THE FAMILY TIMES MONMOUTH OGEAN

FREE News for Parents • Activities for Kids APRIL 2015 we got a Spring make-over CHECK OUT OUR NEW SECTIONS Just For Kids **Working Parent** Family Finances Pregnancy Babu BABY CARE **Parents Family Times** Teachers **Celebrations**



Summer Camp Guide



Food

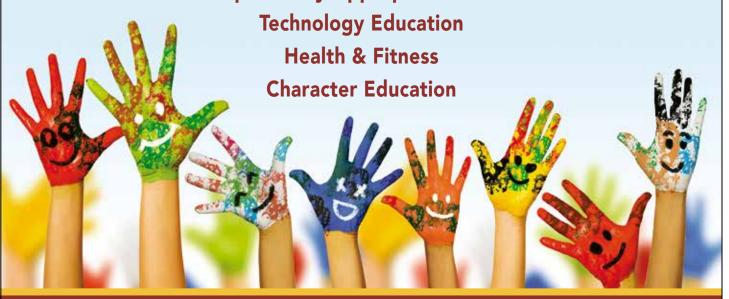
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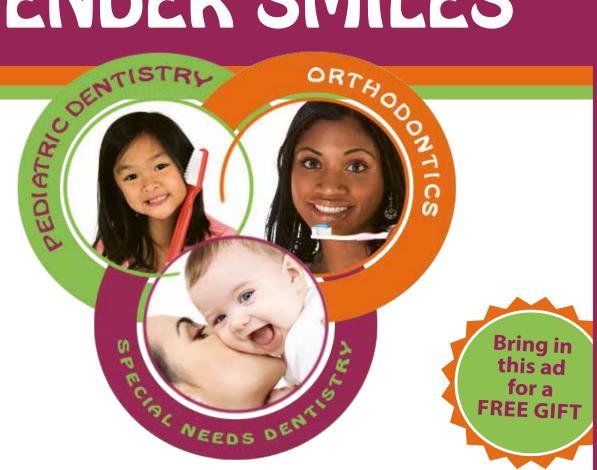
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THE MILLSTONE TIMES THE FAMILY TIMES: MONMOUTH • OCEAN • MIDDLESEX

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Can You Afford a Baby?

abies sure are cute and cuddly – and expensive! Some studies have shown that adding a new baby to the family can increase your bills by \$500 per month, depending on if you choose to breastfeed or use formula.

Building and sticking to a budget will be one of the biggest adjustments you may experience after baby arrives. Use pregnancy to prepare financially, stashing as much money away as possible into a savings account. The further you can get ahead, the more confidence you will have in yourself to adequately provide for your baby.

FORMULA

While breastfeeding is regarded as the best option for feeding your baby - and for maintaining your savings - it is not always a viable option. Parents who turn to formula to provide the essential nourishment for their baby may be surprised by its cost. A typical container of formula that makes 60 fourounce bottles can cost more than \$30. Keep in mind that before your baby switches over to real milk at age 1, they can be guzzling about four 8-ounce bottles a day.

DIAPERS

Proper diaper changing – every time your baby soils or wets the diaper – leads to about 70-80 changes per week. That's a lot of diapers and a lot of money. A large box of name-brand diapers

can cost more than \$40. You can help defray some of these costs by stocking up during pregnancy. Ask guests at your baby shower to bring a box of diapers in lieu of a gift. Or simply budget to pick up a box of diapers every time you go grocery shopping. Your

stockpile will be full in no time.



As most new parents can attest, spending on baby begins well before the birth. The simple task of completing

a nursery can hit your wallet in a hurry. There's the paint, the flooring, the crib and the furniture. Before you know it, you're hundreds of dollars down in anticipation of your little bundle of joy. While buying all new items for your baby is part of the fun of being pregnant, don't be afraid to accept hand-medowns.

You also can find perfectly functional furniture at yard sales, flea markets or antique stores that, when properly reclaimed, can be charming and less expensive.



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APRIL WEATHER LESSON

All Things Lightning

What is lightning?

Lightning is a bright flash of electricity produced by a thunderstorm. All thunderstorms produce lightning and are very dangerous. If you hear the sound of thunder, then you are in danger from lightning.

What causes lightning?

Lightning is an electric current. Within a thundercloud way up in the sky, many small bits of ice (frozen raindrops) bump into each other as they move around in the air. All of those collisions create an electric charge. After a while, the whole cloud fills up with electrical charges. The positive charges or protons form at the top of the cloud and the negative charges or electrons form at the bottom of the cloud. Since opposites attract, that causes a positive charge to build up on the ground beneath the cloud. The grounds electrical charge concentrates around anything that sticks up, such as mountains, people, or single trees. The charge coming up from these points eventually connects with a charge reaching down from the clouds and - zap - lightning strikes!

How Hot is lightning?

Lightning is approximately 54,000 degrees Fahrenheit. That is six times hotter than the surface of the sun!

What color is lightning?

Lightning seems to be clear or a white-yellow color, but it really depends on the background.

Do You Know These Lightning Facts?

A lightning flash is no more than one inch wide. What we see as a flash of lightning may actually be four different strokes in exactly the same place, one right after another. That's why lightning appears to flicker.

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Dealing with Stress

s many new parents can attest, long nights with little sleep can have an impact on mood and overall happiness.

Before you can sufficiently care for your infant, you need to make sure your health and well-being are at full strength, as well. This includes keeping your stress level low. Your irritability can lead to impatience with your baby, which is not healthy for your relationship.

Try finding some extra time for yourself, and don't be afraid to reach out for help from friends or family members. Your baby's care may depend upon it.

HEALTHY EATING HABITS

Parents of newborns need extra vitamins and protein to keep their bodies moving and minds sharp. Trade in the bottle of soda for water, and the cheeseburger for a grilled chicken salad. Healthier eating and drinking habits will help you see immediate improvement to your energy level, which can lead to a healthier, happier you.

