

katy parent

Let it Go!

10 THINGS TO STOP
WORRYING ABOUT

FEVER?
when to call
the doctor

TURN OFF THE TV
**TURN ON
LIFE!**

SPRING
into Action!
14 WAYS TO CELEBRATE
EARTH DAY!

Your Source for Affordable Family Fun!

katy parent

NOTE FROM THE EDITOR

Spring has sprung, and the pollen has exploded! New life is all around us! Does your busy schedule have you feeling a little stressed and overwhelmed? Check out our feature article with 10 things to stop worrying about. We like to focus on family health each April and stress is not healthy for any of us, especially parents. We also have some fun ways to celebrate Earth Day and tips for how to step away from the TV and enjoy the life around us a little more.

Was your baby born in the Spring? Our Annual Birthday Party Guide will help you plan a celebration. And, with only two months left before summer, our handy dandy Summer Camp Guide is just what you need to finalize your kids' camp plans. Don't wait til the last minute!!

Wishing you a wonderful Spring! Get outside and enjoy the beautiful weather as much as your allergies will allow!



Kim Carlisle, Editor

COVER CUTIES!



Blakely is 6 and is a Kindergartener. She loves animals, gymnastics and is a 2024 Houston Livestock Show & Rodeo Mutton Bustin Champion (won on March 4, First Responder Night — their Dad is a Firefighter).

Bowen is 3 and in Pre-K. He loves anything monster trucks, playing with blocks, the color blue and eating candy 🍬 haha

ADVERTISE WITH US!

CONTACT SALES AT 281-480-3600
OR EMAIL ADVERTISING@SPACECITYPUBLISHING.COM

Katy Parent is trademarked. Reader correspondence and editorial submissions are welcome. We reserve the right to edit or reject all submissions. Reproduction in whole or part without express written permission is prohibited. Advertisers assume all liability for content of their advertisement. Publisher assumes no responsibility should false or misleading advertising appear. Katy Parent is distributed free of charge. Copyright 2024 Katy Parent and its licensors. Katy Parent is a publication of Space City Publishing, LLC. Please contact us at 281-480-3600 or editor@spacecitypublishing.com for more information.

FACT:

Sensory play helps fuel a child's curiosity about the world.



BALANCED LEARNING® WAY:

Hello H2O!

CALL FOR A TOUR.

Primrose School of Cinco Ranch | PrimroseCincoRanch.com
Primrose School of Kelliwood | PrimroseKelliwood.com
Primrose School of North Mason Creek | PrimroseMasonCreek.com
Primrose School of West Cinco Ranch | PrimroseWestCincoRanch.com
Primrose School of Woodcreek Reserve | PrimroseWoodcreekReserve.com

Each Primrose school is a privately owned and operated franchise. Primrose Schools® and Balanced Learning® are registered trademarks of Primrose School Franchising Company, LLC. Primrose School Franchising Company, LLC. All rights reserved. See primroseschools.com for "Your" balance and curriculum details.

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

Come Dance With Us!

SUMMER SESSION: JUNE 4 – JULY 17

Dance Camps • Theatre Camp
Dancing Day Camps • Guest Artist Series
Dance Workshops



**ROBIN'S
DANCE
STUDIO**

for the love of dance

*Celebrating
51 years
in business!*

281-499-3921 • www.robinsdancestudio.com
3643 Glenn Lakes Ln. @ Hwy 6 – Missouri City



TURN OFF THE TV TURN ON LIFE!

On average, children in the US will spend more time in front of the television than in school this year. Here are just a couple of great reasons to join thousands of families across the nation in **National TV Turnoff Week the last week of April.**

7 FUN THINGS TO DO INSTEAD OF WATCHING TV:



TAKE A HIKE

Explore your neighborhood or a local park. Gather sticks and stones along the way to make a nature craft with when you get back home. Visit www.familyfun.com for cute ideas.



STORYTIME

Gather round, get cozy and read aloud a chapter book. Take turns reading chapters to keep it fun for all.

Nothing is more
correlated with
CHILDHOOD OBESITY
than the amount of
television a child
watches.



FAMILY GAME NIGHT

Try a new game or enjoy an old favorite. Even old classics with a deck of cards can bring hours of fun!



PET A PET

Take "Fido" for a walk, or visit an animal shelter to see if you can help walk or pet the animals.



GET CREATIVE

Make a family work of art. It's easy, paint your feet and walk across a canvas or just give everyone a paint brush and let them use their imagination!



COOK UP SOME FUN

Put each family member in charge of something- salad, dessert, setting the table, etc...



PACK A PICNIC

Go to the park, eat a picnic dinner, feed the ducks, fly a kite, blow bubbles... just have fun!

Your body
actually
**BURNS
FEWER
CALORIES
SITTING
WATCHING
TV**
than sitting
in a room
staring at a
blank
TV screen.

NEED MORE IDEAS FOR FAMILY FUN?

Check out this month's
Fun-Time Calendar!

Each day is packed with
family friendly events
for kids of all ages!



- Voted one of North Dallas' Top Pediatricians
- Former Medical School Faculty
- Mother of three boys
- Conveniently located next to the new Memorial Hermann Sugar Land Hospital



Hanh Nguyen, M.D.
Board Certified Pediatrics

"Caring For Your Child
Through the Years
is Our Specialty"

17510 W. Grand Parkway South, # 580

(281) 341-9600

www.tykestoteens.net

The Best STEM Camps!



Where Science & Technology Connect!

Katy • Sugarland • Bellaire

Full day Camp 9 am - 4 pm • PK-7th
Before and After School Care

\$10 DISCOUNT
USE CODE SPACE10
(Can be combined with multi
week and sibling discounts.)



<https://houston.clubscikidz.com>

Let it Go!

10 THINGS TO **STOP WORRYING** ABOUT

by Lara Krupicka



Parenting: the toughest job you never trained for. The pressure we put on ourselves to get it right, whatever that means, can leave us bumping up against anxiety at every turn. But allowing our worries to intrude on our parenting can backfire. Researchers at the University of Arizona found kids of overinvolved parents had poorer coping skills and a greater sense of entitlement.

