

SUMMER PARTY SUCCESS: **FOOD, MUSIC, DECOR**

Lake/Geauga

**June 2010**

FREE! Spend your  
money on your kids!

PARENTING PUBLICATIONS  
OF AMERICA  
**2010**  
Award Winner  
Editorial and Design  
Awards Competitions

Health, Home and Education Resources for Today's Parents

PACK  
YOUR  
Bags

Head to  
**Pennsylvania**  
to check out  
these fun spots

STAY-  
AT-  
HOME  
DADS

These local dads  
go from the kitchen,  
classroom and  
accountant's office  
to being Mr. Mom

WAYS  
TO GET  
FIT THIS  
SUMMER

Fair  
Food &  
Fun

Jump on the merry-go-  
round and have a blast  
this summer at the fair  
**PLUS:** Our fair calorie  
counter (read before  
eating that hot dog!)

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Akron

# Family



Health, Home and Education Resources for Today's Parents

PACK  
YOUR  
Bags

Head to  
**Pennsylvania**  
to check out  
these fun spots

AVOID  
Stranger  
Danger

8 HELPFUL TIPS »

4 WAYS  
TO GET  
FIT THIS  
SUMMER

STAY-  
AT-  
HOME  
DADS

These local dads  
go from the kitchen,  
classroom and  
accountant's office  
to being Mr. Mom

Local festivals to visit  
with your family  
**PLUS:** Our fair calorie  
counter (read before  
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Fair  
Food &  
Fun

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Serving Parents in Medina, Portage, Stark and Summit Counties



SUMMER PARTY SUCCESS!

June 2010

FREE! Spend your money on your kids!



# Cleveland Family

Health, Home and Education Resources for

Avoid  
Stranger  
Danger  
With  
These  
8 Tips

## Pack Your BAGS

Head to Pennsylvania & visit  
these family-fun spots

## Fairs, Food & Fun

Be sure to follow these  
carnival dos and don'ts

## STAY-AT- HOME DADS

These local dads go from the  
kitchen, classroom and accountant's  
office to being Mr. Mom

## 4 WAYS TO GET FIT THIS SUMMER

Cover Kid Winner  
Sophia, 2, Cleveland

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Serving Parents in Cuyahoga and Lorain Counties



worthnoting

# 6 TIPS TO RAISE POLITE ATHLETES, NO MATTER WHAT THE ARENA

**1 Be the all-star example.** As a parent, you set the tone for how your kids will treat other players, coaches and officials. Speak to the coach with respect. Congratulate players for a job well done.

**2 Help them handle a strike-out, with dignity.** Life in life, can be an opportunity to grow, improve and learn valuable lessons. Discuss how the loss makes them feel, and what she can do next time to help the team win.

**3 Teach them to read the plays.** Games on the field teach kids how to communicate clearly and concisely. To accurately pass a ball to another player, they'll have to learn non-verbal communication and in some cases verbal skills. If they seem frustrated on the field, talk to them about how they communicate with coaches or fellow players.

**4 Encourage discipline by running the drills.** Athletics can teach kids how to be disciplined, even when they don't feel like it. By holding them accountable to the commitment they made for attending practice and games, you will help them keep the more important commitments they encounter as they get older.

**5 Show them the value of blowing the whistle.** Help them learn honesty and integrity by encouraging them to follow the rules of the game. It can be tempting to not report if a ball was really out — but encouraging honest behavior will produce kids who are trustworthy.

**6 Bring you're A-game and make it last.** It's GAME TIME, and with it comes traditions that teach values and respect, such as the playing of the national anthem. Fond memories and good friends around a common goal help to create healthy, happy kids, who grow up to be productive, polite adults.

—Scott Gale, youth football coach



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**Strider No-Pedal PREbike**  
Balance bikes are designed without pedals and children learn balance, steering and motor skills safely at their own pace. Find out how you can get one, available in six colors. \$99 each, [www.BalanceBikeJoJo.com](http://www.BalanceBikeJoJo.com).

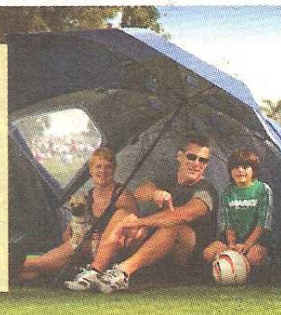
## Editor's picks

TRY THIS MONTH



**Livi.Lu.Lu Graphic Gift Set**  
Everything a girl wants packed in a funky, reusable bag: Fruity lotion, shimmering shower gel, lip balm and more. Don't forget the shimmery ornament and peace and love stickers because that's what Livi is all about. \$14.95, [www.HerbanRenewalInc.com](http://www.HerbanRenewalInc.com).

**Sport-Brella**  
The SKLZ Sport-Brella gives you instant protection from the sun, rain and wind with its domed shape, side flaps and 125 SPF. It includes top wind vents, side zippered windows, internal pockets for valuables and convenient carry bag and ground stakes. \$69.99, [sklzstore.com](http://sklzstore.com).



**See Dick Bite Jane**  
From strangers constantly "tummy touching" to sandbox "negotiations," this book is the perfect primer for every possible parenting pitfall. Features true tales of "uh-ohs" and "oh, nos" from mortified moms and dads and helpful advice. \$14.95, [www.adamsmedia.com](http://www.adamsmedia.com).