GO WITH THE FLOW

Babies are unpredictable. Some flow right into a structured routine, while others adhere to no rules or expectations. Be ready for the roller coaster. Be patient with your new baby as he or she adapts to life outside of the womb. If you decide to take a day trip with your newborn, give yourself plenty of time to leave so you're not stressed if you are a tad behind schedule.

LONG-TERM IMPACTS

Extreme amounts of stress on parents can have a detrimental impact on children for years to come. The transfer of stress can start as early as 2 years old, according to recent nursing research. So start controlling your stress now before your baby grows to a more susceptible age. Displaying a calm demeanor instead of a stressed one can have long-lasting impacts on your baby during the developmental phases, and even much later into life.







Easter Egg Hunt and Meet the Easter Bunny

Oasis Family Farm

3 Circle Drive, Robbinsville, NJ 08691 March 28, 29, April 3, 4 10 AM, 11 AM, 1 PM, or 3 PM 609-259-7300 or www.oasisfamilyfarm.com

Easter Egg Hunt in Allaire Village

4263 Atlantic Avenue, Farmingdale, NJ 07727 April 4 12 PM-4PM (handmade Easter Bonnet Parade at 3 pm) 732-919-3500 or www.allairevillage.org

Oasis Church Easter Egg Hunt with Easter Bunny

Regal Hadley Cinema,1000 Corporate Court, S. Plainfield, NJ 07080 April 5 9:30 AM and 11:30 AM 732-406-7821 or http://oasis-church-nj.com

Battleview Orchards Annual Easter Egg Hunt

91 Wemrock Road, Freehold, NJ 07728 March 28 (Raindate: March 29) 2PM Sharp 732-462-0756 or http://www.battlevieworchards.com

Easter Egg Hunt and Lunch With the Easter Bunny

Presbyterian Church of Jamesburg 175 Gatzmer Avenue, Jamesburg, NJ 08831 April 4 Easter Egg Hunt begins at 1:30 PM Lunch from 12 to 1PM 732-521-1711

Lakewood Annual Easter Egg Hunt

John Patrick Sports Complex Vine Street, Lakewood, NJ 08701 March 28 10 AM 732-905-3405

Easter Eggstravaganza

Geick Park
Route 516 at Highpointe Way, Old Bridge Township, NJ 07747
March 28 11:00 AM-2 PM
732-721-5600

Sonny The Bunny Colossal Carrot Adventure

iPlay America, 110 Schanck Road, Freehold, NJ 07728 March 28 10 AM-12 PM 732-577-8200 or www.iplayamerica.com

Freehold Easter Story Time and Egg Hunt

Barnes & Noble, 3981 U.S. 9, Freehold, NJ 07728 April 5 12 PM 732-409-2929

Belmar Easter Egg Hunt at the Beach

Ages 1-3 at 4th Ave Beach Entrance Ages 4-5 at 3rd Ave Beach Entrance Ages 6-7 at 3rd Ave Beach Entrance Ages 8-9 at 2nd Ave Beach Entrance April 4 11:00 AM Sharp 732-681-3700

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Raise Money-Wise Children

Thile school is a great place to become educated about math, science and English, the art of savings and maintaining good credit are lessons that generally are taught at home. As a parent, it is up to you to devise unique ways to teach your children to be smart money managers. The values you instill in them from an early age are ones that can carry over into lifelong principles and lead to excellent financial health. Depending on the age of your child, there are many ways to teach smart financial sense, even from as young as two years old.

GIVE THEM CONTROL

An allowance is the first interaction your child will have with earning money. It may seem minor to you — probably only a few dollars a week — but the most important aspect of receiving an allowance is deciding how to spend it.

With only light guidance from you, let your child have the power of spending his or her allowance. Teach your children about the importance of savings and also buying for others. Having the responsibility of money management gives children opportunity to feel both the positives and challenges of making financial decisions.

SMART SHOPPING

One of the best ways to guide your budding finance enthusiast is to engage them in shopping. Before you even head out the door for your groceries, sit down with your child and clip coupons. Give them a stack of coupons you won't be using and teach them how to find great deals and compare product prices. Once you arrive at the store, build in a few game-like activities that your child can take the lead on. Make a contest out of finding the products that correlate with the best coupon deals. Show your enthusiasm as you rack up the savings, and be sure to give your children plenty of positive reinforcement while they help you cut your grocery costs.

TEACH TEAMWORK

Teamwork is a paramount value of smart money management that your children need to learn early on. By providing them responsibilities and giving them choices, you are automatically offering them a voice at the family's financial table.

Remember that they are probably going to make financial mistakes as they age. Even a decision as small as spending their entire allowance instead of saving a dollar or two from it can be addressed by you. By working together, you can help raise a child who respects money and the responsibilities that come with it.