The good news? We're better parents when we worry less and let go more. Here are ten things you can drop from your list of worries:

YOU'LL FORGET - A PROMISE, A BIRTHDAY, A PLAYDATE.

Any time we fail to remember something our kids are counting on us for can be an occasion for guilt. But it happens. When you do forget, do your best to make it up to your child without going overboard. And ask them to help you come up with a new strategy for remembering. Then follow it.

YOU DON'T SPEND ENOUGH TIME WITH YOUR CHILD (or you don't spend enough one-on-one time).

Most parents think this from time to time, unless they're home with their kids 24/7. When that guilt springs up, it may be signaling a need for change in your schedule. Pull out the calendar and plan a special date with your child. Or look for new ways to maximize the time you do have.

YOU'LL MISS YOUR CHILD'S GAME/RECITAL/CONFERENCE/ PERFORMANCE.

Unless this is a habitual occurrence, join the ranks of parents everywhere in your distress. It's difficult to be multiple places at one time and chances are you're going to miss an event. But if you're present for your child in the everyday moments, pat yourself on the back. You're doing well. And if you know you'll miss the special time beforehand, have someone record it. Replay it later with your child.

YOU SOMETIMES WANT TO DO YOUR OWN THING, MINUS KIDS.

This doesn't mean you are a bad parent. Rather, it is a reminder that you are a human being with your own interests and needs. Taking time away from the kids isn't a sign that you don't love them. It's a sign that you love them enough to want to be your best self when you're with them by refueling in ways most suited to you. Occasionally those ways don't include the kids.

YOUR CHILD DOES NOT HAVE THE LATEST, GREATEST [FILL-IN-THE-BLANK].

It is easy to feel deficient as a parent when you can't (or won't) give your kids all they ask for. But consider what you do provide for your child - food, clothing, security, love. Banish the guilt by working together as a family to regularly recount all you can be grateful for.

YOUR CHILD WON'T THRIVE - AT SCHOOL, IN FRIENDSHIPS, IN EXTRACURRICULAR ACTIVITIES.

Each of us meets our match in one arena of life or another. Kids are no different. Remember any challenge that comes your child's way provides an opportunity for growth. Do your best to support them. If necessary provide extra time and resources for a season. Then demonstrate your confidence by encouraging your child to navigate on their own or with assigned helpers using the skills they have been taught.

YOUR CHILD'S DIET.

Is your child growing? Is he healthy? Does he have enough energy? Then you're probably feeding him well enough. If you're truly concerned, track your family's diet. Search out healthier alternatives and gradually introduce changes. We could all use a tweaking of our food habits on occasion.

THE UNTHINKABLE WILL HAPPEN.

It's hard not to see headlines about the latest tragedy and not fear for your own family. But those worries don't serve anyone. Remind yourself to control what you can: provide a safe environment for your family and educate your child on how to stay safe in a variety of settings. Let go of the rest.

THAT MISTAKE YOU MADE WILL SCAR THEM FOR LIFE.

You forgot to send treats on their birthday. You didn't know the school gym uniform was mandatory. We all goof from time to time. And sure, your child may not forget. Instead it could end up being the source of laughs for years to come. A "remember the time" moment.

YOU'RE NOT DOING A GOOD ENOUGH JOB AS A PARENT.

The fact that you worry this at all is a strong indicator you're an invested parent. You are giving it your best. Trust that in spite of any failings, your child knows you are trying. Your love and concern counts for a whole lot more than you realize.

**BABY SHARK'S
BIG
BROADWAY
TOUR!** pinkfong

© The Pinkfong Company, ©2024 Viacom.
A VSTAR ENTERTAINMENT PRODUCTION

nickelodeon.

THE HOBBY CENTER SAROFIM HALL • APRIL 3 & 4
LAST CHANCE FOR TICKETS! • BABYSHARKONTOUR.COM

So...How's your air conditioning?



We now offer Heating & AC Services

The
KATY PLUMBING
Company
HEATING & AIR

www.yourkpc.com • 281-646-1700

MPL 36673
TACL800119162E



7746 Hwy 6
Missouri City, TX 77459
(832) 833-0030



**We do more than just
care for your child.
We teach life skills to
navigate a complex world.**

We teach:
Respect of Others
Self-Discipline
Focus
Goal Setting
Leadership Skills
Healthy Activity
Rewards for Hard Work



Bushy Ban Sienna Benefits:

Great Home School PE Alternative
Free Uniform
Multi-Child Family Discount
Seasonal Holiday Activities
Parents Night Out



April

FAMILY FRIENDLY EVENTS

April 2

Toddler Tuesday La Centerra

Spend your first Tuesday of the month with your little one at Toddler Tuesday Presented by The Village School. This month Westwood Gymnastics will lead the class with a complimentary playtime session for kids 3 and under.

<https://www.lacenterra.com/events/toddler-tuesday/>

April 5

Open Gym Westwood Gymnastics

Open Gym Offers Parent's a Night Out and Kiddos 4 Awesome Hours of FUN!
Ages 3 and up (Potty Trained)

7-11pm

\$20 preregistered, \$25 at the door
www.westwoodgym.com/open-gym

Tumble Clinic

Republic Gymnastics and Dance

Don't miss your chance to get extra tumbling practice in at our Tumbling Clinic offered one Friday a month.

7-9pm.

www.republicgymnastics.com/special-events

Playdate

Westwood Gymnastics and Dance

Ages 3-5 years (Potty Trained)

9 am- 1 pm

www.westwoodgym.com/events-calendar

Mommy Mingle Friday

Children's Museum Houston

Every First Friday of the Month During the School Year. Get ready for an exhilarating morning of laughter and connection! Indulge in complimentary coffee and breakfast delights courtesy of us (while they're still available), while you forge friendships with fellow moms in a vibrant atmosphere. Bring along your little explorers for an unforgettable playtime adventure at Tot*Spot, our exclusive haven designed for children aged 35 months and

under. And here's the best part – daddies, nannies, and caretakers, you're all warmly invited to join in the fun too!

10 am

www.fb.me/e/69KE7l0Un

April 6

Kids Workshop- Lattice Planter Home Depot

Join us the first Saturday of each month between 9 am – 12 pm for free in-person Kids Workshops. While supplies last.

