FREE
April 2021 | www.fortbendparent.com

fort bend parent

CAMPS! & ACTIVITIES

BICYCLE SAFETY

SPRING FAMILY FUN!

Youth Art Month!

APRIL FAMILY FRIENDLY EVENTS!

BIRTHDAY PARTY GUIDE!

AUTISM AWARENESS

Ballet • Tap • Jazz • Hip Hop • Lyrical • Leaps & Turns

Robin's Dance Studio

for the love of dance

SUMMER DANCE SESSION
June 15 - July 22
Ages 3-Adult

Come Dance With Us!

Schedule and Online Registration:
www.robinsdancestudio.com

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Missouri City • 281-499-3921

fort bend parent

NOTE FROM THE EDITOR

Spring is here! The sun is shining and the days are warm! I'll bet you won't hear many complaining about the heat this summer after the winter we just had! Spring is naturally a time of activity. Whether it is animals coming out of hibernation, baby giraffes being born, or parents shuffling their kids from one activity to another, spring is full of action! Check out our calendar of family friendly events for lots of ways to stay active this month.

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 Summer Camp Guide is just what you need to finalize your kids' camp plans. Don't wait til the last minute!!

Make sure you also check out the local cuties in our features on Autism, Art, and Bicycle Safety, and follow us on Facebook to find out how to see your cute kiddos in our next issue!

Wishing you all a Happy Easter and a Wonderful Spring!

Kim

Kim Carlisle, Editor

FORGET TO PLACE AN AD WITH US THIS MONTH?
NO WORRIES!
CALL TODAY TO BE IN NEXT MONTH'S ISSUE OR ASK ABOUT OUR ONLINE OFFERS!
CONTACT US FOR MORE INFO
ADVERTISING@SPACECITYPUBLISHING.COM
281-480-3600

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!

CLICK HERE TO SIGN UP!

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APRIL cover cuties

Emily

Emily is 3 years old. This summer, she wants to swim and build sand castles. Emily is a very energetic little girl and brings a smile to anyone's face. She loves going to parks and dancing. She is the only girl out of 4 boys. She loves playing outside in her sandbox, blowing bubbles and playing on swings and slides. She also loves Yoda!

Arianna

Arianna is 5 years old. She is a very lovable big sister. She loves to do arts and crafts and learn new things. This summer she would like to visit Florida with her family so she can play on the beach.

Emma

Emma is 5 years old. She enjoys arts & crafts, science and math. This summer she will be continuing her education at a Montessori School and will begin taking swim classes. When she grows up she would like to be a nurse.

Mia

Mia is 2 years old will be 3 in June .

She is such a happy, and loving baby. She loves singing and dancing .

This summer she wants to swim!

Juliana

Juliana will be 4 next month. She likes to play with her dada & she loves playing with the ball outside. This summer she wants to swim in the pool!

Conner & Riley

Conner and Riley are twins and are 10 years old.

Conner is in 4th grade and on the Autism spectrum. Conner is a bright, cheerful and compassionate kid who loves history!

Riley is also in 4th grade. She loves to play basketball and do art. Riley is the only girl of four children. She is especially close with her twin brother Conner.

Riley and Conner both look forward to summer and getting to go to the beach in Florida! It's a favorite place for them to visit and also spend time with extended family.

Allergy & Asthma Care of Houston
Our Goal is to Get Your Child

Back to Living an Active Life
• Nasal & Eye Allergies
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Sugar Land, TX 77478
Greatwood location:
17510 W. Grand Parkway S., Suite 585
Sugar Land, TX 77479

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

Party Planning Guide

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
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
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
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

Animals

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

THE HOUSTON ZOO
www.houstonzoo.org
713-533-6500

STEM & Educational

CHILDREN'S MUSEUM OF HOUSTON
www.cmhouston.org
713-522-1138

FORT BEND CHILDREN'S DISCOVERY CENTER
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
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
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
Stafford 281-313-7200

ADVERTISE WITH US! CALL 281-480-3600

#LightUpWithKindness

April is World Autism Month and @autismspeaks is asking you to commit to kindness in support of creating a more inclusive world for autistic people. #LightUpWithKindness