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2015

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10 a.m1 p.m. 1 Open Shoot Archery at the Thompson Park Activity Barn, Lincroft. Open to ages 8 and up (under 18 with adult).	7:30 p.m. 2 The Very Best of Celtic Thunder is a collection of the music group's songs from the past seven years at Count Basie Theatre 99 Mon- mouth St., Red Bank	Sesame Street Live - 3 Make a New Friend, The State Theatre, 15 Livingston Ave., New Brunswick	5:30 pm - 8:00 pm 4 The entire community is invited to celebrate the second night of Passover at Temple Shalom, 5 Ayrmont Lane is Aberdeen with an interactive event with sto- ries, music and more and is suitable for all ages.
1:00 pm - 3:00 pm The 2015 Asbury Park Easter Parade (80th at the Asbury Park Board- walk, Ocean Avenue, 6	To celebrate Sesame Street Presents: The Body, Elmo will greet his fans at Liberty Science Center.	7 11:00 am Baseball Stadium Tour-Lake- wood @ First Energy Park	8 1:00-3:00PM Mad Science Show: Marvels of Motion - Plainsboro @ Recreation & Cultural Center	Opening Night at Blue Claws Stadium	8pm Shen Yun Chinese dance troupe at Prudential Hall NJPac	11 12:30 p.m. Turtle Feeding with a Park System Naturalist Manasquan Reservoir Environmental Center 331 Georgia Tavern Road, Howell
Red Bank Street Fair, Downtown Red Bank NJ with over 200 artists, crafters and vendors on the streets of the downtown.	Visit the Philadelphia Zoo open daily 9:30- 5:00pm	FREE Cone Day at Ben and Jerry's @ Ben & Jerry's Ice Cream Shops Throughout NJ	15 11:00 am - 11:30 am North Brunswick Children's Story Time @ Barnes & Noble	Trenton Thunder Opening Night	Count Basie Theater in Red Bank presents America's Got Talent winner Jackie Evancho	Free hotdogs & fireworks at Trenton Thunder Stadium
9AM Cheer & Dance Competitions: Jackson Liberty High School, 125 North Hope Chapel Road, Jackson	Check out Six Flags Great Adventure in Jackson	Take your parents to a Broadway show for 7pm performances	8pm Count Basie Theater in Red Bank presents The Adventures of Harold and the Purple Crayon	Check out the Museum of Natural History in New York City	Arbor Day Celebration at Terhune Orchards 330 Cold Soil Rd., Princeton	10:00 am - 3:00 pm Dog Walk & Pet Fair at Brookdale Community College, 765 Newman Springs Road, Lincroft Monmouth County
8:00 am - 2:30 pm NJ Marathon at Monmouth Park Oceanport, 19th Annual Novo Nordisk New Jersey Marathon is a full marathon, half-marathon, half-marathon relay, ShapingNJ5K, Kids and Family Events	Plant a tree in celebration of Arbor Day	Check out the New Jersey State Museum 205 West State Street Trenton	Visit Newark Museum 49 Washington Street Newark's Downtown/ Arts District	Check out Adventure Aquarium's Dinosaurs of the Deep Exhibit 1 Riverside Drive Camden		



The Second Baby

If the thought of bringing home your second child is as exciting as it is nerve-wracking, you are not alone.

Many parents are unsure of how exactly their lives will change with the addition of another baby. The financial and sleep (or lack thereof) adjustments are easier to forecast compared to the emotional ones, especially the ones that your older child may feel. Siblings who already have an established role can experience jealousy, resentment or even anger toward a new baby with whom he now has to share attention.

PREPARING YOUR 'FIRST BABY'

By now, your older child has settled into a routine. Just like adults, she may be stubborn to change a comfortable lifestyle. Getting her involved in the baby preparation phase can pay huge dividends once baby arrives. Let your child help choose new toys, furniture and clothing for your second child.

ONCE BABY ARRIVES

An act as simple as asking your child to help you fetch a diaper for baby's changing can mean the world to your firstborn. Involve him in everyday tasks to help him understand exactly how much work goes into caring

for a newborn. Explain that the extra attention isn't because you love your new baby any more but is necessary because babies aren't big kids yet. Use language that will empower your child and

that maintains his confidence in your love.

FINDING SPECIAL TIME

Your first child needs to

know she matters. She is likely experiencing a range of emotions she is struggling to control. It is your job to help her through this sometimes difficult transition. Luckily, the steps you can take are

not overwhelming. Simply arrange special time for you and your older child. A trip to the grocery store or one-on-one book at bedtime can help your child understand that she is still important.



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The Family Times Magazine Gets A New Look

We Are Excited To Announce The Family Times Has Undergone A Redesign.

Gunther Publications has redesigned one of their publications titled, *The Family Times*. Publisher, Cami Gunther says, "This new format reflects one of our greatest aims this season, which is to be more of a true magazine format truly focusing on family, parenting and kids. This new look, vision and focus will have tab sections including, The Working Parent, Baby, Pregnancy, Home Improvement, Fertility, Health, Pets and more. Our new look is a pure expression of continuing our mission and commitment to connecting the local businesses with the families in the CNJ Community.

"These additions and transformations fundamentally redefine what Gunther Publications is about and add substantial value for our readers, as well as the many local Professionals and Business owners who market and advertise themselves on our pages, web sites and social media platforms," says Gunther.

Gunther also reminds us that first and foremost is our print magazine. In addition to our huge commitment to all digital forms, our print magazine continues to be the most popular format for our readers to enjoy and our advertisers to present their services and business. Great publishing is about the visual, retention and feel.

The redesigned print magazine also expands our commitment to use the power of the image and call to action to create and capture more readers, which will in turn create more customers for our supporters, the local small businesses in CNJ.

If you are a parent, business owner or educator, we are looking for your suggestions and feedback. We are also always looking for important events and stories for the pages. Please email: TMFT@optonline.net anytime.





Breastfeeding Basics

he benefits of breastfeeding are undeniable. Many medical authorities, including the American Academy of Pediatrics (AAP) recommend breast milk as the best option for feeding a newborn.

Breastfed babies are generally healthier, able to stave off viruses and bacteria and at a reduced risk for having asthma or allergies. In addition, breastfeeding burns extra calories for mothers, helping them lose pregnancy weight faster.

THE BENEFITS

Breast milk is the perfect mix of vitamins, protein and fat, which is everything your baby needs to grow. The specific benefits are hard to ignore:

- Breastfeeding has been linked to higher IQ scores later in childhood in some studies.
- The skin-to-skin and eye contact can help you build a bond with your baby
- Breastfed infants are more likely to gain the optimum amount of weight as they mature.
- The AAP reports that breastfeeding plays a role in the prevention of sudden infant death syndrome.

IT'S YOUR CHOICE

There are many factors to consider when deciding if you want to breast-feed your newborn. And for whatever reason, the act seems to draw strong opinions from friends and family members.

Just remember the final call is yours. Something to consider is the amount of time and energy you will be devoting to your newborn, especially if you choose to be an on-demand feeder.

