Tone-Deaf Dad Buys Music Store PAGE 3

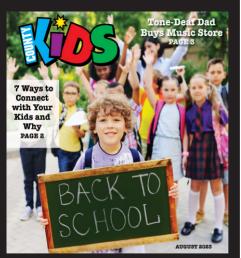
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7 Ways to Connect with Your Kids and Why PAGE 2

AUGUST 2023



Back to School time. Take a look inside at our area's schools.

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7 Ways to Connect with Your Kids and Why

Countless times in life we say. "hindsight is 2wa0/20", but what if it's not? What if the signs are there in such a way that we can avoid (or assist) situations? The start of a new school year will thrust many parents into the busyness of preparation and ticking off boxes. Signing lots of paperwork and creating passwords for teachers' communication apps. We might even be enrolling kids in new schools or sending our first one to Preschool or Kindergarten. Overwhelming, right? I haven't even included home, work responsibilities, and the unexpected... a.k.a. distractions. Parents plates are full, no denying that! The fact that we somehow balance it all and make it to the first day of school, never mind the last, is a miracle in my book! For most families, the frantic pace in the beginning doesn't ease up throughout the year. I don't bring this up to slam you with the barrage of things to come, but because I want you to STOP. Yes. Stop. Before you dive into the new school year, I want you to hit the pause button on the blur that's about to happen. While all of that stuff is important (what deadlines aren't), there is something much more critical for you to do, and that is to be present. And it starts now.

I'm not talking about putting your phone on silent during dinner or staying awake on family movie night. It's bigger than that. Much bigger. It's avoiding hindsight by being in the now. I consider myself a hands-on parent, but there are so many times when I have not been present. I have been like a robot over years as a single parent, going through the motions, making ends meet, grocery shopping, feeding kids, working, taxiing...etc., etc.; I missed a lot. We must make ourselves available, be interested and get involved. It requires mindfulness and a bit of planning, but it's worth it. I did not realize what being present meant until Covid hit. I was reduced to one teenager at home with the other two grown. I had so much downtime. And all of a sudden. I was paving attention! I was stunned to realize my son needed my support. He was struggling with so much: I had no idea! Or ... would I have, if only I were more attentive? Honestly, I thank God, because clearly I had not been in touch with my instincts, intuition, or spending enough time with (or paying attention to) my son. I'll be honest, over the years if I wasn't busy with life and mom things, I was thrilled they were quiet and not bickering...that's because they were playing, or on a video game or a device. It sure was a great reprieve. My son was the biggest gamer out of them all. As the girls transitioned out of the house, he got quieter with more time to game without distractions, and I finally got to sit down without distractions too. It felt good. But it wasn't good.

I have been working with children in professional, educational, and religious settings since I was twenty years old. I have learned a lot. I have read a lot. I really should have known better and should have been engaged more regularly. But, to my defense, being present on a daily basis was tough! So much is vying for our attention! It's exhausting. I could have done better, and I wish I could go back and change it. I was there for my kids, but was I there for them in the sense that I was really aware? Noticing what they were doing? Recognizing how they were feeling? Sensing changes in them? No. Not enough. While I recognize I cannot take those days back, I am grateful for the wake-up calls. Whether a parent who stepped up and pointed something out I wasn't seeing, or teachers who made me aware of issues at school.

I recommend being in the now as much as you can, because like anything, the sooner something is recognized the better. And, if something feels off, it very likely is. The only way to get that intuition and gut instinct is to know what your child's baseline is. How do they typically eat, sleep, interact, behave? How do they generally handle frustrations or problem solving? What kinds of friends are they keeping? It could be as simple as noticing something is "off". I remember thinking my oldest was misbehaving sometimes as a toddler, but actually, she had ear infections. I wrote it off to terrible twos. I thought my son was not great in school for years, come to find out he needed glasses. I thought all was well at college, until it wasn't. If we are in tune with our kids' personalities and habits, we can quickly and easily pick up on things that don't seem right. That's when we have an advantage. They have an advantage. Together, you have a team. Being present means you will get to know your kids. Getting to know your kids can make them trust you. Getting them to trust you can help you connect, and sense something they might be struggling with.