9 am-12pm

www.homedepot.com/workshops/

Art in the Bend

Historic Richmond Foundation

Art in The Bend welcomes the spring season as the first of three annual festivals brought to Morton Street in Richmond Texas by the Historic Richmond Association (HRA). This one-day event brings local fine art artisans, a Motor Madness car enthusiast show and introduces a one-of-a-kind festival that welcomes your four-legged best friends to join the festivities with Cisco Tucker's Bark in the Park competition.

10 am- 5 pm

www.richmondtx.gov/Home/Components/Calendar/Event/8437/313?curm=4&cury=2024

April 7

Egg Hunt

The Little Gym of Sugar Land/Missouri City

Come and join us for our annual Egg Hunt here at The Little Gym of Sugar Land! Help us find eggs all over the gym and possibly find the BIG GOLDEN EGG with an awesome prize inside! After doing all that hunting, maybe enjoy some tasty snacks while doing some pretty special arts and crafts! The party can't HOPPIN' without you! Your favorite coach can't wait to see you!

1:30-3 pm

www.thelittlegym.com/texas-sugar-land-missouri-city/events-more/

Hermann Park Conservancy Kite Festival

Hermann Park Hill

Hermann Park Conservancy's Kite Festival will bring a day full of fun and, of course, kite-flying to Hermann Park.

From 10 a.m. to 3 p.m. at Miller Hill and along the Jones Reflection Pool, activities will include live music, a DJ, interactive games and activities, face painting and more.

10 am-3 pm

www.fb.me/e/1oXcbDnSQ

April 8

Sensory Friendly Day Fort Bend Discovery Center

Sponsored by FLUOR- Children with autism spectrum disorder and their families are invited to experience the Fort Bend Children's Discovery Center with dimmed lights, limited extra sounds, and no distracting motions during this private event. Extra signage is added to help visitors determine things not to climb on, and entrances between exhibits where it is good to stop and wait for an adult before continuing. Our Sensory Friendly Days offer a wonderful relief from extra stimuli. These exclusive events include the following modifications:

Less crowded environment

Light and sound reduction

Extra visual safety signage

Designated quiet rooms

10 am- 2 pm

www.fb.me/e/u0zC2rdXz

April 12

Food Truck Fridays at Pecan Grove Farmers and Artisan Market

Join us for an exciting evening at Pecan Grove Farmers and Artisan Market for our first Food Truck Fridays! Experience a variety of delicious cuisines from local food trucks, live entertainment, and light alcoholic drinks, while enjoying the vibrant atmosphere with friends and family.

6-9pm

www.fb.me/e/3cm08H5Fg

The Ultimate Karaoke Party **City of Katy -Historic Downtown**

7-10 pm
www.cityofkaty.com/Home/Components/Calendar/Event/19093/161?curm=4&cu ry=2024

April 12

Parent's Night Out **Republic Gymnastics and Dance**

Do you need a night out without the kiddos; are you looking for an exciting and safe environment for the kids to have fun, run, jump & play? Parent's Night Out is on select Friday nights. Ages 3 and up(Potty Trained)
6:30-10:30pm
www.republicgymnastics.com/special-events

Flip Flop Clinic **Westwood Gymnastics**

Ages 6 and up
7-9 pm
www.westwoodgym.com/events-calendar

April 13

Chess Fest **Sugar Land Town Square**

Chess Fest welcomes all casual and avid chess players and chess enthusiasts! Numerous walk-in activities, chess tables, and chess-themed activities plus grand master challenges and a blitz tournament make up this fun annual event.
10am-3pm
www.sugarlandtownsquare.com/events/chess-fest/

April 11-14

Disney on Ice Magic in the Stars **NRG Park**

www.nrgpark.com/event-calendar/

April 19

Open Gym **Westwood Gymnastics**

Open Gym Offers Parent's a Night Out and Kiddos 4 Awesome Hours of FUN!
Ages 3 and up(Potty Trained)
7-11pm
\$20 preregistered, \$25 at the door
www.westwoodgym.com/open-gym

Toddler Time **Westwood Gymnastics and Dance**

www.westwoodgym.com/events-calendar

April 20

Kids Workshop-Garden Cart Planter **Lowes**

Kick-off spring with your little builder as they create a garden cart planter. Kids can grow new skills and take home a fun garden project just in time to start some seeds!
10 am-1 pm
www.lowes.com/events/register/garden-cart-planter

Touch -A- Truck **City of Rosenberg /Rosenberg Civic Center**

Touch-A-Truck is a unique, interactive outdoor family festival that allows children to explore and discover their favorite big trucks and vehicles! Touch-A-Truck begins at 10 a.m. and ends at 1 p.m. For children with sensory sensitivities, we will have a quiet hour from 10 a.m. to 11 a.m., with no loud noises or flashing lights allowed. We'll also have a food truck and ice cream truck for your enjoyment!
10 am-1 pm
www.rosenbergtx.gov/701/Touch-A-Truck

April 20-21

Spring Market of Katy **Merrell Center**

Spring into the new season with us & enjoy 2 days of shopping at Katy's Original Gift Market! Shop with 130+ small businesses on TWO FLOORS!
Find one-of-a-kind & unique gifts for Mother's Day, Graduation, spring décor, summer fashions & more!
Saturday 10 am-6 pm and Sunday 11 am-4 pm
Katy Merrell Center
6301 S Stadium Ln, Katy, TX 77494
General Admission - \$5, good all weekend & free parking! Children 12 and under are free.
www.fb.me/e/1XqWpZ2Jk

April 26

Safari Slumber Party Parents' Survival Night **Little Gym of Katy**

Come in your PJ's and be ready to PARTY The Little Gym Way! Safari adventurers are welcome to wear their pajamas during this outrageously fun escapade! Safari games, challenges, and crafts will make this Slumber Party one to remember.
Ages 3-12 (Potty Trained)
6:30-9:30 pm
www.thelittlegym.com/texas-katy/events-more/

Music on the Square **Queen of Tejano**

Don't miss a tribute to the Queen of Tejano as you dance the night away in the Plaza! Sing a-long to her most popular songs and grab a bite to eat at your favorite Town Square restaurant before or after the show.
7:30-9:30 pm
www.sugarlandtownsquare.com/events/music-on-the-square-queen-of-tejano/

April 27

Art Market and Home Show **Cross Creek Ranch**

The Art Market will showcase paintings, ceramic woodwork, jewelry and other handcrafted items. Enjoy live music, local art and face painting for the kids. Find your dream home in Cross Creek Ranch by touring 15+ Model Homes from 6 award-winning builders!
11 am-3pm
www.crosscreektexas.com/artmarket



Dewberry Farm Spring Fest

March 9- April 28 Tickets at DewberryFarm.com
 Egg Hunts • Meet the Easter Bunny • Farm Animals • 40 Rides & Attractions!