Within the first few months, babies



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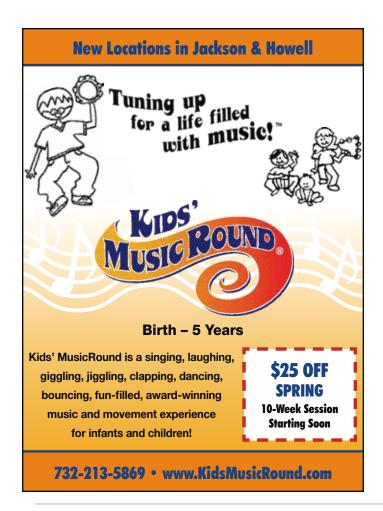
can struggle to settle into a structured feeding schedule. This means minimum sleep for mom.

Also when you're breastfeeding, you must pay special attention to your diet. Make sure you are continually fueling your body — and your baby — with the right kinds of foods.

TAKE A CLASS

Many hospitals and healthcare centers offer breastfeeding courses to help you prepare before your baby arrives. Find a class taught by certified lactation consultants, who specialize in breastfeeding, common concerns,

pumping and proper storage of breast milk. These courses are ideal for fathers and supporters to attend, if you prefer. Having a team of supporters in your corner as you navigate through the breastfeeding experience can help you stay motivated and energized.



Ways to Get Your Tween Up in the Morning

By Brianna Siciliano

ornings can be frustrating, especially when you have an uncooperative child, tween, or teen who decides that waking up on-time is 'overrated.' For many parents, waking their children up is a daily battle that usually ends with frustration, anger, and annoyance. It is time to stop arguing and negotiating with your tween every single day, and instead, try out new wakeup alternatives until you find one that works. Instead of screaming from a different room, or turning on the lights in the bedroom, test out a wake-up method you have not tried thus far. Every child is different: some jolt awake when they see bright lights, while others pull blankets and pillows over their heads so they can fall right back asleep. If you know that a wake-up method does not work, stop using it all together.

Does your tween have a favorite song or a favorite artist? Does he or she have a phone? Set an alarm on his or her phone to play that song every weekday morning. There is a great variety of apps on smart phones and tablets that serve the sole purpose of an alarm clock (and some apps come with the smart phone software, like the clock app on iPhones). Your daughter might not mind waking up in the morning if the first voice she hears every morning is the voice of her favorite singer (no offense Mom and Dad!). Actual alarm clocks serve the purpose too!

If you have time in the morning, a great way to wake up tweens is to reward them. The reward does not have to be something extravagant—instead, consider rewardissng your child with breakfast. Promise your tween that if he/she wakes up without putting up a fight, you will cut up some fruit, blend a morning shake, pour some cereal and milk, cook some pancakes, or cook an egg to save your child some time. If you prepare breakfast for your tween, it gives your son or daughter more time to get dressed, brush their teeth, and wash their face.

Helping Kids Play it Cool with Competitive Sports

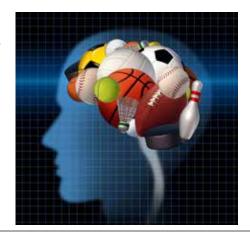
By Brianna Siciliano

Participating in sports is a great way for your child to keep active, have fun, improve skills (both athletic and life skills), and make friends. Sadly, participating in sports is not just filled with fun and success; frustration and tears can build up when stress and pressure become overwhelming. Parents and guardians have the power to help children play it cool when facing touch situations.

It is very important to discover where your child's stress and/or frustration is coming from. Try to find the root of your child's struggles. If your daughter is trying to make you, a coach, or a family member or friend proud, she may feel like the only way to do so is to win. On the other hand, some children feel self-inflicted sports pressure and feel the need to be a perfectionist in every situation they face. Whether your child is a perfectionist him/herself, or wants to be perfect to make someone else proud, stress and frustration are inevitable. The way your child learns to

deal with stress now will leave an impact on how he or she deals with similar stressful situations through life, sports related or not.

To help your child play it cool and get rid of stress, anger, and frustration in a healthy way, be observant and take notes on how your child deals with stress right now. How does your child handle mistakes? What kind of sportsmanship does your child



have? Does your child walk into the game nervous or ready for action? Your answers will reveal a lot about how your son or daughter handles stress and frustration. Help your child find a healthy way to deal with the feelings he or she may feel. If your son takes the game too serious and beats himself up over his mistakes, take the time to teach him to correct the problems. Help your child learn that it is okay to make mistakes in the game and get frustrated with the outcome and performances, but more importantly let your child know that his or her negative feelings do not need to spread to feelings on other daily tasks. Participating in sports teaches kids many incredible life lessons, including controlling emotions, taking pride in accomplishments, teamwork, and overcoming challenges, all while having fun. Make sure these lessons are the main priority and your child will always be a winner.

Everything Easter Word Search!

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Help Your Child Overcome Shyness

By Brianna Siciliano

here is nothing wrong with being shy, but when shy feelings hold a child back from trying new experiences and interacting with others, shyness can be a problem. When you have shy children, you worry that they will grow up and miss out on many wonderful opportunities because of their lack of comfort in social situations. Being shy can cause a child to feel isolated from everyone around them, and make it very challenging for children to make friends, meet strangers, and connect with other people. Social contact is necessary for all humans; it helps people feel important and can positively affect physical and emotional health. Shyness and social anxiety can be very challenging to deal with, but as a supportive parent, you can help your child overcome the feelings that are holding him or her back.

It is extremely important to nurture your child and care for his or her needs. The best way you, as a parent, can help your daughter do the things she wants to do without having her shyness hold her back is combine your support with encouragement. Let your child know that the uncomfortable feelings she gets when she is around strangers can disappear, and

the best way to do this is show your child the way. If you're at a birthday party, for instance, and other children are sitting around the table by themselves, sit with your child so he or she can feel safe. Slowly try to encourage your child to involve him or herself with the other children. It may take a few parties before your child can sit by him/herself, but progress is better than nothing!

