

# THE FAMILY TIMES<sup>TM</sup>

## MONMOUTH OCEAN MIDDLESEX

FREE

News for Parents • Activities for Kids

MARCH 2015

### INSIDE:

- Newborns
- Toddler Behavior
- Rating Yourself as a Parent
- Parenting & Sports
- Summer Camp Guide

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# 5 Family Friendly Winter Movies to Watch with Kids

- 1) March of the Penguins** - Follow the difficult and heartfelt journey of the Emperor Penguins through a long trek through the harsh winds of Antarctica, all for the sake of their young. This movie is bound to teach children a few necessary life lessons. Great for ages 6 and up.
- 2) Frozen** - This touching Disney movie shows that the true love of family can thaw even the coldest of hearts. With great songs to sing along to and perfect princesses, Elsa and Anna, this movie is bound to warm its way into yours and your kid's hearts! Great for ages 3 and up.
- 3) Happy Feet** - The whole family will be dancing to this touching story of how music and dance has the power to bring love. This adorable story has a few emotional moments that will bring tears to your eyes but is an overall happy story. Great for ages 5 and up.
- 4) Ice Age** - There are a total of 4 movies in this series (Ice Age, Ice Age: The Meltdown, Ice Age: Dawn of the Dinosaurs, and Ice Age: Continental Drift). The series follows a group of mammals surviving the Paleolithic Ice Age. The movie has plenty of humor and a heartwarming story you and your kids will love with voices of Ray Romano, John Leguizamo, Denis Leary, and Chris Wedge. Great for ages 6 and up.
- 5) Home Alone 1** - When 8 year old Kevin is accidently left alone while his family embarks on a vacation to France, he must protect his home from two wacky and wicked buglers who have made it their mission to not let Kevin get away with it! This hilarious family comedy has just the needed humor that brings just the right amount of pain, for the burglars of course! Great for ages 6 and up.

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**MARCH 2015**

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THE MILLSTONE TIMES

THE FAMILY TIMES: MONMOUTH • OCEAN • MIDDLESEX

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# Journaling is a Learning Adventure Mom and Child can Share Together!

Kids do a lot of writing on smart phones, iPads and computers but writing on paper helps kids improve grammar, spelling and vocabulary. It also provides a place for teens and tweens to put all their thoughts, so they can revisit them later to see how they think and how they have grown.

## Activity Directions

**Make:** Help your child create their own journal and make one for yourself. Below is an idea for a fast, fun and inexpensive way to begin journaling your thoughts and stories right away.

**Talk:** Ask questions to stimulate each other's imagination and sense of storytelling. While walking the aisles of the grocery store ask, 'What do you think that man's story is?' If you find a button lost from a garment ask, 'What do you think the clothes that button came from look like? Who wore them?' Or you might help each other make choices that you are faced with in life by writing a list of pros and cons for each of your options.

**Write:** If you want your kids to do more writing, write yourself. Remind your kids that their journals are private, and you will not read it unless asked. You could even share your own words with your child to get a conversation started.

## Instructions:

- Gather one straw (Sonic straws work great), one rubber band (3 inch), a stack of paper cut to fit the straw (8.5"x11" three-hole paper with the bottom one-third cut off)
- Thread the rubber band through the upper hole, with a small loop showing in the front.
- Insert the straw through that small loop.
- Stretch the rubber band down the back of the paper and thread the end through the bottom hole.
- Loop the rubber band around the bottom of the straw to hold it in place.

Personalize the journal and start writing!



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# Parenting and Sports

## The Football Dilemma



The verdict is in — kind of Parents are worried about their children playing football but not enough to keep them off the field.

According to the National Federation of State High School Associations, nearly 1.1 million students played 11-man football during the 2012-13 school year. The number was down approximately 10,000 from the year before and more than 20,000 since 2009.

### WHAT IS BEING DONE?

USA Football and the Centers for Disease Control and Prevention have created Heads Up Football, a comprehensive collection of resources, programs, applications and promotions to advance youth football safety.

These programs have increased training available for coaches. They also have put emphasis on specific guidelines, like encouraging players to wear properly fitted helmets and shoulder pads.

Certified league administrators, coaches and parents should be able to recognize equipment that fits properly, USA football advises, and should check the fit of equipment throughout the season. This is because improperly fitted equipment can place an athlete at greater risk for injury.