AUTISM SPEAKS SHARES 10 WAYS TO BE KIND WITHIN YOUR COMMUNITY

1. **Be inclusive:** Include others in group settings. Reach out to someone who may seem shy, isolated or feel alone.
2. **Be generous:** Donate to a cause that is meaningful to you, someone in your family or a friend.
3. **Be polite:** Don't stare or draw attention to people who are exhibiting behaviors that are unfamiliar to you.
4. **Be understanding:** Recognize that not everyone interacts with the world the same way you do. Give everyone your full attention and take the time to know and appreciate what makes each individual unique.
5. **Be patient:** Give others the time and space they need to digest and share their thoughts, feelings, questions or concerns.
6. **Be loving:** Let your friends, family and strangers know they are loved in the ways they feel most comfortable. Expressions of care and love do not have to be verbal or physical.
7. **Be involved:** Volunteer in your community with organizations that share your passions and interests.
8. **Be brave:** Go out of your comfort zone to help someone else or even ask for help yourself.
9. **Be friendly:** Remember to say "hello," "excuse me," "please" and "thank you" with a smile. One single interaction could make someone's day, so make it count.
10. **Be thoughtful:** Little things can make a big difference. Hold a door for someone or leave positive messages on a post-it-note in random places throughout your town.

And always remember that kindness starts with yourself. Embrace what makes you unique! Self-acceptance fosters acceptance and kindness towards others.

AUTISM
AWARENESS MONTH

www.autismspeaks.org

image by vecteezy.com

THE ULTIMATE Camp GUIDE

Active Camps

SUGAR LAND GYMNASTICS

SUMMER CAMP STARTS JUNE 7

Ages 4 to 13 | Monday - Friday 9am-3pm | extended care available | All camps are $40/day or $175/week. Siblings receive 10% off the daily rate.

Day camp includes gymnastics, karate, stranger danger classes, giant moonwalk slide, tumble trampolines, foam cube pits, trapeze swing, arts & crafts, group games and other group activities.

www.SugarLandGymnastics.com | 281-240-0999

SIENNA GYMNASTICS

SUMMER CAMP STARTS JUNE 7

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

Day camp includes zip-line, warped wall, parkour obstacles, gymnastics, karate, stranger danger classes, rope swing, giant moonwalk slide, jedi sword fights, dodgeball, and other group activities.

www.SiennaGymnastics.com | 281-778-7822

SAFETY AMERICA / NINJA-KID WARRIOR

SUMMER CAMPS START JUNE 7

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

Day camp includes zip-line, rock climbing, ninja course, warped walls, parkour obstacles, rope swing, moonwalk, jedi sword fights, dodgeball, and other group activities.

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)

ADVERTISE WITH US! CALL 281-480-3600

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

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

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

JUNE - 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

THE HONOR ROLL SCHOOL

JUNE 1 – AUGUST 6

Preschool – 8th grade

Our summer camp programs provide children opportunities to explore, discover, make new friends and learn new skills. It all starts with our outstanding counselors, whose talent, creativity and leadership set the tone for an unforgettable experience. They encourage our campers to reach for new heights and expand their horizons and interests. This summer, we are offering our families more options than ever before. 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.

www.thehonorrollschool.com | 281-265-7888

BENEDICTINE TUTORS

JUNE 7 - 11, JUNE 14 - 18, JUNE 21 - 25, JUNE 28 - 2, JULY 5 - 9, JULY 12 - 16, JULY 19 - 23, JULY 26 - 30, AUG 2 - 6, AUG 9 - 13

Ages: 5 - 12

We offer both Full and Half Day Academic camps for students in grades K thru 8th to help give them the edge they need to succeed in the coming year! Math Mornings are a balance of learning new math concepts along with fun activities such as Coding, Robotics and Science Labs. English Afternoons consist of Reading and Spelling Labs as well as Writing Workshops.

www.benedictinetutors.com/katy-summer-camp

Christian

CAMP ALLEN

BEGINNING JUNE 6, 2021

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

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.

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!

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!

