A NOTE FROM KIMBERLY

I know it doesn't feel like Spring Break weather, but Spring Break is next week! I hope you enjoy this special Spring Break edition of Parent Perusals filled with family activity ideas!

I personally am taking a look at all of the activities I share as I am spending the week off with my girls, Lynette & Lucy Sue. I hope to have some days of unstructured play and fun, and a day or two of some structured fun. We might get to work on some home projects (or not)!

Whatever you find yourself doing or planning for your families, be safe and have some fun!
LOCAL SPRING BREAK ACTIVITIES & EVENTS

SPRING BREAK CAMP!

Check out the Spring Break Camp being offered all across the city offered by the Parks and Recreation Department!

Camps will offer a variety of age appropriate activities including traditional sports, fitness, active games, and springtime theme crafts; lunch and snack are included.

March 11-15
Ages 6-14
$3 per child per day

Learn more HERE!
NEED MORE INFORMATION ABOUT CARE WARRIORS? EMAIL RAEME@RAEME.NET

KLRN SPRING FESTIVALS

It is Spring Break and KLRN invites you to explore with us outdoors at the park. The KLRN KIDS Spring Festival activities will take place at Pearsall Park and at Woodlawn Park.

Join us for activities, games, and all kinds of fun. You will also have the chance to meet everyone's favorite monkey, Curious George!

This event is free and open to the public.
KLRN KIDS SPRING FESTIVAL

Date: Saturday, March 9th
Time: 9:00 AM–12:00 PM
Location: Pearsall Park: 5102 Old Pearsall Rd. San Antonio, TX 78211

KLRN KIDS SPRING FESTIVAL DAY 2

Date: Tuesday, March 12th
Time: 9:00 AM–12:00 PM
Location: Woodlawn Park: 1100 W Woodlawn Ave, San Antonio, TX 78201

CLICK THE IMAGE BELOW TO ACCESS THE SPRING FUN ACTIVITIES IN SAN ANTONIO!

Spring Fun

This page lists the top spring activities and top spring break activities to do with kids in the San Antonio, Texas area.
7 SPRING BREAK ACTIVITIES FOR THE WHOLE FAMILY

Spring vacation is a time for families to recharge, get ready for the home stretch of the school year, and have some fun with healthy activities. Whether you’re planning to take it easy at home during spring break or take a fun family trip, here are ideas for activities to do with your kids.

Read more: 7 Spring Break Activities for the Whole Family
SAVE THE DATE!

strong minds and happy hearts.
a conversation on children’s mental and emotional wellness.

One in five children experiences a mental, emotional or behavioral problem. They’re not just “trying to get attention.” It could seriously affect their ability to learn and to be successful. Join us to learn about warning signs, how to find help, how to work with your school, and more. There is hope.

8:30 to 11:00 am (Light breakfast served at 8:30 am)
Saturday
April 6

Oak Hills Church - Journey Fellowship
16847 IH 35 North, Selma, TX 78154
Childcare will be provided.

Registration is free and open to all community members.
Register today at
SMHH-april.eventbrite.com

QUESTIONS?
Contact Chandler Moulpery
eventbrite@ymcaog.org or call
210-603-2146.

DOWNLOAD THE FLYER BELOW!

SMHH April 6 Journey Fellowship flyer.pdf

Download
329.9 KB
RAISING HEALTHY KIDS: AN ASSET-BASED CHECK-IN FOR PARENTS

The everyday challenges parents face can leave little time for reflecting on the things that actually matter most. The tool presented here gives you a chance to think about how you are already helping your adolescents succeed in life through the ways you build their developmental assets. Developmental
assets are building blocks of healthy growth that help adolescents make positive choices and avoid risky ones.

This check-in tool focuses on 12 of the assets that parents can most influence. The tool is intended to assist you in identifying specific topic areas to focus on for discussion with your adolescent. You also will learn about other ways you can build strengths in your family and in your adolescent's life.

This tool is most appropriate for parents with adolescents ages 10 to 19 years. If your adolescents are older or younger, some of the questions will be less relevant for you.

**Background on the Development Assets**

This check-in is based on the 40 developmental assets identified by Search Institute, a nonprofit research and education organization that focuses on young people's healthy development. The 40 assets are rooted in extensive research, including surveys of more than 3 million students in grades 6 through 12 in the United States. In general, for young people from all backgrounds, the more assets they experience, the less likely they are to engage in high-risk behaviors (such as sexual intercourse or drug use) and the more likely they are to thrive (do well in school and care for their health).

**CHECK IT OUT HERE!**

**GET YOUR KIDS MOVING!**

You know kids need physical activity to grow up strong and healthy.

**But did you know it can help them feel better right away?**

- Better sleep
- Better mood
- Better grades

And when you move with your kids, you get the health benefits, too!

Learn how much activity kids need and how to accomplish the goal of your kids getting 60 minutes of activity every day [HERE](#).

**HOW TO TALK TO YOUNG CHILDREN SERIES**

Is Santa Claus real? What happened to the cat? Why is that kid's skin color different? Raising children means facing tough questions. Sesame Workshop's child development experts have 50 years of experience with giving answers. They help us handle three sensitive subjects: magic, race, and death.

[Talking Race With Young Children](#)

[Death: Talking With Kids About The End](#)

[Magic: Is it OK to Lie About Santa and The Tooth Fairy?](#)
When Kids Ask (Really) Tough Questions: A Quick Guide

Learn more about the Parenting: Difficult Conversations [HERE!]

CLICK THE IMAGE ABOVE TO CHECK OUT 56 GREAT WEBSITES AND APPS TO HELP YOUR CHILD!

Parent Trainings & Webinars
Parent Trainings & Webinars - March 2019 by Kimberly Baumgardner

RegisterParentTrainingorWebinar.pdf

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246.8 KB

ENJOY YOUR SPRING BREAK!
CONSULTANT, FAMILY ENGAGEMENT, EDUCATION SERVICE CENTER, REGION 20

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