

**AUG.
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Child Watch Newsletter

Branch Vision: *To serve as the hub of our community for family, friends, fitness and faith*



R o a d T r i p B o r e d o m B u s t e r s

The family road trip can be a time to bond and learn about each other's interests and points of view — or an ordeal that makes you want to scream every time you hear "Are we there yet?" from your kids.

Road trips can be an fun, educational, sane experience with just a little planning, creativity, and preparation. Here are some ideas for games and activities to get your family revved up for a trip long on smiles and short on frustration.

Contest Craze

Hold an official family spelling bee or trivia contest using index cards to write down words or questions. Winners can earn trinkets, stickers, activity or coloring books, trading cards, food treats, money (the younger the child, the smaller the amount), or extra minutes of hotel pool time or stay-up-late time.

Good Ol' Games

Use the fallback road-trip games — 20 Questions, the License Plate Game, and I Spy. Or try the Alphabet Game (you pick a topic — say, animals — and a letter, then have everyone spout off animals that begin with A, like aardvark, antelope, ape). The best thing about this game is that kids can pick a topic of interest — cars, TV characters, countries, cities, foods, names, etc. — and there are 26 possibilities (one for each letter) for every topic.

Make the games into marathons, awarding special treats or trinkets to whoever wins each round. Then have lightening rounds or finals for extra-special awards

Road Trip Box to the Rescue

Find a sturdy cardboard box or hat box (one for each child) and paint the top with chalkboard paint (black or green). Stock the box with tons of handy-dandy arts and crafts items and play-things: chalk, chalkboard eraser, washable markers, crayons, pocket-sized coloring books, colored pencils, scrap paper, mini dry erase board, dry erase marker and cloth eraser, construction paper, stickers, stencils, colored pipe cleaners, Popsicle sticks, tape, colored tape, mini pom-poms, child-safe scissors, hole puncher, yarn, and small dolls or action figures.

Long road trips are a great time to put kids' imaginations to the test to create puppets, masks, journals, and more.

Team Storytelling

Ask each family member to create a line for a story (e.g., "There once was a boy name Hugh..."), then have everyone add a line until you're all stumped ("who lived in the town's biggest zoo" ... "he often had nothing to do" ... "so he decided to make an igloo" ... "with a big polar bear named Sue"...).

To make things really interesting, go as fast as you can, rhyme as much as possible, and take turns out of order (pointing to someone new each time). Write down the story as you go, then have kids create drawings to coordinate with your silly tale. When you're done, you'll have your own custom-made family story.

Reviewed by: Steven Dowshen, MD
Date reviewed: May 2009

For more great ideas visit: http://kidshealth.org/parent/positive/family/road_trip.html#





Upcoming Events Sherwood Family Triathlon

August 21, 2010

*** Free family BBQ and Skate
Park Fundraising**

Events start at 9:00am

Register at the Welcome Center!

**Visit: sherwoodtri.com for
more information or call Kelly
Marker at (503)925-8545**

Eating Healthy



Aim for fruits that start with the letter "p" this month. Both pears and peaches are in season, plentiful, and affordable this month. They are quick on-the-go fruits that make a tasty and sweet snack that can be enjoyed anywhere. Pears and peaches are good sources of fiber and have other mighty nutrients that have been found to be helpful for cancer prevention, and reducing cholesterol. Pears can be poached in water or baked in the oven. To poach fruit, bring water to a boil with a little lemon (a thin slice or two) and cinnamon and other spices (like nutmeg), once boiling, add cored pears. Turn heat to low and cook the fruit for 15 to 30 minutes. Peaches are a great fruit to bake. Both peaches and pears sliced make a sweet topping to any salad this season.

Visit: <http://www.ymca.net/healthyfamilyhome/newsletter.html>

Family Time

What is a fun example of a game that we can all do together that will increase our play time together as a family?

Most children and grown-ups can have fun with a form of "follow the leader". At any age it can be fun to have others in the family follow you while you run, walk or stroll. Each family member will follow suit and imitate your activities. This game can be done at the park, play ground, in your home, or while waiting somewhere. Have fun with each family member leading, and be creative in the activities that you have your family mimic. Include bear crawling, going in a circle, touching the ground, jumping up,



walking on something to mimic a balance beam, hopping on one foot, walking on the tips of your toes, all activities can be fun, and remember aim to keep everyone moving.

Visit: <http://www.ymca.net/healthyfamilyhome>

Trivia

By whom and when was basketball invented?

Answer: Dr. James Naismith, in the 1890's, first introduced in a YMCA!

*****Parent Reminder!!**

**For the safety of all children and families please check all snacks in with a staff member, any products that may contain nuts are prohibited!
Thank you!!**

LOVE

RESPECT

HONESTY

RESPONSIBILITY

SERVICE