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

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

April

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! 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/

MOVIES AT WESSENDORFF PARK FEATURING HOP

April 2 • 7:45-9 pm

A City of Richmond FREE Family Fun Event!
The City of Richmond's MOVIES AT WESSENDORFF Free Outdoor Film features HOP at 7:45 pm at Wessendorff Park! We have organized these screenings to provide a Free family event for residents and visitors. Rotary club of Richmond will provide free popcorn and the City will provide water. We encourage everyone to bring their own chairs and/ or blankets. A food truck will be on site for food purchase and Carri's Sno-Balls will be on site for sno-balls or hot chocolate purchase, but attendees are welcome to bring their own food and drink!

www.richmondtx.gov/Home/Components/Calendar/Event/7296/19?curm=4&cury=2021

FAMILY BIKE NIGHT

April 2, 6-7 pm

FREE! Join us for a Family Bike Night hosted by the Brazos River Bicycle Rally at Community Park!

www.missouricitytx.gov/566/Upcoming-Events

SUGAR LAND MOVIE SERIES

Friday April 2, 5:30 pm, $20 per car

The Sugar Land Movie Series at Crown Festival Park is a drive-in movie experience that is fun for the whole family. Purchase your tickets in advance and enjoy a night out under the stars as we screen some of the biggest blockbuster hits! Back to the Future vs. Jurassic Park

www.fareharbor.com

IMPERIAL FARMERS MARKET

April 3, 10, 17, 24

A Festival of Food and Fun!

www.fortbendchamber.com/imperial-farmers-market/

MAGIC SHOW FOR KIDS AT IDEA LAB KIDS ALIANA

April 3, 4:30-6 pm

The show is designed for a lot of laughing, fabulous magic tricks, storytelling, join-in-fun, and audience participation. It is a children's fun magic show personalized for the age group.
1 kid $15 2 kids $25 3 kids $30

app.lexaclass.com/classinfo/ez35qv0901vq?fbclid=IwAR00QjK7586TxyakGgD5KcOHy1y40C15T9tbstDQMQHANTDTOoV-d4i56es

OLYMPIA GYMNASTICS EVENTS

April 9 • 9-11am

Mom & Tot Playdate • Ages 3 and under

April 9 • 7pm-11pm

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

April 16 • 6pm-8pm

Tumbling clinic • Ages 6 and up

April 16 •10am-1pm

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

April 19 • 9am-1pm

Parent's Day Out • Ages 4 and up, 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

THE LITTLE MERMAID INSPIRATION STAGE

Friday, April 9 at 7:30 p.m.
Saturday, April 10 at 3:30 p.m.
Sunday, April 11 at 1:00 p.m.
Thursday, April 15 at 7:30 p.m.
Friday, April 16 at 7:30 p.m.
Saturday, April 17 at 3:30 p.m. & 7:30 p.m.
Sunday, April 18 at 1:00 p.m.

Journey "under the sea" with Ariel and her aquatic friends in Disney's The Little Mermaid JR, adapted from Disney's Broadway production and the motion picture (featuring the enormously popular Academy Award-winning music and delightfully charming book and lyrics). Based on one of Hans Christian Andersen's most beloved stories, Disney's The Little Mermaid JR is an enchanting look at the sacrifices we all make for love and acceptance.Visit website for tickets.

www.inspirationstage.com/shows/the-little-mermaid-jr

PARENTS' SURVIVAL NIGHTS

April 9, 10, 11, 23, and 24

Ages 3-12 Years
$32 Members $37 Non Members

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

ADVERTISE WITH US! CALL 281-480-3600

MOVIE UNDER THE MOON SPONSORED BY FIRST COLONY CHURCH OF CHRIST

April 10 @ 7:45 pm - 9:30 pm

Bring your family, friends and lawn chairs to the Plaza to enjoy a free Movie Under the Moon! This month's showing is Toy Story 4.

www.sugarlandtownsquare.com/event/movie-under-the-moon-sponsored-by-first-colony-church-of-christ4

ART WALK & MOTOR MADNESS

April 10 • 10 am – 5 pm

Join us for 3 events: Art Walk, Dog Bark and Motor Madness Car Show! Join the Historic Richmond Association (HRA) for Three Events on ONE DAY to be held in Historic Downtown Richmond, on Saturday, April 10th from 10 AM - 5 PM, on Morton Street between 2nd and 5th St. Classical car enthusiasts will be able to participate in the Motor Madness Car show at City Hall, Morton at 4th St, where a DJ will guide that event and announce car show competition winners at 3 pm.

The Art Walk takes place on Morton St. between 2nd and 4th St where attendees will find some of Houston's Art Cars on display, Artisan vendors, Plein Air painters, Selfie booths, Beer & Wine, and Live Music throughout the day! Morton Street merchants will open their stores as attendees Shop & Sip!

Cisco's Bark in the Park is this Event's newest addition on 3rd Street. Dog Contests will include top Dog, Best Costume, Best Look Alike, and Best Tricks. Contest registration form is available on Historic Richmond Association website https://historicrichmond.org/2021/03/04art-walk-event-details/ .

www.richmondtx.gov/Home/Components/Calendar/Event/7304/19?curm=4&cury=2021

FRIDAY NIGHT FLICKS

April 16 – Movies begin at dusk!