Here are my 6 top ways connect with your kids:

- Plan conversations for in the car. I read once that the car is the best place to talk because, first, they're stuck there... second, it's less direct...it's not face to face. Often times this turns into a natural comfortable way to talk about anything. I've tried it, this works. (First: You need to make them remove the earbuds.)
- 2. Ask questions about their day, their friends, how they feel (not all at once, please). Ask what they ate for lunch, if anything cool or exciting is coming up for them, ask how they think their extracurricular practice went (don't tell them how YOU think it went, ask how

Tone-Deaf Dad Buys Music Store, and Why That's Good News for You

John Budnik was introduced to Pfabe's Music by his wife Elizabeth. His wife's family has been going to a music store for over 30 years. Elizabeth grew up in the Mentor Headlands, went to Philips Osborne and Lake Erie College. John grew up in New York, where they fell in love, before returning to Lake County to raise their family.

Despite having little musical ability, both John and Elizabeth love attending concerts at Blossom and Severance. They know the importance of musical education and brought their kids to Pfabe's for music lessons, because that's what's you do when you grow up in Lake County.

But one fateful day, when John stopped in to get a music book for his son, he was shocked that the store was for sale.

Curious, John called the broker and found that, because of its convenient location, it was being looked at as a drive through store. Desperate to make sure that didn't happen, he scrapped together the funds and put in a bid.

Thankfully, they accepted his offer and he got to work learning everything he

could about the music business. He got input from professional musicians and other parents, friends of his who also take lessons at Pfabe's.

The first thing John noticed was how expensive musical instruments are.

⁵Getting kids everything they need for band and sports and all of the other things they are involved in is so expensive. I don't know how may parents did it," says John. "I wanted to find a way to make music affordable for everyone. I wanted our rentto-own program to be the least expensive bill in a family's budget, even more affordable than getting pizza for the family."

By extending the rent-to-own program from 36 months to 48 months and expanding the selection of used instruments, it now costs as little as \$10 a month to rent a high quality instrument.

"We work with the local band directors to have high quality instruments for local students, like Amati violins and Buffet clarinets. We also have a wide variety of affordable instruments to fit any budget", says John.

Pfabe's now has an expanded, fully



staffed repair shop led by Jono Yowell and an expanded music school led by Gina Artale providing students with everything they need to start their musical journey.

The store is open from 12pm – 8pm Monday through Friday and 10am – 6pm on Saturday allowing for better staffing throughout the year. "Pfabe's has been important to our family for decades", says John, "and we look forward to inspiring the next generation of musicians."

Pfabe's is located at 1484 Mentor Avenue, Painesville, OH on Rt 20 between Giant Eagle and Target. For more information, call 440-357-5513.





Notre Dame Elementary and Middle Schools

On the 450-acre campus of the Sisters of Notre Dame, Notre Dame Elementary and Middle School, as well as, Notre Dame-Cathedral Latin, educate over 1100 students in preschool-12th grade. Notre Dame Elementary has been recognized as a National Blue Ribbon School of Excellence and recognized twice with the Governor's Thomas Edison Award for Excellence in STEM Education and Student Research.

We are excited to announce the restructuring of our school to include a middle school. Notre Dame Middle School features dedicated space for our sixth, seventh, and eighth grade students. The middle school curriculum rigorously prepares our students to be successful in high school and offers honors classes in all three grades in ELA and math. Enriched learning opportunities are offered in academic core classes, as well as the special classes, to offer a rich and wide variety of learning experiences.



Notre Dame Elementary and Middle School provides a strong foundation for students to pursue their dreams, achieve academic excellence, realize their full potential, and help them to make a transformational difference in the world. Contact Barbara Williams in Admissions at (440) 279-1129 to schedule a tour or shadow day.