A new Associated Press poll found that nearly 50 percent of parents said they're not comfortable with their child playing football. Similar numbers were found for hockey (44 percent) and wrestling (45 percent).

Only 5 percent, however, said they have discouraged their child from actually playing or participating in these sports over the past two years.

### MAJOR WORRIES

The increase in parents' concern comes as several high-profile lawsuits have challenged the way that the National Football League or the National Collegiate Athletic Association have handled concussions in their sports.

Thousands of professional players sued the NFL, and a \$675 million settlement that would compensate them for concussion-related claims is pending. Another tentative settlement with the NCAA would set up a \$70 million fund to test thousands of current and former college athletes for brain trauma.

### DECREASE IN PARTICIPATION

Even with these worries at the professional and collegiate levels, statistics show only a slight decline in the number of participants.

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# Preparing Your Child For Day Camp

By Brianna Siciliano

The weather is warm, the sun is shining, and your child is preparing for a new adventure. Day camp is a great opportunity for children to stay active and social while having a blast. Campers at day camp have the option to participate in tons of creative, exciting, and safe activities and memories will be created that will last a lifetime. Summer of 2015 can be an amazing, fun-filled season for your child, and you can ensure this by signing your child up for day camp.

There is a good chance that going to camp for the first time may be a frightening thought to your child no matter what his or her age is. Your child does not know what to expect, and your child may be asking: Will it be easy to make friends? Are there activities offered that I enjoy? Will I miss home too much while I'm away? These are all great questions that every child thinks about, and as a parent, it is your job to be positive, encouraging, and reassuring. If you attended camp, share your own experiences and memories with your child. Let your child know about the excitement you felt day after day when you were among camp friends, and about the activities that you participated in at camp. Reassure your child that he or she will make friends—possibly even best friends—that will last much longer than just this summer.

A great way to get your child excited for camp is to attend an open house. A summer camp open house is very similar to a real estate open house: you and your child will have the chance to tour camp grounds and get a preview as to what life will be like once camp begins. At your child's camp open house, your child will have the chance to ask unlimited questions to the camp staff, and

encouraging your child to ask these questions is a fabulous way to allow your son or daughter to open up his/her mind and become more comfortable with the camp grounds, camp staff, and the camp overall.

During the days leading up to camp, review the camp schedule with your child so your son or daughter will know what to expect. Imagine how awful it would be if you were forced into a situation with no background on what you were walking into...you wouldn't like that very much, would you? Neither would your child! Going to summer camp is an exciting experience that will bring all sorts of emotions to the table. With that said, it is important to discuss "what if" scenarios with your child. 'What if I lose something? What if I get sick? What if I am afraid to do something? What if I get involved in an argument with someone else?' are all natural questions. Talk about these situations and let your child know what they should do, such as talk with a counselor.

The first few days leading up to camp, and the first few days of attending camp, may be a bit rocky. Sometimes it takes a few days for children to adjust to new environments. Do your best to be encouraging throughout your child's entire camp experience, and keep in mind that camp is not just about the facilities or the activities. Attending day camp will help your child gain independence and learn more about social interaction, and at the same time, it is about making friends and spending everyday in a positive environment. Day camp is where campers learn the true meaning of friendship.







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# Hunter Brook Horse Farm

By Susan Heckler

If you are part of a family of animal lovers, a visit to Hunter Brook Horse Farm is a wonderful adventure. Located on 55 beautiful acres at 672 Fort Plains Road in Howell, Hunter Brook offers a wide selection of family outings.

Maureen DeMasi says her family has owned the farm for over 50 years and it was a wonderful place to grow up. She owns 20 horses of varying sizes and skill levels. This is perfect for children ages 3 and all the way up to the advanced rider. Your children will love to take riding lessons and learn how to love and care for a horse. They offer half private, semi-private, and group lessons. They will provide safety approved riding helmets. Ask them about the available lesson packages offered. They have a junior tot program for 3 to 4 year olds that feature a petting zoo, riding instruction and a grooming lesson.

If you own a horse and want a beautiful location for boarding, their facility offers riding instruction, horse training, showing, horse sales, large indoor and outdoor lighted arenas, heated and air conditioned viewing lounge and heated rest rooms surrounded by a 5/8 mile track.