Join us for our Spring & Summer Girls Camps!

Sugar and Spice Ranch is a camp for girls only! We specialize in creating a positive bonding experience through a variety of horseback riding activities!

Offering:

- Camps for girls only ages 8+
- Camps for girls (ages 5+) & their moms
- Women-only weekends
- Family weekends

Sugar and Spice Ranch
"Bonding Mothers & Daughters Through Horses"
 830.460.8487
www.TexasHorseCamps.com



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

Back to Living an Active Life

- Nasal & Eye Allergies
- Sinusitis
- Asthma
- Recurrent Infections
- Eczema
- Stinging Insect Allergy
- Food Allergies
- Hives & Swelling

Now Accepting New Patients • Children & Adults
 Same day or next day appointments available
 Joseph R. Perez, M.D.
281.645.6401
www.aachou.com

Main location:
 14090 Southwest Fwy., Suite 306
 Sugar Land, TX 77478

Greatwood location:
 17510 W. Grand Parkway S., Suite 585
 Sugar Land, TX 77479



SUMMER CAMP GUIDE

● BENEDICTINE TUTORS

Full-Day and Half-Day Math & English Prep camps for students entering K-8th grades. Math Morning Camps include additional STEM activities such as Coding, Robotics, and Science Labs. English Afternoon Camps include prep with Reading Comprehension, Spelling and Creative Writing. All Camps run Mon-Thurs and help students prepare for the coming school year. Benedictine Summer Camps are individualized and designed to build upon previous camp attendance so the longer a camper attends, the more preparation they are able to achieve! Sibling Discounts are available! Ages 5-13. Half-Days (9am-12pm & 1-4pm) and Full-Days (9am-4pm) available.
www.benedictinetutors.com/katy-summer-camp
832-588-4408

● BUSHI BAN INTERNATIONAL

Our Summer Camp Program is a fitness & self-defense program for children of all ages and fitness levels teaching multi-disciplinary techniques of martial arts including karate, Jiu Jitsu, kickboxing & ground grappling.
www.BushiBan.com
832-833-0030

● CAMP ALLEN

We provide a fun & unique environment for young people to cultivate friendships, experience personal growth, and learn about the unconditional love of Jesus Christ. (1 hr from Houston)
www.CampAllen.org
936-825-7175

● CENTURY FINE ARTS

Join us for a musical Summer!
281-201-2991
www.centuryfinearts.com

● CHALLENGE ISLAND

Where Engineering Meets Imagination! Challenge Island Camp is a magical place where children are inspired to imagine, create, and experiment in the STEAM world. Engineering battery operated vehicles, Experimenting in our Imagination LAB or Learning to be an Entrepreneur, innovative and fun challenges are awaiting every camper! Ages 5-13yrs Location 1: Church of Holy Apostles- Location 2: Cinco Ranch Lakehouse
www.challenge-island.com/nwhouston-katy
281-901-1034

● CLUB SCIKIDZ HOUSTON

Club Scikidz Houston is Houston's premiere summer science day camp. CSPH provides authentic, immersive, and application-based experiences. The experiences have loads of engagement, are fun, and planned with plenty of hands-on science (S), technology (T), engineering (E), art (A) and mathematics (M) opportunities.

Variety of summer camps for kids Pk- 7th grade offered. After School Child Care is offered
Locations: Katy, Sugarland and Bellaire.
www.houston.clubscikidz.com

● EVERBROOK ACADEMY

Spend your summer at Camp Everbrook! Campers enjoy fun and learning all summer long, with a variety of weekly camp themes and interesting visitors. With our theme experiences, you can be an artist, explorer, zoologist, time traveler, or anything you want to be! 832-239-1748
www.everbroomacademy.com/programs/summer-camp

● INSPIRATION STAGE

Fun camps, advanced intensives and electric shows! 713-302-5329
www.inspirationstage.com

● KATY YOUTH SOCCER

Spring and Summer Soccer Programs. The emphasis is on fun and learning how to play soccer for ages 5-19.
www.KatyYouthSoccer.com
281-392-5970

● PRIMROSE SCHOOLS

At our Summer Adventure Club, children become engineers, artists, explorers & more as they discover the joys of design thinking, a fun and innovative way to learn. Engineering design challenges, experiments & themed activities await as children unlock new ways of thinking, all while having a blast!
www.PrimroseSchools.com
Cinco Ranch: 281-693-7711
Kelliwood: 281-828-1600
North Mason Creek: 281-492-7400
West Cinco Ranch: 281-347-1212
Woodcreek Reserve: 281-731-0099

● ROBINS DANCE STUDIO

6 week summer program for all ages and several styles of dance – come share the love of dance with us! Summer Dance Session
Theater Camp
Choreography Camp
Princess Camp
Ages 3-adult
www.RobinsDanceStudio.com
281-499-3921

● STARS GYMNASTICS SPORTS CENTER

Spring Break and Summer Camps!
A fun & safe environment for ages 4-12 learning gymnastics & participating in group games and activities. Gymnastics, Ninja, Open Gym, Games and Crafts. Full & half day available.
www.StarsGymTX.com
713-364-2631

● SUMMER SCIENCE SAFARI CAMP

Where science and summer fun meet! We help students envision their future by taking them places where science actually happens every day! Field trips to places where science really happens, every day! 832-305-8572
www.SummerScienceSafari.com

