exercising and eating healthy," says Martha Grogan, M.D., a cardiologist at the Mayo Clinic and medical editor of Mayo Clinic Healthy Heart For Life! (Time Home Entertainment Inc.)

6. Soak don't shower

Send stress packing with a soothing soak in the tub tonight instead of a rushed shower. "Your blood pressure and heart rate both jump up when you're stressed or angry. And people who experience a lot of anger and stress get more heart disease," says Gillinov.

7. Fill up your cup

No need to shy away from coffee this morning, or any time of the day. A new Harvard study says there is no risk of heart disease associated with coffee, even as much as six cups a day. And as long as it's brewed using a paper filter, boiled or prepared in a French press, 8 ounces of coffee can help shave off a few points of cholesterol. If coffee isn't your thing, fill your mug with hot cocoa. The flavanols, natural plant compounds in cocoa, help your blood vessels function better to reduce your risk of cardiovascular disease

Keep these numbers in mind to reinforce the need to make one small, heart-healthy step every day.

Only **13 percent** of women think they're at risk for heart disease, when in reality heart disease kills more women than all types of cancer combined.

The World Health Organization estimates that almost **20%** of all strokes and over **50%** of all heart attacks can be linked to high cholesterol.

1 in 6 people will have a stroke in their lifetime. Global predictions indicate the incidence of fatal stroke and heart disease will continue to rise, from around 6 million per year in 2010 to almost 8 million per year by 2030.

Only **53%** of women would call 911 if they thought they were having a heart attack.

21 MORE HEART HEALTHY TIPS ONLINE AT: www.FortBendParent.com

 ADVERTISE WITH US! CALL 281-480-3600

F·R·I·E·N·D·S

F·R·I·E·N·D·S·H·I·P B·U·D·D·Y M·I·X

Ingredients

- 9 cups total Rice Chex, Corn Chex, Chocolate Chex, or Peanut Butter Chex cereal
- 1 cup semisweet chocolate chips
- ½ cup creamy peanut butter
- ¼ butter
- 1 tsp vanilla
- 3 cups powdered sugar
- 1 cup M&Ms

Directions:

1. Pour cereal into a large bowl.
2. In a small microwavable bowl, microwave chocolate chips, peanut butter and butter uncovered on high for 30 seconds and then stir. Microwave 15 seconds at a time until mixture can be stirred smooth.
3. Stir in vanilla.
4. Pour over cereal mixture a little at a time and stir to coat.
5. Pour into 2-gallon resealable food storage container.
6. Add powdered sugar. Seal and shake to coat.
7. Share with a friend!

Click here for an 8.5x11 printable sheet of tags for jars or goodie bags:

F·R·I·E·N·D·S·H·I·P B·U·D·D·Y M·I·X

- Caring
- Sharing
- Honesty
- Loyalty
- Happiness
- Reliable

For more friendship gift ideas visit:
www.pinterest.com/scpublishing/friend_gifts

Dont miss out on all the fall fun!
IRON CROSS
LIVE FREE
100% AUTHENTIC · 24/7
281-342-4766 (IRON)
Call today and book your FREE trial!
www.ironcrossgymnastics.com
225 Gonyo Ln. Richmond TX 77469