Hunter Brook Horse Farm offers extensive summer and winter riding programs designed for beginners through advanced riders. Programs run in one week intervals. Participants may attend programs in any combination. They feature Daily Riding Lessons, Daily Grooming Sessions, Grazing, Braiding, Bathing & Clipping of Horses, Instruction in Bridling and Saddling a Horse, Picnics, Bareback Rides, Games on Horseback and Guest Speakers. There is a camp horse show on the final day of each session!

Hunter Brook is also a great place for a birthday party. Celebrants ages 2 and up can enjoy a party package for all budgets that can include: food, cake, goody bags, petting zoo, grooming sessions, the trick horse, arts and crafts table, D. J. and more.

Hunter Brook welcomes school, camp and scouting tours, birthday parties and private events. Check out their website [www.hunterbrookhorsefarm.com](http://www.hunterbrookhorsefarm.com) or give Maureen a call at 732-319-0662.



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AND [http://www.ranneyschool.org/summer\\_camps](http://www.ranneyschool.org/summer_camps)

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# How To Improve Toddler Behavior

Life can be frustrating for toddlers. Though eager to show their independence, toddlers can't always move as swiftly as they'd like or express their needs. This combination can lead to tantrums and misbehavior. But you can teach your toddler to behave well by providing love, attention, praise, encouragement and a degree of routine. Consider these practical parenting tips.

## Show your love

Positive attention tops the list of parenting tips for toddlers. Make sure your displays of affection for your child outnumber any consequences or punishments. Hugs, kisses and good-natured roughhousing reassure your child of your love. Frequent praise and attention also can motivate your toddler to follow the rules.

## Accept your child

As your child grows, he or she will display certain personality traits. Some of these are learned, others genetic. Respect your child's developing individuality and don't expect him or her to be just like you. While you're likely to notice certain features of your child's temperament, avoid labeling them — which can encourage bad behavior. Instead, nurture your child's personality

by finding ways to help him or her feel confident. A strong-willed child, for instance, has perseverance. Build on your child's strength by encouraging him or her to play with a challenging toy.



## Minimize rules

Rather than overloading your child with rules from the outset — which might frustrate him or her — prioritize those geared toward safety first and gradually add rules over time. Help your toddler follow the rules by childproofing your home and eliminating as many temptations as possible.

## Enforce consequences

Despite your best efforts, at some point your toddler will break the rules. Consider using these parenting tips to encourage your child to cooperate.

If all else fails, tell your child that you are taking a timeout away from him or her for a few minutes — even if it means staying in the same room and simply not responding to your child — because of a specific behavior. Be sure to explain the behavior you'd like to see.

Whatever consequences you choose, be consistent. Make sure that every adult who cares for your child observes the same rules and discipline guidelines. This reduces your child's confusion and need to test you.

Also, be careful to criticize your child's behavior — not your child. Instead of saying, "You're a bad boy," try, "Don't run into the street." Never resort to punishments that emotionally or physically harm your child. Spanking, slapping and screaming at a child do more harm than good.

## Set a good example

Children learn how to act by watching their parents. The best way to show your child how to behave is to set a positive example for him or her to follow.

## iPlay America Launches New Birthday Packages

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**Freehold, NJ** — iPlay America recently introduced new birthday packages allowing more guests, more value and more fun, to give kids of all ages the "Best Birthday Party Ever!"

"Our new features make them better than ever — and no one gives you more!" said Jessica Schwartz, director of marketing for iPlay America. "We're especially excited about the new princess, superhero and glow party upgrades that allow kids to personalize their parties."

All packages include 2.5 hours with a party host; a 15-guest minimum with the birthday guest free; VIP check in; coat check; secure gift storage; invitations; a private party suite; pizzas, soda, and a cupcake for each guest; and party supplies, iPlay America balloons and "Happy Birthday" displayed on a 40" monitor. The party hosts go through extensive training to ensure that each party runs seamlessly to deliver the most enjoyable and memorable party experience for everyone.

Theme upgrades add to the fun. The glow theme adds flashing cups, glow sticks, glow necklaces, black lights and more for an additional \$9.95 per guest. The super hero theme adds masks, tattoos, certificates, balloons and more for an additional \$5.95 per guest. The princess theme adds a birthday princess sash, wands, princess tattoos, fairy dust, princess balloon and more for an additional \$5.95 per guest.

When popular children's performer Laurie Berkner appeared at iPlay in June 2014, she had such a great time she decided to book her daughter's party there.