● THE HONOR ROLL SCHOOL

Providing children opportunities to explore, discover, make new friends and learn new skills. The outstanding counselors set the tone for an unforgettable experience with their talent, creativity and leadership. Campers are encouraged to reach for new heights and to expand their horizons and interests. In addition to traditional day camp, academic camps and specialty camps are wonderful ways for students to focus on kindergarten prep, drone aviation, engineering, movie making, sports and much more. Preschool - 8th grade.
www.TheHonorRollSchool.com
Sugar Land 281-265-7888
Riverstone 832-402-8215

● THE SUGAR & SPICE RANCH

Mother/Daughter or All Girl Camps. Our summer camp sessions run from Saturday through the following Friday every week from Memorial Day weekend through Labor Day weekend. No Technology Allowed!
www.TexasHorseCamps.com
830-460-8487

● VICTORY CAMP

Amazing summer camp experience that's close to home! All the activities your kids love in a fun Christian camp environment. Corcl Boats, Go Carts, Gymnasium, Lake Blob, Rope Course, Swimming Pool, Train Rides, Volleyball Court, Water Slides, and Zip Line! Kids Day Camp- Grades 1st-4th; Overnight Camp- Grades 3rd-5th; Junior High Camp- Grades 6th-8th.
www.victorycamp.com
281-338-Camp (2267)

● VILLAGE TREE LEARNING COMMUNITY

Summer Program
Ages: 6 weeks - 6 years
Educators implement different learning styles to enhance each student's experience to academic success which includes cooking; arts (music, drama, dance/movement and visual art); gardening; outdoor learning; and 21st century technology in the classroom.
www.villagetreelourway.com
281-302-5080

Fort Bend ONGOING EVENTS

Sundays

Sugar Land Town Square Sundays in the Square Yes Yoga

These FREE yoga classes will be led by Erin Cummings, owner of YESyoga, and will be a 60 minute vinyasa based class open to all levels of yogis. Please bring your own mat and water, no mats will be provided.

www.sugarlandtownsquare.com/event/sundays-on-the-square-with-yesyoga/all

Jazzy Sundays in the Park

Jazzy Sundays in the Park include free performances at The Water Works in Buffalo Bayou Park. The concert series, made possible by the Kinder Foundation, celebrates the legacy and evolution of jazz in Houston. Held at Buffalo Bayou Park www.buffalobayou.org/event/jazzy-sundays-in-the-park-buffalo-bayou-park/2021-11-14

Michaels Make Break

2-4 pm

www.michaels.com/instoreevents

Mondays

Playtime in the Plaza with Jolly Trolley

The tremendous, tumbling, tossing, traveling trolley is coming to Town Square every Monday! Welcome aboard a trolley to enjoy a magical moment of play for up to two hours. Drop the kids off and enjoy some afternoon me-time while they watch your children.

12-2 pm Ages 18 months to 5 years

Fee \$15 for 30 minutes, \$20 for 1 hour.

www.sugarlandtownsquare.com/event/playtime-in-the-plaza-with-the-jolly-trolley/all/

Sugar Land Branch Library Middle School Program

3 pm

Sienna Branch Pajama Night Story Time

6:30 pm

University Branch School Age Programs

2:30 pm

Tuesdays

Mission Bend Middle School Program

1st and 3rd Tuesday at 2 pm

University Middle School Programs

2nd and 4th Tuesdays 2:30 pm

Cinco Ranch Pajama Story Nights

1st and 3rd Tuesdays 6 pm

Tuesdays and Wednesdays

Fulshear Branch Family Storytime

10:30 am

Fulshear Branch School Age Program

2 pm

Tuesdays, Wednesdays and Thursdays

Storytimes

Sienna Branch Family Storytime 10:15 am

First Colony Branch Family Storytime 10:15 am

Mission Bend Branch Family Storytime 10:15 am

University Branch Family Storytime 10:30 am

Tuesdays and Thursdays

Sugar Land Branch Library Family Storytime

10:30 am

Wednesdays

Sugar Land Branch Library Family Programs

5 pm

Mission Bend Branch Pajama Night Storytime Every Other Wednesday

6:30 pm

Albert George Branch School Age Programs

3 pm

Cinco Ranch Branch School Age Programs

2-3 pm

Wednesdays and Thursdays

George Memorial Branch Family Storytime

10:15 am

Albert George Branch Family Storytime

10:15 am

Cinco Ranch Branch Family Storytime

10:15 & 11:30 am

Thursdays

FREE Thursdays at Houston Museums

The Museum of Fine Arts, Houston courtesy of Shell Oil Company

5-9 pm

www.mfah.org/visit/visiting-mfah-free

The Health Museum

2-7 pm

www.houmuse.org/visit/the-health-museum

Houston Museum of Natural Science

Permanent Exhibits Free on Thursdays

2-5 pm

www.houmuse.org/visit/houston-museum-of-natural-science/

Children's Museum Houston

5-8 pm

www.cmhouston.org

George Memorial Pajama Night Storytime

6 pm

First Colony Branch Middle School Program

Every Other Thursdays 3 pm

Mission Bend Branch School Age Programs

3 pm

Albert George Branch Middle School Program

2nd Thursday 2 pm

Cinco Ranch Branch Middle School Programs E

very Other Thursday 3 pm

Fridays

Free fitness in the Plaza

Sugar Land Town Square Boot Camp with Cida Fitness 9-10:00 am, Mommy & Me with Inspired Fitness 9:30 - 10:30 am, Zumba with Cida Fitness 10 - 11:00 am

HIIT (High-Intensity Interval Training) workout with F45 Sugar Land! Join F45 Training for a 45-minute HIIT workout that is fast, functional and results driven. The workout will include body weight exercises that are scalable to all fitness level.

Discounts on memberships will be offered to all participants – start your weekend on the right note with this FREE lunch-time workout!