Grab your friends, family, lawn chairs, or picnic blankets and join us for a movie night in the park!

www.missouricitytx.gov/566/Upcoming-Events

ALPHA OMEGA GYMNASTICS PARENTS NIGHT OUT

April 24 • 5:30-9:30 pm

Couchella • Extended Care Available

PNO is a great way for mom and dad to go out and have a night on the town while the kids have fun at the gym. It is once a month on a Saturday evening and we will even feed the kids dinner. The children will get to do gymnastics, play games, make arts and crafts, participate in science experiments and watch a movie.

www.missouricity.alphaomegagymnastics.com/parents-night-out/

VIRTUAL FUN!

ONGOING ONLINE ACTIVITIES!

VIRTUAL CAMPOUT WITH SPACE CENTER HOUSTON

May 1 • 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

BENEFITS OF ART

PROMOTES CREATIVITY.

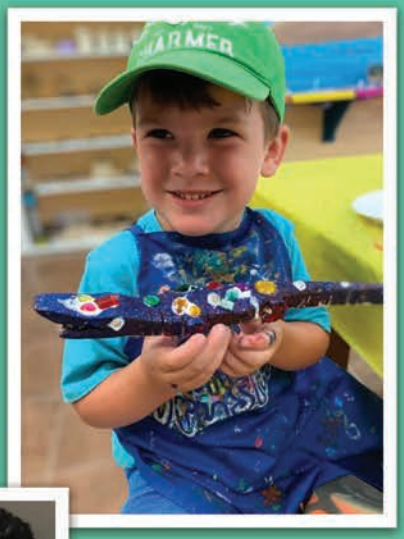
BUILDS FINE MOTOR SKILLS

DEVELOPS PROBLEM-SOLVING ABILITIES

REDUCES STRESS

HELPS UNDERSTAND THE WORLD!

EXPLORING THE WORLD THROUGH ART!



APRIL 22

EARTH DAY ART PROJECTS!

PAPER SACK SCRAPBOOKS

You will need:
- 4 brown paper lunch sacks
- Twine
- White paper
- Tape
- Hole puncher
- Ruler
- Scissors
- Crayons, markers, paint, stickers, ribbon

Click Here for Directions to make Paper Sack Scrapbooks!

RECYCLED EGG CARTON FLOWERS

You will need:
- Acrylic or Tempera Paint
- Paint Brush
- Water Cup
- Cardboard Egg Carton (not foam)
- Paper Straw
- Pom Poms
- Scissors
- Glue

Click Here for Direction to make Recycled Egg Carton Flowers

RECYCLED RAINBOW CRAYONS

You will need:
- Broken crayons with wrappers removed
- Silicone molds or muffin tins

Directions:
- Remove wrappers if needed
- Place broken crayons in molds or muffin tins
- Bake at 250-350 degrees for 8-10 minutes. Different brands may melt faster or slower.
- Remove from oven. Let cool. You can place in freezer to speed up.
- Pop crayons out of mold.
- Have fun drawing!

Let it Go!

10 THINGS TO **STOP WORRYING** ABOUT

by Lara Krupicka

Parenting: 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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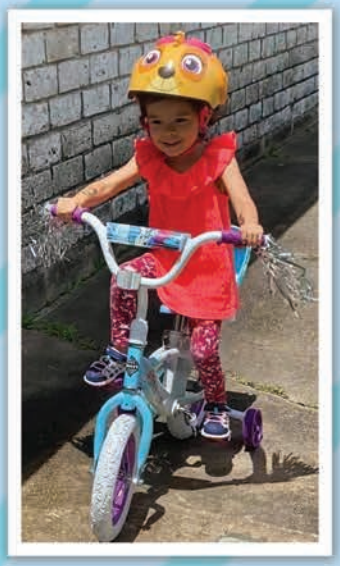