"Lucy's party was a huge success. All the kids loved it and Lucy proclaimed it her best party ever," Berkner said. "I'm sure we will come back soon, lots of great memories from this weekend."

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## Eating Around The World

This is a family favorite dessert in India!

# Rice Kheer

Preparation Time: 5 minutes    Cooking Time: 20 minutes  
Serves: 4 servings

Try this delicious Indian delicacy called Kheer or Rice Kheer. Also called Rice Pudding, Kheer is a sweet dish cooked with rice and milk and garnished with almonds and cashews.

### Ingredients:

- 1 cups of Cooked Rice
- 2 cups of Full Fat Milk
- 2 tablespoon of Sugar
- 1/3 cups of Sweetened Condensed Milk
- 1/8 teaspoon of Nutmeg Powder (optional)
- 3 teaspoons of Clarified Butter\*
- 1/2 tablespoon of chopped Cashews
- 1/2 tablespoon of chopped Almonds

**Important Note:** \*Clarified Butter can be prepared by just melting the butter in a pan.

### Preparation:

1. Heat 1 teaspoon of clarified butter in a heavy bottomed pan or non-stick pan and roast the cashews and almonds until they are a light brown. Transfer the nuts to a plate.
2. Place milk, condensed milk, sugar and cooked rice in the same pan.
3. Stir continuously and cook until milk is absorbed and the mixture becomes a medium thick. It will take approximately 12-15 minutes on low flame. Mixture will become very thick when it cools, so keep medium thick consistency.
4. Add nutmeg powder (if you choose to) and 2 teaspoons clarified butter and mix well.
5. Transfer the prepared kheer to a serving bowl and garnish with roasted cashew nuts and roasted almonds. Serve it hot or place it in a refrigerator for 1-2 hours before serving and serve chilled



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# Rating Yourself as a Parent

By Krusha Vaidya


Would you consider yourself an excellent parent? If yes, then you are not alone. In spite of today's parenting challenges, moms and dads give themselves strong grades for their parenting skills. Among all parents with children under age 18, 24 percent say they have done an excellent job, and an additional 45 percent say they have done a very good job, according to a recent Pew Research Center study.

Another 24 percent say they have done a good job, and only 6 percent rate their job as parents as fair or poor. Taking a deeper look into the Pew findings reveals an interesting look into the minds of today's parents regarding their work schedules and relationships with their spouses. Seventy-three percent of mothers give themselves an excellent or good parenting rating, compared to 64 percent of fathers. Among mothers with children under age 18 who work full or part time, 78 percent say they are doing an excellent or very good job as parents. Among mothers who are not employed, 66 percent say the same. Among mothers with children under age 18, married moms are happier overall than unmarried moms (43 percent compared to 23 percent, respectively). Marital status is strongly aligned with views about what people consider the ideal work situation. Among unmarried mothers, about half say working full-time is ideal. Only 23 percent of married mothers today say their ideal situation is to work full-time. In balancing the responsibilities of work and family life, 16 percent of working mothers and 15 percent of working fathers say it is very difficult. Overall, 56 percent of working mothers and 50 percent of working fathers say it's difficult for them to balance work and family.

## Math Lesson - Rounding To The Nearest Ten

Directions: Round each number below to the nearest ten.

1. 639	_____	
2. 374	_____	
3. 199	_____	
4. 941	_____	
5. 522	_____	
		6. 268
		7. 476
		8. 781
		9. 819
		10. 147



ANSWER: 1. 640, 2. 370, 3. 200, 4. 940, 5. 520, 6. 270, 7. 480, 8. 780, 9. 820, 10. 150



# Newborns and Their Senses

By Brianna Siciliano

Once a newborn arrives, parents and grandparents brace themselves for the expected crying, sleeping, eating, and dirty diapers. As time goes on and schedules begin to establish, parents find time to become more observant and ask themselves, "How does my newborn see (and hear, touch, taste, smell) the world?" By paying very close attention to your infant's responses to light, sounds, and touch, you can observe your newborn sense of senses emerge.

Newborns have very sensitive eyesight, and they are more likely to open their eyes in low lights than bright lights. Imagine opening your eyes and staring right into a bright flashlight; you would not like that very much, would you? Neither does a newborn. At birth, newborn babies see the world in a blurry filter. Newborns are able to clearly detect items that have high contrasts, for instance black-and-white patterns and designs. During the first two month of a baby's life, vision improves steadily. By the time an infant is eight weeks old, he or she will recognize some details and colors. At four months old, a baby begins to focus with both eyes at the same time. At six months old, a baby has the ability to notice shadows, perspective, and shading. Mature senses of sight are fully developed by the baby's first birthday.