Finding comfort is not an individual task; you will not be able to conquer your child's fear of social interaction by yourself, therefore encouraging family members and friends to work with your child is a great idea. If you tell a friend that your son is shy, she won't push him into an uncomfortable situation. However, if you do not warn your friend, she might insist on your son playing basketball with her son, without even asking if your child is comfortable with this. Overall, it is important to give your child time to observe and adjust to whatever situation he or she is about to face when involving others.

Pointing out your child's strengths is a great way to boost their confidence and realize that it is impossible to excel in everything. Parents forget how great it

feels to have their mother or father tell their child how wonderful he or she is in a certain skill. If your son is incredible at observing others, tell him how gifted he is, and while you're at it, sneak in some encouragement. Your son does not have to sit back and watch the other boys and girls interacting on the trampoline; encourage him to go play, too. If it makes him more comfortable, you can stand nearby and watch, but the entire point of this is to show your child that it is okay to step outside of a comfort zone and put yourself out there.

When encouraging children to step outside their comfort zone, remind them that you are teaching these skills so they feel more comfortable, and can find more enjoyment, in certain situations. You do not want your child to think that you wish he or she was different; let your child know how much he/she is loved, and how you only want the best for him/her. Practice makes progress, and progress of overcoming uncomfortable feelings is much better than no progress at all. Continue to encourage your child to put him or herself out there, and soon, you will see all of your (and your child's) hard work paying off.

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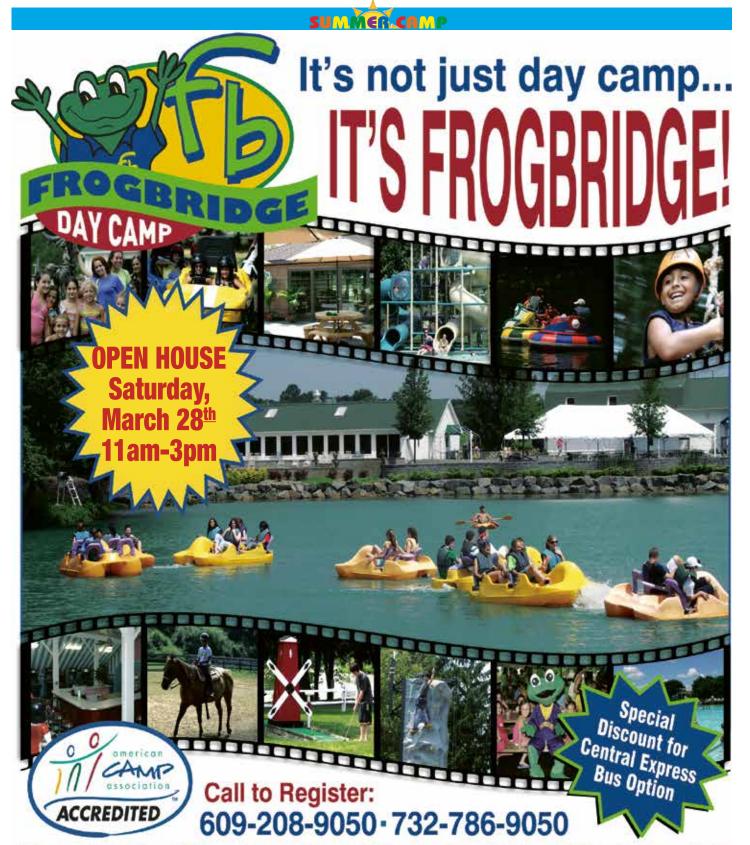
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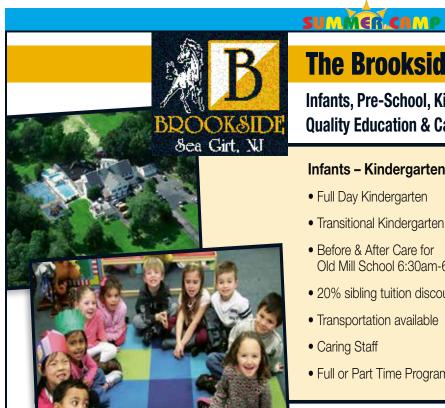




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Give Kids a Break Enjoy Time Off with a Vacation at a Summer Camp

Summer camps can be a great way for your kids and grandkids to relax and unwind after a hard year at school.

Those camps can provide fun, interesting things to see and do, and the best kinds of learning experiences. At summer camp, kids can get back to nature, hike through the woods, learn how to swim, go horseback riding and just enjoy time being a kid.

SPECIALTY CAMPS

Kids can also attend a host of specialty summer camps designed to help them hone their skills and explore their interests.

From fitness camps and sports training camps to computer camps and even astronaut camps, there are plenty of ways to keep your kids entertained and engaged as the long, hot days of summer roll around.

Choosing a camp should be a family activity, with both parents and kids taking an active role in the discussion.

As the parent, you my have your heart set on the type of camps you loved as a kid, but it is important that your child be interested in that type of camp as well. After all, your goal is to help your son or daughter forge his or her own memories, not to relive your own.

SHOP AROUND

Cost is unfortunately a factor as well. As much as you might like to send your kid to Houston for astronaut camp, if it is not in the budget you might have to aim a little lower.

The key is finding a camp that is affordable, nearby enough to be convenient but still lots of fun. Fortunately, there are plenty of camps that fit that category, some run by church groups, others run by non-profit and civic organizations.

You can find information about these camps in your local newspaper and by talking to other parents.

LEAVING HOME

As the parent, you also need to decide whether a day camp or a sleepaway camp works best for you and your child.

Many young children are reluctant to spend the night at camp, but after they get over those initial jitters they may find that they love it.

Even so, you might want to choose a day camp for the first year, then discuss a sleepaway camp for the next year.

PARENTAL INVOLVEMENT

Of course, these days camps are not just for kids. Parents can relive the fun and excitement of their own childhood days by attending theme camps ranging from football and baseball fantasy camps to music camps and computer camps.

No matter what your interest, you can find a camp that can accommodate it. Whether it is spending a week on the trail camping under the stars on a cattle roundup or spending a week with your favorite musicians learning to play guitar, you can find an adult fantasy camp that can accommodate your interests.