Fridays at 11-11:45 am

www.sugarlandtownsquare.com/events

Saturdays

Saturday Farmers' Market Fulshear, TX

The Fulshear Farmers' Market offers a vast array of produce and food products that were grown or produced within a 200 mile radius of Fulshear. The lineup includes seasonal vegetables and fruit, fresh seafood, Artisan breads, pastured Red Wattle pork, Dorper lamb, Certified Grassfed Wagyu beef, farm eggs, free range chicken, pies, cookies, pastas, granolas, dried fruit and nuts, Houston Chili Pepper Festival award-winning salsas, soaps, toiletries, Cold-pressed juices, local honey, fresh quail and quail eggs, pecans, local wines, kombucha, BBQ sauces, pickles and canned goods, Indian food, heat and eat meals, locally roasted and blended coffees, plants, and more. You will always find a delicious food truck or two, as well.

www.fulshearfarmersmarket.com

Kids Workshops at Home Depot

1st Saturday of the month

Keep kids engaged with projects and activities. Pick up your free Kids Workshop Kit on the first Saturday of each month between 9 am - 12 pm from your local store or order online – while supplies last. 9 am-12 pm

www.homedepot.com/c/kids?cm_sp=vanity_-Kids-_JUL20

Katy ONGOING EVENTS

Sundays

Jazzy Sundays in the Park

Jazzy Sundays in the Park include free performances at The Water Works in Buffalo Bayou Park. The concert series, made possible by the Kinder Foundation, celebrates the legacy and evolution of jazz in Houston. Held at Buffalo Bayou Park
www.buffalobayou.org/event/jazzy-sundays-in-the-park-buffalo-bayou-park/2021-11-14/

LaCenterra Farmers Market

2nd and 4th Sunday of the month.
11 am- 3 pm
www.lacenterra.com/events

Sunday Night Live

City Centre
Sunday nights are live in CITYCENTRE's plaza! Enjoy live music each Sunday with a line-up of inspirational artists. 3-6 pm
www.citycentrehouston.com/event/aug-7-sunday-night-live

Michaels Make Break

2-4 pm
www.michaels.com/instoreevents

Tuesdays

Library Story Times

Maud Smith Marks Preschool Storytime 10:15
Katy Branch Library Baby Storytime 10:30 am
Cinco Ranch Branch Pajama Story Nights
1st and 3rd Tuesdays 6 pm
www.hcpl.net

Wednesdays

Library Story Times

Maud Smith Marks Infant Storytime, 10:15 am
Katy Branch Library Potato Tots Storytime on 1st and 3rd Wednesday at 10:30 am
Katy Branch Library Preschool Storytime 2nd and 4th Wednesdays at 10:30 am
Cinco Ranch Branch, School Age Programs 2-3 pm (Starting June 8)

Wednesdays & Thursdays

Cinco Ranch Branch Family Storytime
10:15 and 11:30 am

Wednesday and Friday

Yoga on the Green

9 am
Yoga classes will be held every Wed and Friday at 9 am. Please check with your doctor before participating in these or any other exercise classes. Don't forget to bring your mat, a towel, and a bottle of water.
www.katy.com/events/event_details.php?event_id=5578&event_date_id=26714

Thursdays

Laughter Yoga at Central Green

FREE 9-10 am
www.katy.com/events

FREE Thursdays at Houston Museums

The Museum of Fine Arts, Houston courtesy of Shell Oil Company
5-9pm
www.mfah.org/visit/visiting-mfah-free
The Health Museum
2-7pm
www.houmuse.org/visit/the-health-museum
Houston Museum of Natural Science
Permanent Exhibits Free on Thursdays
2-5pm
www.houmuse.org/visit/houston-museum-of-natural-science/
Children's Museum Houston
5-8pm
www.cmhouston.org

Library Story Times

Maud Smith Mark Branch Toddler Storytime 10:15 am
Cinco Ranch Branch Middle School Programs
Every Other Thursday, 3 pm
www.hcpl.net

Fridays

Fun and Fitness Gymnastics - Friday Night Fun!

7:30-10:30 pm
Bring the kids in for some Friday night fun!
Ages 5+, Members: \$15 Non-members: \$20
Team: \$10
www.funfitgym.com

FREE Yoga on the Green

www.katy.com/events

Fridays & Saturdays

Live Music in the Plaza

City Centre
Come enjoy live music in the plaza every weekend*! A new line-up with performance times is posted every week; enjoy a wide range of sounds, from smooth jazz to pop, and classic rock to country. 6-9 pm
www.citycentrehouston.com/event/aug-5-live-music-in-the-plaza

Saturdays

Saturday Farmers' Market Katy, TX

Free Farmers Market On Grand Parkway
Come meet the hands that feed you. We offer you local sustainably grown produce, locally raised meats, farm fresh eggs, local raw honey, freshly baked bread & baked goods, jams & jellies, spices, snacks, multi-cultural foods, Artisan crafts & gifts, handmade soaps & spa products, Texas-raised herbs, flowers, plants and much more!
We Grow It, Bake It and Make It! We are your friendly neighborhood Farmers' Market!
Leashed pets welcome.
www.fb.me/e/1WaiEPSrh

Katherine Tyra Branch Library at Bear Creek Family Storytime Wagging Tails with a Certified Therapy Dog!

Every Saturday at 10:30 am

Kids Workshops at Home Depot

1st Saturday of the month
Keep kids engaged with projects and activities. Pick up your free Kids Workshop Kit on the first Saturday of each month between 9am - 12pm from your local store or order online - while supplies last.
9am-12pm
www.homedepot.com/c/kids?cm_sp=vanity_-Kids_-JUL20

Active Play & Dance

BUSHI BAN MARTIAL ARTS

At Bushi Ban Martial Arts, we understand how exciting birthdays are, especially for kids. That's why we go above and beyond to make sure every party is the best one yet! Perfect for all ages, your child and all their friends will have the time of their lives!

www.bushiban.com/martial-arts-classes/Texas/Missouri-City/2815
832-833-0030

IRON CROSS GYMNASTICS

Our birthday parties are awesome! We make sure that each and every child has an extraordinary experience! Birthday parties are booked on Saturdays. Time selections are 12pm, 2 pm, 4pm, or 6pm. Call and get your party reserved today!

www.ironcrossgymnastics.com/services/birthday-parties
281-342-4766

OLYMPIA GYMNASTICS & TUMBLING

Every child will jump, tumble, flip and play through an hour of gymnastics related activities and games. They will spend the remaining 30 minutes in your party area feasting on birthday cake! Book your birthday or team party soon, they sure go fast! www.olympiatrix.com
832-321-7100