Within your newborn's first month of life, it is important to have a hearing screening (most newborns have this screening before being discharged from the hospital). Babies have the incredible ability to hear sounds from the womb, like their mother's heartbeat, the external sounds of their mother's

voice, and the voices of other family members that were around while the baby was still in the womb. Once a newborn arrives, familiar sounds will be comforting. Do your best to pay attention to how a newborn responds to different noises, and be sure that your baby's sensitive ears are not exposed to high volumes.

Newborn babies look for soft, familiar touches after leaving the womb.

At birth, babies are exposed to colder temperatures and harder materials, so they look for loving caresses, comforting cuddles, and soft blankets for comfort. Infants learn a lot about their lives out of the womb with every touch, which means you have no reason to stop providing gentle hugs and kisses to your beautiful bundle of joy.

Within the first few days of a baby's life, a newborn is able to recognize the scent of his mother (whether the mother breast feeds or not). The sense of smell is extremely important when bonding with an infant because infants want to know they are safe and able to be comforted. Research shows that babies enjoy sweet and fruity scents, while disliking

bitter, unpleasant odors. Because smell and taste are two similar senses, it should not be a major shock to learn that newborn babies are able to detect sweet, sour, and bitter tastes very quickly. Like smells, infants prefer sweeter tastes over sour and bitter. Taste preferences will change and develop during an infant's first year of life.

The first year of life is a groundbreaking time for newborns and parents, so be sure to observe and enjoy all of the excitement that the year brings.



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List foods that belong in each food group below

### Remember:

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### Food Group

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Grains \_\_\_\_\_

Vegetables \_\_\_\_\_

Milk \_\_\_\_\_

Meat & Beans \_\_\_\_\_





# Are Head Lice Becoming Resistant to Medication?

By Brianna Siciliano

**H**ave you noticed that when you overuse certain antibiotics, your body becomes resistant to the medication and the antibiotic stops working? The same thing has happened with certain treatment medications for lice. Although many over-the-counter treatments do their job to cure head lice, many do not.

Lice may be annoying and disturbing, but luckily they are not dangerous. Unlike other bugs (such as ticks), lice do not cause or spread diseases. This does not mean that lice do not cause any irritation or pain, however. Lice bites can make a child's scalp extremely itchy and irritated, and when the itchiness is scratched, infections can occur. It is best to treat head lice as quickly as possible once the head lice is found.

There are a few signs that can be noticed in the early stages of spotting head lice, including looking for lice eggs (nits), looking for adult lice and nymphs (baby lice), scratching, and small red bumps or sores from scratching. Head lice are highly contagious, and they mainly spread through head-to-head contact. The tiny parasites have little claws that let them crawl and cling firmly to hair, so be sure to warn your children to not share hats, helmets, brushes, combs, or clothing with others.

Many doctors recommend combing the lice out instead of drowning your children's hair in chemical products. A study completed in March 2014 found that 99 percent of the head lice that school nurses and professional lice combers collect were genetically resistant to permethrin (a common medication used to treat bugs). Instead of using creams and shampoos, researchers and doctors suggest wet-combing a child's hair with a comb while under bright lights. The first step of wet-combing is coating your child's hair and scalp with a conditioner or another lubricant. Then, use a wide-tooth comb to separate hair into very small sections. Once the hair is separated into different sections, use a metal nit comb (or a lice comb) that is thin-toothed and finely spaced to comb out the eggs and lice. After each comb-through, move the small section over to a clean side, wipe the comb on a paper towel, and inspect for lice. Seal the paper towels (with the lice) in resealable plastic bags and dispose of the bags prior to cleaning the combs in hot, soapy water.

If combing is not getting all the bugs out, consider smothering the lice with products that contain dimeticone (also known as dimethicone) or natrum muriaticum (also known as table salt). Products like LiceMD, Licefree Spray, and Vamousse are somewhat effective at killing head lice. When using any of these products, be sure to continue combing the hair daily (with a metal comb, not a plastic comb; lice combs work great). Most importantly, remind yourself that head lice will not be cured fully overnight. If you notice that there are no improvements of getting rid of the lice, call your doctor and find a more effective prescription treatment option.