So as you pack little Johnny or Jane off for that first sleepaway camp adventure, why not consider booking an adventure of your own?





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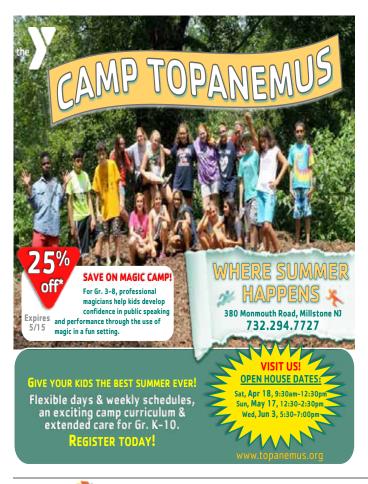


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Manahawkin, Manasquan, etc Contact Name: Sherri Paris Contact Email Address: newlogic.edu@gmail.com Contact Phone Number: 732-250-8124 http://www.marinesciencecamp.com/ Summer Camps in Monmouth, Ocean, Middlesex



Finding Good Child Care

parents can be surprised by the cost of child care for their newborn.

It is the single largest budget item in raising a baby, with the average price for full-time daycare as high as \$14,000, according to the National Association of Child Care Resource and Referral Agencies. The rate per week ranges from \$250 to \$850, depending on your geographic location. But when you're selecting a daycare for your baby, the cost factor is greatly outweighed by your infant's need for a safe, nurturing place of care.

INTERVIEWS

Before you decide on your daycare, it is always a good idea to get a lay of the land. Choose three or four local child care centers and set up an on-site meeting with their managers. Request a walk-through after your interview of the staff members so you can check out the rooms, safety features and overall cleanliness of the building. Ask yourself if you feel comfortable sending your baby there, and make your decision accordingly.

IMPORTANT FEATURES

Some daycares offer various features to help put their clients' minds at ease. One such example is a sys-



tem that digitally records all activities — both inside and on the playgrounds — and stream the live video over the Internet for parents. This process usually comes with a guarantee that only parents are allowed to watch the video through a secured online login. Being able to keep an eye on the goings-on within your child's daycare can make a big

difference in improving your comfort level.

FINANCIAL HELP

Look into government help if your preferred daycare is a bit out of your price range.

Some costs might be offset by the various tax credits that have helped families afford quality daycare for

Check with your local child advocate center to explore your options for funding.

A few extra dollars per day for a provider that you feel most comfortable with will be well worth it for your peace of mind and the overall safety of your newborn.

Family Workout Time

he workday is done and dinner is in the oven. Exercise may be the last thing on your mind, but experts say family workout time is crucial to forming togetherness and improving health, especially in young kids.

According to the national fitness program Let's Move, children should get a total of 60 minutes of physical activity each day, and adults need at least 30.

And exercise has never been more important to protecting children from incurring preventable illnesses later in life.

Childhood obesity rates have tripled since the 1980s, according to the Centers for Disease Control and Prevention. At this rate, one third of all children born in 2000 or later will suffer from diabetes at some point in their lives. Here are some ideas for finding time for a family workout, even if your schedule seems too packed to fit it in.

TAKE A WALK

A brisk walk is a great way to burn calories and increase your heart rate. The great thing about taking a walk is you can do so no matter where you live.

People in large cities can pop out of their apartments for a quick stroll downtown, while people in more rural areas can stretch out their legs in their own backyards or down a safe country road.

You only need a pair of comfortable shoes, and



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depending on if you have any young children, a stroller or carrying sling. Even your dog can get in on a family walk with the proper leash or harness.

JOIN THEM

Are your children fans of video games or activities on the computer? Instead of pulling them away from

their hobbies, join them.

Surprise them with a new video game. Just be sure that the game is one requiring physical activity. There are many dance and sports

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In The Burbs-**New Egypt Speedway**

by Susan Heckler

ooking for something different to do with the family? Take a scenic drive through the beautiful country roads with the destination of New Egypt Speedway!

New Egypt Speedway aka Fort Dix Speedway was built as a dirt track in the 1950's. Stock car racing dates back to the 1930's. They race on different tracks than race cars.

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Their motto is "Where Action is the Attraction!" and they do not fail to deliver. The New Egypt Speedway races Modifieds, Sportsman, Crate 1 Sportsman, Outlaw Stocks, Fastrak Late Models, and Rookie Sportsman. For those of us who don't speak "Speedway"; Modified is modified stock car racing, one of the oldest types of racing in the United States, dating back to the days of the post-World War II coupes.

Many well-known drivers have competed over the years and are always happy to greet the fans.

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- Sat, April 4 Opening Day & Easter Egg Hunt
- Sat, April 11 Hockey Night Vintage Exhibition-Races (\$2.00 off Admission For Wearing Your Favorite NHL Apparel)
- Sat, April 18 Races
- Tue, April 25 Baseball Night-Races

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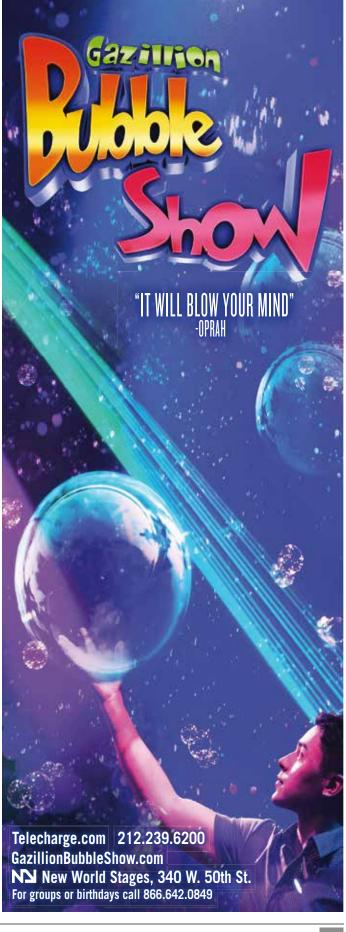
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The first night of Passover is Friday, April 3. Anyone searching for beautiful Seder plates, Matzah plates, and other Judaica items in time for the holiday can find reasonable prices on beautiful items at the Judaica Shop at Temple Shaari Emeth on Craig Road in Manalapan. Take advantage of special clearance prices on most Passover items, as well as below regular retail prices on everything in the store, from kippot to Kiddush cups, and menorahs to tallitot.

