



## Schedule the Best Summer Yet!

by *Tulum Dothee*

Memorial Day has always been the official kick off for the summer. Yet even before it came around most folks I know had already booked up the next three months. I can relate. My mind reels with the projects and things I'd like to get done, not to mention the fun to which I'm looking forward. Before my thoughts went into total spin off mode I figured I'd better get a reality check and peek at the calendar. Between summer camp here at Oakhaven, household projects, the BBQ's, pool parties and squeezing in a trip to the beach, summer is full. How did this happen? Truth be told I was so smitten with spring fever, the longer days and warm weather that my desires ran away with me. So I am setting down a few ground rules in hopes that sanity will visit and stay awhile.

The bottom line: Schedule it. If I don't write it down it doesn't exist. I am the sticky note queen. Whatever your approach, have a good think, share your thoughts with your family, come to some conclusions.

Start with a meeting and find out the ONE THING each family member really wants to do this summer. Don't be surprised if your family says "Stay home and play." Make sure those things get on the schedule. For me this means choosing one household project and realizing it may take the entire summer to accomplish.

Down time. Have alone book time in the afternoons to give everyone a break from each other and to allow yourself the luxury of enjoying a book. We all do better after refilling our wells with some quality time to ourselves.

Schedule meals and rests. Offer a variety of healthy foods every two hours, include a protein, serve it family style, let them serve themselves and have wonderful chats without trying to get them to eat or try anything. Set up self serve snacks and water. Post a menu with drawings or pictures for the non-readers.

Sample new foods at neutral moments: Heck you could even schedule new food time.

Get more sleep. Have everyone go to bed at the same time if that's what it takes. You'll know your family needs more rest by how they act during the day. If they are irritable, grumpy or weepy, they need more rest and less activity. If you can't fit in the rest everyone needs at night, rest more during the day.

Limit your outings to one per day. Camp, errands, pool, park, play dates, etc: spread them out.

If your child exhibits mood swings, melt downs, tiredness, or not wanting to do anything, then listen up. She's over booked. Watch for responses from the other end of the spectrum too; hyperness, over stimulation, frustration, throwing her things,

## Events & Classes

June 13

### Humbug Days

Food, barbeque and events for the whole family including living history, special tours, games, wagon rides, gold panning, candle making, tin punching and more. There will be live music, story telling and the world's shortest parade down main street, including shooting the water cannon! Malakoff Diggins State Historic Park. Phone: 265-2740.

June 18

### Free Prenatal Breastfeeding Class

Sponsored by Future Generations. Free two hour class to help get breastfeeding off to a good start. 6:30 to 8:30pm. Reserve your space. Phone: 477-5442

June 20

### Cherry Carnival & Parade

North San Juan Activities & Improvement Center. Downtown North San Juan. 10am. Phone: 292-3249.

June 21

### Nevada City Bicycle Classic

Nevada City Chamber of Commerce. Downtown NC. 12-7pm. Phone: 265-2692

June 28

### Free Concert "It's About Time"

This family-friendly outdoor concert features music of the seasons, calendar, and clock. Nevada County Concert Band. Pioneer Park, Nimrod St., NC. 5-7pm. Phone: 272-6228

## Summer Programs

June 8 - 12

### My First Science Camp

Science camp for preschoolers. Through a variety of hands on activities including music, art, and food, these little campers will explore the Puzzle of Nature: Soil, Air, Water, and Sun. Held at the Imaginarium. 9a.m.-11a.m. Ages 4-5. Fee: \$110. Phone: 478-6400, ext. 231

June 8 - 26

### Nevada County Land Trust

or picking fights with others. Either way your child is telling you, "Help! This is too much for me." Lighten the schedule, cancel the next day and hang around the house in your jammies.

Take care of yourself, you matter. Fill up your personal well and there will be plenty left over for everyone else.

This summer give your family the greatest gift of all: a summer of leisure and fun. Find the balance between being and doing. Think water, dirt, plants, stars, fun, and lots of time to be kids.

Next Up: Traveling with Kids Tips

*Tulum Dothee is a credentialed and certified educator and counselor, with 30+ years experience teaching and working with families. For more information visit her website at [www.oakhavenmontessori.com](http://www.oakhavenmontessori.com).*

## Cherry-Lime Slush

by Wendy Van Wagner

Makes 10 servings in 5-ounce cups

4 cups cherries (1 1/2 to 2 pounds), washed

12 ounces frozen limeade

1 tray of ice cubes

1 cup sparkling water

Together, you and your child can stem and pit the cherries. (Do it the old-fashioned way with your fingers, or try a handy cherry pitter.)

In a blender, purée the cherries with limeade and ice cubes until smooth. Transfer to a bowl, then stir in sparkling water.

Spoon mixture into 5-ounce paper cups and freeze until firm but not solid, about 2 hours, stirring occasionally.

*Wendy Van Wagner is the owner of the local cooking school IN THE KITCHEN in Nevada City, offering classes to both kids and adults. Join the revival of taste, table and tradition! Tel:478-0669 | IN THE KITCHEN, 648 Zion Street, Nevada City, CA Website: [www.wendyvanwagner.com](http://www.wendyvanwagner.com) | Blog: [www.localfoodtastesbetter.wordpress.com](http://www.localfoodtastesbetter.wordpress.com)*

### Children's Camp

There will be three sessions, including a Kinder Camp for children ages 4-6 yrs. And the usual Nature Camp and Native American Camp for ages 7-11 yrs. Each session is a week long. Kinder camp will run from 9:00 to 12:00 each day. Cost of camp is \$85 plus \$15 for snacks (optional). Call Stephanie at 272-5994

June 15 - August 7

### Oakhaven Summer Camp!

Come explore math, science, geography, arts and crafts and farm fun. June 15 - August 7, Monday through Friday 8:00 to 5:30 pm, swimming daily from 2:30 - 5:30 For info call 271-1258

July 6-30

### Mama and Me Beginning Music

Tuesdays @ 3:00 p.m. Learn simple songs, rhymes and bounces to play with your 4 to 12 month old. Cost: \$36 for the session. Phone: 273-3475

July 6-30

### Toddler Time Music

Wednesdays @ 3:00 p.m. Beginning music for toddlers with a focus on rhythm and fun. Cost: \$36 for the session. Phone: 273-3475

### Baby & Me

Join in for songs, playtime, and discussion while getting to know other parents and babies. Join an existing group now. Birth to 12 months. Weekday mornings at the Grass Valley Methodist Church in downtown Grass Valley. FREE to first-time participants, sliding scale fee up to \$50 for 10 sessions for subsequent groups. Phone: Meg 913-2745

### Toddler & Me

Join in for songs and playtime in a preschool-setting while getting to know other parents and toddlers. We are creating new groups now for children 12 to 24 months. Monday mornings at the T.K. McAteer Family Resource Center in Nevada City. FREE to first-time participants, sliding scale fee up to \$45 for 9 sessions for subsequent groups. Phone: Samie 265-0611 x223



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