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# Tips For The Perfect Swaddle

An effective trick for many parents, pulling off a good swaddle may take a little time. But the end result is often a happy, sleeping baby.

One reason swaddling works so effectively is that it recreates the coziness of the womb. A nice, comfortable swaddle can keep your baby warm and relaxed, resulting in a longer, deeper sleep. As with most baby-related activities, always use extra precaution when swaddling your baby. Using too tight of a swaddle can increase the risk of overheating or respiratory infection, according to the Mayo Clinic. It can also prevent babies from being able to move their hips or knees up and down. This can negatively impact joints and or cause hip dislocations.

## How to Do It

The swaddle technique is an easy one to master. Follow these tips:

- Completely spread out a large, thin blanket and fold over one corner
- Place your baby face up with the head at the edge of the folded corner of the blanket
- Bring one corner over your baby and tuck it underneath the body
- Fold up the bottom point of the blanket loosely to leave room for your baby's feet and legs to move
- Bring the other corner over your baby and tuck it underneath the body
- Lay your baby on his or her back and watch the swaddle work to perfection

## Medical Research

New research shows that swaddling may protect babies from sudden infant death syndrome (SIDS), which is linked to about 2,500 baby deaths every year. A study conducted in Belgium recently claimed that swaddling can help infants sleep better on their back but can cause them to startle easier and more often. Make sure to use a thin receiving blanket to keep your baby from overheating, and check on your infant regularly during naps or nighttime to ensure their safety.







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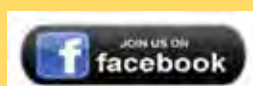
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## Open House March 21 at all Malvern Schools

By Susan Heckler

The Malvern School is having an Open House March 21 at all 23 locations in NJ and PA. This is a great opportunity for parents and children to tour the school and meet the directors and staff.

The schools boast that they maintain the Highest Standards of Excellence in private early education. They accommodate children from 6 weeks old to 8 years old and are open 6:30am-6:30pm. This makes it easier for families who live and work in the area to have a great education in a safe environment with the convenience to home and work.

Their staff consists of degreed teachers who focus on your child's physical, emotional and cognitive growth. Their curriculum is aligned with the State Learning Standards. They offer quality year-round programs with a flexible schedule of full and half day programs from 2 to 5 days a week.

In addition to school day activities, Malvern has after-school and summer day camp programs. This allows parents to keep some consistency so their child enjoys the same location year round.

The Open House is from 10am-1pm at all locations and will be a fun packed day with refreshments and planned activities for all ages. Come in to their schools at 385 North County Line Road in Jackson, 165 Elton Adelphia Road in Freehold or 130 South Main Street in Marlboro to see the beautiful new buildings and meet the staff. There are other locations listed on their website that may be of interest to you or your friends. An Open House is a great time to mingle with other parents and for your child to meet their potential classmates.

For more information, visit their website [www.malvernschool.com](http://www.malvernschool.com) or call 877-malvern to get contact information on the school of your choice.

## Raise Money-Wise Children

While 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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E	K	A	L	F	W	O	N	S	H
D	L	R	P	H	O	L	S	O	O
D	F	F	E	G	N	I	E	R	V
I	W	C	R	O	S	D	O	F	E
N	B	L	I	Z	Z	A	R	D	L
G	O	N	F	K	O	Y	C	A	G
C	O	O	K	I	E	S	R	G	N

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# Simple Science Experiment For March: Conservation of Momentum

**S**ir Isaac Newton did some great experiments with motion back in the day. He investigated gravity, inertia, acceleration, force and momentum, to name a few things. He purposed some laws of motion, and the third law of motion deals with momentum and that for every action there is an equal and opposite reaction. Enjoy this experiment and learn to understand this law with your child that will get both of your science thinking going!

## **MATERIALS:**

About 10 identical marbles.

A table with a pull out leaf or a large picture book or a gift wrap tube cut in half lengthwise.

The extra experiment will require two skateboards.

## **PROCEDURE:**

If you have a kitchen table with a leaf in it, pull the table open slightly to make a track for some marbles.

Place all but one of the marbles into the track (or put them onto the tube or book) and make sure they all touch each other.

Roll one marble directly into the line of marbles and see what happens!

Once you see this, make a prediction about rolling two or more at a time into the line of marbles and try it.