The Judaica Shop, sponsored by the Sisterhood of Temple Shaari Emeth, is open between 9 a.m. and 5 p.m. weekdays. In addition, personal shoppers are available by appointment to discuss your various needs, including preparation for Bar and Bat Mitzvahs, baby aifts, weddings, special custom orders, and more. To make an appointment, contact Anita, asmiller@optonline.net or 732-308-1169.

Shoppers at Temple Shaari Emeth can be proud to know that each purchase also helps to fund many programs such as Youth Scholarship, the Early Learning Center, Religious School, Temple construction projects, Open Door Food Pantry, Cancer research, Jewish Braille Institute, and more.













Ways to Give

There are many things you can do: donate, volunteer, adopta-family for the holiday season, buy a paver, or support a fundraising activity.

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Explore the giving page for more ideas at www.rmh-cnj.org or call 732-222-8755.



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Stuffed Almond Butter & Strawberry Jam French Toast Kabobs



How does everything just taste better on a stick? I mean a lollipop would purely be a sucking candy, licking the candy/caramel off of an apple would not be nearly as fun, cotton candy would turn into clouds of a sugary mess and an ice cream popsicle would just be a Klondike bar (Although there is nothing I would not do for a Klondike Bar!!) Yes, these are highly junky examples, but if the "stick sensation" works for the kids, let's run with it. Here we have my "Stuffed Almond Butter & Strawberry Jam French Toast Kabobs." I simply have combined a classic kid-friendly sandwich and twisted it up with a breakfast favorite. Cut it up onto a stick and you just became the most creative mom/dad your child has ever seen.

INGREDIENTS

- 8 slices challah bread (about 1-inch thick)
- 1 cup thinly sliced strawberries + more for garnish
- 1/3 cup strawberry jam
- 7 large eggs beaten
- 2-3 tablespoons light butter

- 1/2 cup fresh almond butter
- 1 teaspoon cinnamon
- 1 cup low fat milk
- 1 teaspoon vanilla extract
- 1/4 good maple pancake syrup + more for drizzling

PREPARATION

Lay all of the bread slices onto a flat surface and spread 4 slices with almond butter and 4 slices with jam. Layer strawberries evenly on the jam piece.

Sprinkle the strawberries with cinnamon mixture, and then place the other slice of bread creating sandwiches. (You should have 4 sandwiches all together.)

In a shallow bowl whisk together eggs, milk & vanilla.

Place sandwiches into the egg mixture, pressing down to saturate as much as possible; flip to douse both sides thoroughly. Heat a large skillet and melt butter over medium heat.

Cook sandwiches 3-4 minutes per side until golden brown. (Press down with spatula to seal the sandwiches)

Remove from pan and place on a cutting board.

While still warm, using a pastry brush, coat each sandwich with maple syrup.

Cut into even sized squares and thread onto skewers. (Feel free to alternate with whole fresh strawberries) Drizzle warm maple syrup on top and serve!

PIZZA FOR PASSOVER!

Passover may be a little tough at convincing children to forgo their favorite meals. However, removing leavened bread and your child's favorite treats doesn't have to be a recipe for disaster. This kid-friendly recipe will still bring kids to the table at mealtime.

Matzoh Pizza

INGREDIENTS:

- fat free matzo crackers
- 6 Tbsp crushed tomatoes (Tuttorosso)
- 1/2 tsp dried oregano
- cup reduced fat shredded mozzarella (Kosher for religious purposes)
- 2 medium tomatoes, sliced paper thin a few thin slices of red onion
- 12 black olives
- 1/4 cup fresh basil for topping

DIRECTIONS:

Preheat the oven to 375°. Place a rack on a baking sheet. Spread 1 1/2 tablespoons of crushed tomatoes on each matzo. Don't put too much or it will get soggy. Sprinkle with oregano then top with tomatoes and onions. Top with 1/4 cup of cheese on each one, olives and bake in the oven until the cheese melts, about 5-6 minutes.



April is Autism Awareness Month

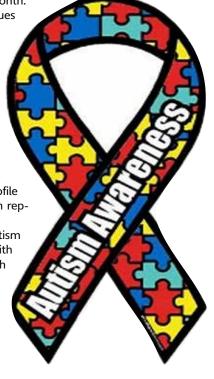
By Brianna Siciliano

ince 1970, the Autism Society has been raising awareness of National Autism Awareness Month. In the United States, April is a special opportunity to educate the public about autism and issues within the autistic community. Autism spectrum disorder (ASD) and autism are disorders that are categorized (by varying degrees) by difficulties in social interaction (including difficulty making eye contact and holding a conversation), repetitive behavior, and verbal and nonverbal communication. Autism spectrum disorder can be associated with attention issues, physical health issues (including sleep and gastrointestinal disturbances), and difficulties in motor coordination.

Autism Awareness Month is meant to promote autism awareness, autism acceptance, and bring attention to the thousands upon thousands of people who face autism diagnosis' every year. To get involved and help make a difference, you can do a handful of things. For starters, you could show off the Autism Awareness Puzzle Ribbon—which is the most recognized symbol in the autism community. Show your support for the people who have autism by wearing the ribbon as a pin on your shirt, a magnet on the bumper of your car, or as your social media profile picture. When others see you with this symbol, they will be curious and look up what the ribbon represents. You can help make a difference!

You can also make a difference in your community by fundraising for the Autism Society, Autism Speaks, the Autism Research Foundation, or any other fabulous charities that benefit people with autism. Over 3.5 million Americans live with an autism spectrum disorder. Getting involved with autism awareness, advocacy, research, and support can make a difference.