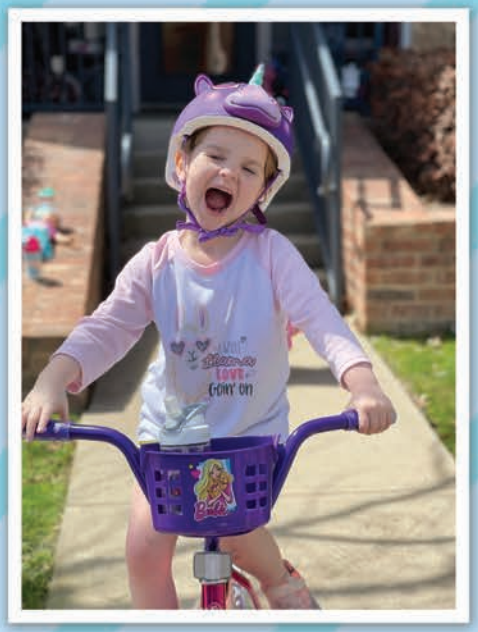

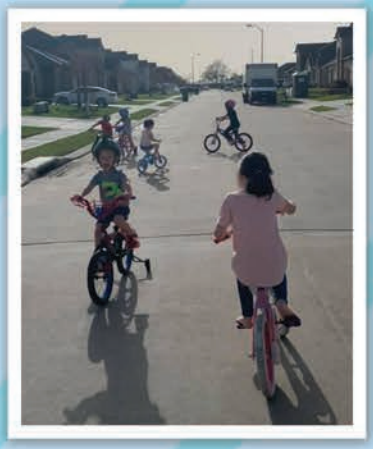

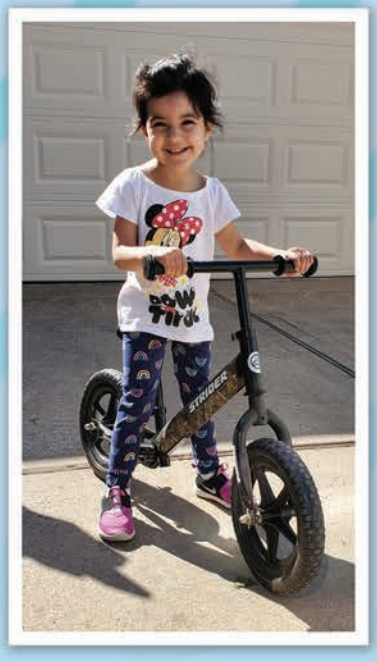

TIPS FOR PARENTS, GUARDIANS, AND KIDS

BICYCLE SAFETY

Bicycling is fun, healthy, and a great family activity. But a bicycle isn't a toy; it's a vehicle!

Some bike crashes can cause serious injuries and most are related to the behavior of you (the bicyclist) or the motorist. There are a number of things you can do to prevent a crash, and protect your brain if a crash occurs.

Safe Riding Tips

Before riding, make sure you, your family, and the bicycles are ready to ride. Be a "Roll Model" for other adults and children.

Remember to:

- **Wear a Bicycle Helmet.** Everyone – at every age – should wear bicycle helmets. For more guidance on fitting a helmet, see the National Highway Traffic Safety Administration's *Fitting Your Bike Helmet.*
- **Adjust Your Bicycle to Fit.** Stand over your bicycle. There should be 1 to 2 inches between the rider and the top tube (bar) if using a road bike and 3 to 4 inches if using a mountain bike. The seat should be level front to back, and the height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be level with the seat.
- **Check Your Equipment.** Before riding, inflate tires properly and check that the brakes work.
- **See and Be Seen.** Whether daytime, dawn, dusk, bad weather, or at night, make yourself visible to others. Wear neon, fluorescent or other bright colors when riding, to be most easily seen. Wear something that reflects light, such as reflective tape or markings, or flashing lights. Remember, just because you can see a driver doesn't mean the driver can see you.
- **Control the Bicycle.** Ride with two hands on the handlebars, except when signaling a turn. Place books and other items in a bicycle carrier or backpack.
- **Watch for and Avoid Road Hazards.** Look for hazards such as potholes, broken glass, gravel, puddles, leaves, and dogs. All these hazards can cause a crash.
- **Use Verbal and Non-Verbal Communication.** This includes eye contact with drivers, turn signals, pointing to road hazards for bicyclists behind you, and stating "passing on your left," or "on your left."
- **Avoid Riding at Night.** It's hard for road users to see bicyclists at dusk, dawn, and nighttime. Use reflectors on the front and rear of your bicycle. White lights and red rear reflectors or lights are required by law in all States.

DOT HS 811 557
January 2013

ROLL MODEL

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For more information on bicycle safety, visit: www.nhtsa.gov/Bicycles.

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