If you have any different size or weighted marbles, you can experiment with them.

## **EXPLANATION:**

Momentum is a property of moving things. It depends on an object's mass and how fast it is moving. In a collision, according to Newton's third law of motion, momentum is conserved. That means what goes in, has to come out. That is why when you hit one marble into the stack, only one moves out. Momentum is kept the same. Same with two marbles. Two in, two pop out. But did you experiment with bigger marbles? You'll notice something strange when you do this. It is better explained with this next part of the experiment.



## **ANOTHER EXPERIMENT:**

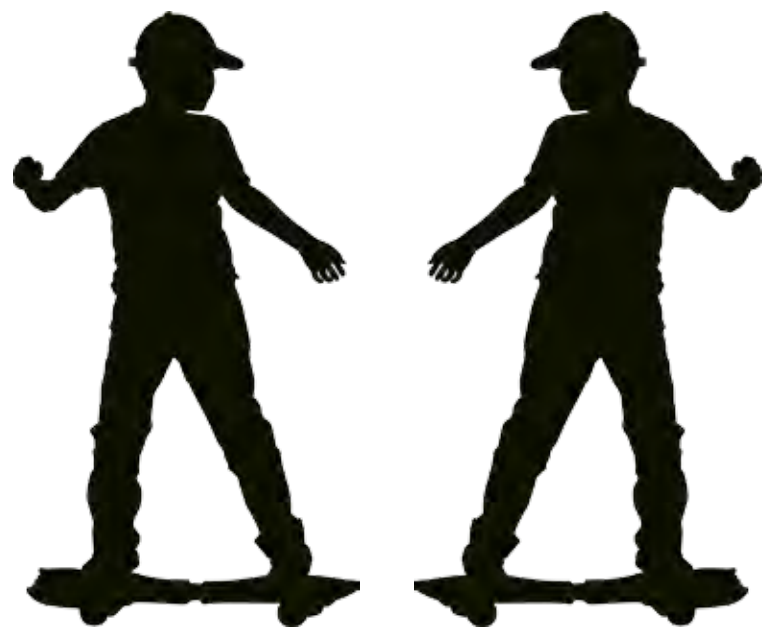
Set the two skateboards up right in line with each other (like two trains on a track).

Safety! Have two kids wear helmets.

Standing on the boards, the kids will face each other, hold their hands up to each other and one will push the other one away.

## **EXPERIMENT FURTHER:**

When one kid pushes, both kids move! Again, that is the "conservation of momentum." If the two kids are the same size, they should move the same distance and speed (although the board bearings play a big part in this, too). But what about different-sized kids? Maybe your mom stepped onto the board with you? Momentum is still conserved even though the smaller kids moves faster away. Both people still have the same momentum, it just looks different.





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Explore the giving page for more ideas at [www.rmh-cnj.org](http://www.rmh-cnj.org) or call 732-222-8755.

# Chapter Books For New Readers

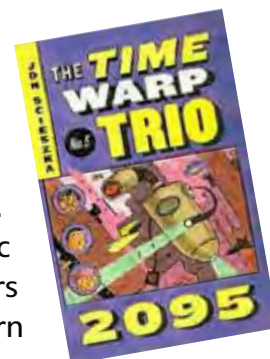
**Bink & Gollie** by Kate Dicamillo and Alison McGhee, proudly carries on

the tradition of friendship stories that I adored reading in Frog and Toad and George and Martha books. Yes, these two friends roller-skate and go on a sock-buying bonanza, but they also learn to get along despite their many differences. Tony Fucile's illustrations are colorful and cartoony. It's no wonder that he was a supervising animator on The Incredibles and Finding Nemo. The books in this series are short on text, but sport a diverse vocabulary. Having three separate stories in one volume will help children understand the concept of books with multiple chapters.



**Franny K. Stein** by Jim Benton, follows the adventures of a miniature mad scientist who prefers to decorate her room with bats and play with test tubes and beakers. Kids at school think Franny is a little strange, so she uses her scientific expertise to accomplish her most daring experiment of all: fitting in!

**In The Time Warp Trio** series by Jon Scieszka, three friends receive a magical book that allows them to travel through time. They may be ready to jump into the past, but history sure isn't ready for them. Scieszka's books are wonderfully anarchic as the boys take on knights, gladiators and cavemen, while offering their modern opinions every step of the way.



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