April 2 is Autism Awareness Day. Help raise awareness and show your support by wearing the Autism Awareness Puzzle Ribbon and wearing royal blue, the official color for National Autism Awareness Month.



Protect Yourself from Burns and Fires

Burns and fires are extremely dangerous, especially to children.

Every day, more than 300 children up to age 19 are treated in emergency rooms for burn-related injuries and two children die as a result of being burned, reports the Centers for Disease Control and Prevention.

According to the CDC, younger children are more likely to sustain injuries from scald burns that are caused by hot liquids or steam, while older children are more likely to sustain injuries from flame burns that are caused by direct contact with fire.

Sound the Alarm

Installing smoke alarms in your home — on every floor and near all rooms family members sleep in — should be a given. Testing and maintaining them can be some things that people overlook.



It's important to test your smoke alarms once a month to make sure they're working properly. Most devices have a simple test button that you can access without even taking the device down from the wall. These few seconds per month devoted to testing your devices can help safeguard the lives of your family members.

Prevent Burns

In terms of burns, the most dangerous room in the house is the kitchen. Use safe cooking practices, such as never leaving food unattended on the stove. Supervise or restrict a child's use of stoves, ovens or microwayes.

If anyone is burned in your home, it is important to know what type of burn it is and how to treat it. A first-degree burn is the least serious type in which only the outer layer of skin is burned. Second-degree burns involves both the first and layers of skin being burned.

Third-degree burns are the most serious and can cause permanent tissue damage.

For any types of burns causing serious pain, seek immediate medical attention.



Ear infections

Ear infections are a serious problem for many babies and can be downright frustrating from a parent's point of view.

ain, fevers and irritability are common indicators of an ear infection — all of which can have a major impact on both your baby and you. Watching a newborn struggle with any type of medical condition is unsettling, especially if they are experiencing pain.

Unfortunately, ear infections are a common occurrence among babies. About 62 percent of children in developed countries will have their first ear infection by their first birthday, according to the American Academy of Otolaryngology -Head and Neck Surgery.

Signs and Symptoms

The Centers for Disease Control and Prevention identifies the following as symptoms of ear infections. If you see your baby displaying any of these characteristics or indications, consult with your child's pediatrician to discuss treatment options.

- Pulling at ears
- Excessive crying
- Fluid draining from ears
- Sleep disturbances
- Fever
- Headaches
- Difficulty hearing
- Irritability
- Balance issues
- Temperature higher than 100.4
- History of ear infections

Preventing Ear Infections

While many ear infections are caused by viruses, there are some that can be avoided. The CDC recommends that you avoid smoking around your child and keep him out of areas with second-hand smoke.

The way you feed your baby also can impact ear infections. Mothers are urged to breastfeed baby for 12 months or more or to bottle-feed with your baby in the upright position.



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Is My Child Too Young for Counseling?

By Lance Halpern, Ed.S., LPC.

parenting can be a challenging business, trust me, I know! Every once in a while, children's needs can seem too overwhelming. That's when some extra support and guidance may be needed. Unfortunately, parents may find themselves frustrated when looking for professional support to address issues concerning their children. Children have their own specific developmental and emotional milestones that make additional concerns even more overwhelming when they surface. Helpful relatives, supportive friends and knowledgeable teachers and pediatricians are sometimes not enough for parents who have specific concerns about their child or teen's emotional well being. At times, those around you may not take your concerns as seriously as you do.

Children, like any of us, have troubles and worries. Sometimes their troubles and worries are bigger than they know how to express or manage. A child may have experienced separation or divorce of their parents, the loss of a loved one or even a pet, low selfesteem, low self-confidence, an alcoholic or addicted parent. They may be struggling in school with academics, or struggling with their relationships with friends or family

members. These are all common issues that many children struggle with.

Young children with behavior or family difficulties don't always feel comfortable in what is known as traditional "talk" in regards to parental communication. Because children do not always have the words to explain what is troubling them, counseling can help them sort out issues through play, art, movement, storytelling, and sand play. Guided, therapeutic play, art, movement, sand play and storytelling along with Cognitive Behavioral and Solution Focused therapies are all effective methods that child therapists use with children.

The greatest gift a parent can give to a child is the gift of an open and stress-free mind. But of course to pass it on, in this current economic climate makes it rather difficult to do at times. With that said, it is pretty impossible for a parent at times not to feel stressed, hassled, fearful or downright depressed, such emotions can trickle down to your young child and in turn overwhelms them, furthering the possibility of an inability to communicate their own feelings of worry and confusion effectively. Let counseling (regardless of a child's age) be a source of Some reasons to seek counseling support for your young child:

- Inability to separate from parents
- · Anxious or fearful
- · Repeated, ritualistic behavior
- · Withdrawal from family and friends
- · Lack of self-confidence
- Been bullied or is bullying others
- · Aggressive behavior
- · Lack of interest in activities
- · Lack of motivation at school
- · Frequent crying
- Moodiness
- · Refusal to comply with rules and expectations

support to you during any challenging time. Counseling a child in a time of need is not to be used to tell you what you should do, but rather to assist you in gaining information about your child's needs and in turn, should provide you with strategies that can make a difference in the life of your child.



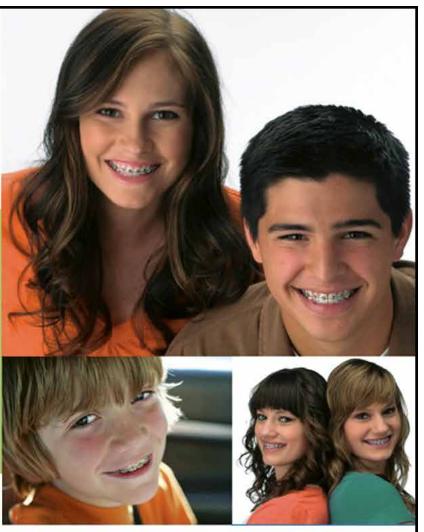


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