NINJA KID WARRIOR

Ninja-Kid Warrior Party (Ages 4-13 years old) 1-hour of ninja play, 30 minutes for party. Two coaches will lead and supervise fun challenges & group activities designed for their age and skill level. All participants will get to try some of the American Ninja Warrior obstacles as seen on TV.

www.ninjakidwarrior.com
281-980-3030

SUGAR LAND GYMNASTICS & SIENNA GYMNASTICS

A full hour of gym time filled with fun games and more! Thirty minutes in our party room for food and cake! No need to stress about set up or clean up parents, that is also included!

www.sugarlandgymnastics.com
281-240-0999

SUGAR LAND SKEETERS

Birthdays at the Ballpark! Celebrate your birthday at Constellation Field! No Worries, No Clean Up. We do all the work! Check out our available packages and book your party today!

www.sugarlandskeeters.com/groups/birthdays

Animals

MOODY GARDENS

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

THE HOUSTON ZOO

www.houstonzoo.org
713-533-6500

STEM & Educational

CHILDREN'S MUSEUM OF HOUSTON

www.cmhouston.org
713-522-1138

FORT BEND CHILDREN'S DISCOVERY CENTER

www.Childrensdiscoveryfb.org
832-742-2800

LONE STAR FLIGHT MUSEUM

Get ready to soar in for a party that will not soon be forgotten! Recommended for ages 6 and up, packages include museum access, party room, and knowledge hunt. www.lonestarflight.org
1-888-FLY-LSFM (359-5736)

SEA STAR BASE GALVESTON

With four conference rooms overlooking the bayou, a reception hall with panoramic views, and outdoor spaces on our pristine waterfront, your next event is sure to be a hit! Receive 5% off your rental with promo code: PARENTEVENT5 www.ssbgalveston.org/specialevents
409-572-2560

Video Game

MAIN EVENT

Main Event throws EPIC birthday parties for kids! The most FUN you can have under one roof! www.mainevent.com
Stafford 281-313-7200

CONNOLLY DANCE ARTS

Your child will enjoy being the star of the class, and everyone who attends will enjoy being a dancer for the day! Choice of ballet, jazz, musical theater or hip-hop themed parties. Parties are 1.5 hours long and can be hosted on Saturdays and Sundays.

www.connollydancearts.com/studio-rental/birthday-parties/
281-693-1232

REPUBLIC GYMNASTICS & DANCE

We offer an AMAZING Party that kiddos of all ages will love and that is super simple for the host! 1 hour of play time that includes all sorts of activities throughout the entire gym and 30 minutes of lobby time for cake, snacks and gifts. www.republicgymnastics.com
281-345-7555

SUGAR LAND SKEETERS

Birthdays at the Ballpark! Celebrate your birthday at Constellation Field! No Worries, No Clean Up. We do all the work! Check out our available packages and book your party today! www.sugarlandskeeters.com/groups/birthdays

STARS GYMNASTICS

Have your party indoors at Stars Gymnastics! Our experienced coaching staff provides close supervision of all activities. Sit back, relax and enjoy your child's party! www.starsgymtx.com
Houston 713-464-1996
Katy 713-364-2631

THE LITTLE GYM

Ages 1-12, full access of the facility with an instructor for games, music, and Lego. We set up and clean for you, offering a totally awesome birthday experience. www.thelittlegym.com
Katy 281-347-1400
Memorial 281-558-9500

WESTWOOD GYMNASTICS & DANCE

Jump, tumble, flip and play through an hour of gymnastics related activities and games. Then spend 30 minutes in your party area feasting on birthday cake! www.westwoodgym.com
281-347-2000

WORLD THEATER

Beautiful auditorium and function rooms for your events, parties, recitals and church services. Puppet shows and entertainment. www.worldtheater.us
832-552-5115

PALOMA TRAILS

Your party guests will meet and greet the miniatures horses, and be taught how to groom manes, dress up the horses with bows and clips. They will also feed and ride the horses. www.Palomatrails.com
713-715-9363

CHILDREN'S MUSEUM OF HOUSTON

Celebrate your child with a birthday party at the ultimate Playground for Your Mind! www.cmhouston.org/birthdays
713-535-7212

FORT BEND CHILDREN'S DISCOVERY CENTER

Celebrate your child with a birthday party at THE place in Fort Bend for kids! www.childrensdiscoveryfb.org/parties
832-742-2783

IDEA LAB KIDS

Take our STEAM learning out of the classroom and into a custom-designed, fun party experience for all! Choose from a variety of party themes. All parties incorporate inventive, hands-on activities in a festive atmosphere tailored to a child's interests and age. www.katy.idealabkids.com
832-672-7932

MAIN EVENT

Main Event throws EPIC birthday parties for kids! The most FUN you can have under one roof! www.mainevent.com
Katy 281-394-4800

TILT STUDIO

We offer several party packages to ensure that your child has the best birthday experience! Our full blast parties are for all ages! www.tiltstudio.com
281-644-2340

CHALLENGE ISLAND

Challenge Island is a party everyday-so you can probably imagine, our birthday parties are epic! Our Traditional parties have a luau theme and a mix and match of your child's favorite challenges. Or choose one of our STEAMtastic party themes, like Fort Island, Slime, STEAMwartz, Wizardry, Frostbitten, STEAMions, STEAM Girls & Dolls and More! We offer a variety of packages to fit your budget! Contact us today to schedule your child's party! 281-901-1034
www.challenge-island.com

FEVER?

When to Call the Doctor

As a parent, it's very upsetting when our little ones don't feel good. When they have a fever, it can be very worrisome as well. Although uncomfortable, fever isn't always a bad thing, it's often the body's way of fighting infections. According to The American Academy of Pediatrics, here are a few tips on when to call the doctor.

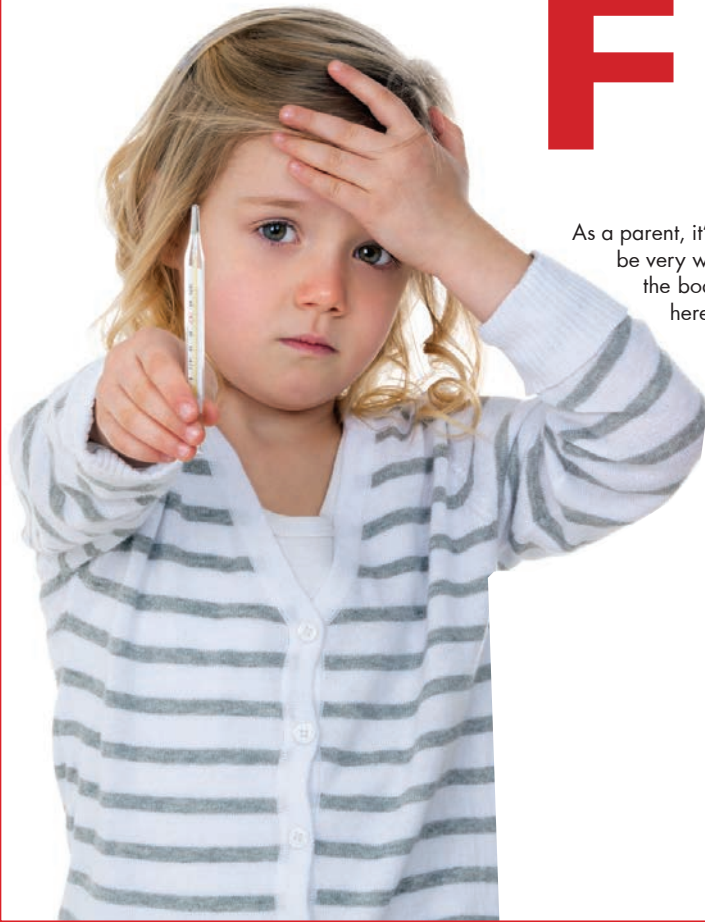
RIGHT AWAY...

- If they look very ill, unusually drowsy, or is very fussy
- Has been in a very hot place, such as an overheated car
- Has other symptoms, such as a stiff neck, severe headache, sore throat, ear pain, an unexplained rash, or repeated vomiting or diarrhea
- Has immune system problems, such as sickle cell disease or cancer, or is taking steroids
- Has had a seizure
- Is younger than 3 months and has a temperature of 100.4 degrees F or higher
- Fever rises about 104 degrees F for a child of any age

ALSO CALL IF...

- Your child still "acts sick" once his fever is brought down
- Your child seems to be getting worse
- The fever persists for more than 24 hours in a child younger than 2 years
- The fever persists for more than 3 days in a child 2 years or older

This article should not replace your pediatrician's advice, or your parenting intuition.



Creating Lifelong Friendships



Infinite Discoveries

SUMMER@



The Honor Roll School

EPIC

MOMENTS

Unforgettable Summer.

Day
Camps

Academic
Camps

Specialty
Camps

Sports
Camps

The Honor Roll School

2 years to Grade 8

4111 Sweetwater Blvd. • 20417 University Blvd. • 281-609-9194

LEARN
MORE



SPRING into Action!

14 WAYS TO CELEBRATE EARTH DAY!

By Heather Lee Leap



Spring is here and Earth Day is close at hand, but don't wait until April 22nd to celebrate. Now is the time to reflect on your family's commitment to the environment. What can you do to educate and inspire your own children? Have fun as a family and encourage your children to be stewards of the Earth by jumping into action with these ideas.

Create an Earth Day Recycled Village. Delve into the recycling bin for small boxes and cardboard cylinders. Using a stiff piece of cardboard as a base let your child design a fantasy village of recycled materials. Glue objects together to create towers, arches and skyscrapers. When the village is dry, bring out poster paint and brushes to fuel another burst of creativity. Snap a photo, and when your child has moved on to other things, pitch it all back into the recycle bin.

Expand your palate. Visit a local market with your children and seek out unfamiliar produce. Choose a new fruit or vegetable to try each week.

Use alternative transportation. Use public transportation, walk or bike to reach a destination you would normally drive to.

Decorate re-usable canvas tote bags. Your kids can personalize their own bags using fabric markers and fabric paint. Use them all year long for shopping, library books and sleepovers, or pass them on as one-of-a-kind gifts.

Volunteer for a neighborhood clean-up project.

Visit a zoo or aquarium. Discuss how zoos have changed over time with an ever-increasing emphasis on scientific research and species conservation.

Plan, prepare and plant your garden. Set aside a portion of the garden for your children. Create a special patch they can tend and let them choose what to plant.

Make Earth Cookies. Bake sugar cookies and decorate them with blue and green icing to represent Earth's continents and oceans. Look at a globe or map for inspiration before you begin.

Use only eco-friendly and reusable products all day. Help your children notice things they can reuse. Don't forget those cloth napkins.

Turn out the lights and have dinner by candle light.

Clear the clutter. Search your home for items you no longer use

and have your children do the same. Finding a new home for these things keeps them out of the landfill. It saves the manufacturing, transportation and packaging costs required when buying new. Get unused items back into circulation by donating them to charity or holding a yard sale. Sell items on a site such as Craigslist or leave them by the curb with a "free" sign for a few days.

Visit a park or nature preserve and go for a hike.

Make a biodegradable bird feeder by tying a long loop of yarn around a pine cone. Coat the pine cone with peanut butter or lard, and then roll it in seeds, nuts or oats. Hang this from a tree and watch as the birds swoop by for a taste.

Plant a tree. Arbor Day is officially the last Friday of April, the same week as Earth Day. Celebrate both days by joining a group tree-planting or by planting a tree on your own property.

As the saying goes, "Every day is Earth Day." So begin your family's stewardship adventure to today.

☆☆ Board & Brush creative studio ☆☆



Birthday Party Fun!

Your child will be thrilled to celebrate at Board & Brush Sugar Land with one of our DIY workshops and you will love that the mess won't be in your home! Unique and stylish projects for the birthday boy or girl to complete with their friends!

16338 KENSINGTON DR SUITE 110 • (346) 702-0333
sugarland@boardandbrush.com



Jane Dabney
Full-time Banker & Mom

Part Time
HERO

713-529-1396
www.childadvocates.org

childadvocates®

Disney
ON ICE
MAGIC IN THE STARS



NRG STADIUM
APR 11 – 14



THE ALL-NEW
RINGLING™

NRG STADIUM
JULY 19 – 21

RINGLING.COM