Willoughby United Methodist Preschool

Willoughby United Methodist Preschool has been serving our community for over 60 years! We are located at 15 Public Square in Downtown Willoughby and are proud to provide a caring and safe environment for your children. By following our mission, vision and values, we create a nurturing, stimulating and welcoming learning environment for all children. We provide our students with the tools they need for future happiness and success. Our unique programs incorporate a variety of educational theories, while always keeping the child's best interest in mind and allowing for hands-on, play-based learning.

Here are some key points:

- State Licensed
- Low Staff/Student Ratio
- Family Events
- Enrichment class for our 4 year olds

School Readiness Skills taught in a playbased atmosphere
Competitive tuition rates • Little Sprouts class for 2 ½ year olds and adult companions We are currently enrolling 2 ½, 3, 4,

we are currently enrolling 2 ½, 5, 4, and 5 year old students for the 2023-2024 school year! Call 440-942-9520 or email <u>wumpreschool@gmail.com</u> for more information and to schedule a tour!



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OPEN ENROLLMENT REGISTRATION OPEN ENROLLMENT REGISTRATION UID OPEN ENDISTIED METHODIST PRESCHOOL Is public square in downtown Willoughs *State Licensed *State State St

15 Public Square, Willoughby, Ohio • Serving our community for over 60 years! We are currently enrolling 2 1/2, 3, 4 and 5 year old students for the 2023-2024 school year! Call 440-942-9520 or Email wumpreschool@gmail.com for more information and to schedule a tour!

Beck Center for the Arts Fall 2023 Classes



Beck Center for the Arts in Lakewood is more than a nonprofit organization

that combines professional theater with arts education in Lakewood. They create art experiences through music, dance, theater, and visual arts, and Creative Arts Therapies. Throughout the year they offer classes and lessons for all ages, skill levels, and abilities. They have something for every arts lover and you can enroll today for fall 2023.

Beck Center has something for everyone on the campus, in addition to classes for all ages, and abilities in your family. They offer FREE art exhibitions in the main building as well as the Music & Creative Arts Therapies building. Professional theater productions offer high quality shows with tickets starting at just \$10, and student, and senior discounts are also available at beckcenter.org.

Open all year to produce theater and arts education for you and your family, Beck Center for the Arts offers OPEN ENROLL-MENT year-round for private instrument and voice lessons, and Creative Arts Therapies sessions with a talented staff of awardwinning instructors.



The Willoughby-Eastlake Public Library has all of your Back-to-School needs!

You'll find a wide variety of educational resources, programs and events, virtual homework help, databases and digital services, adapted programming for children with varying learning styles and much more! To learn more about everything Willoughby-Eastlake Library has to offer, visit www.we247.org or stop by any of our four convenient locations:

Eastlake Public Library, 36706 Lakeshore Blvd., Eastlake, 440-942-7880 Willoughby Public Library, 30 Public Square, Willoughby, 440-942-3200 Willoughby Hills Public Library, 35400 Chardon Rd., Willoughby Hills, 440-942-3362 Willowick Public Library, 263 E. 305 St., Willowick, 440-943-4151







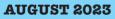
PRESCHOOL - GRADE 8

- FAITH FORMATION
- ACADEMIC EXCELLENCE
- TECHNOLOGY, SPANISH
 & STEM K-8
- HONORS & ON-TRACK MATH AND ELA FOR GRADES 6-8
- OUTDOOR LEARNING EXPERIENCES ON BEAUTIFUL CAMPUS

<u>Contact Us Today!</u> Barbara Williams, Director of Admissions <u>bwilliams@ndes.org</u> | 440.279.1129 <u>www.ndes.org</u>



Sponsored by the Sisters of Notre Dame







Shadow Program

Our Viking for a Day shadow program allows prospective students to experience a day at the Viking Village! To schedule your shadow day or find out more information, please visit **vasj.com/vikingforaday**.

Tours

All families are encouraged to take a tour during our school day. A tour will give you a glimpse of who our students are, what our hallways look and sound like, and the atmosphere and culture of our school that makes us truly special.

If you would like to schedule a tour, please contact the VASJ Admissions Department at **216-481-8414 ext. 285** or email **admissions@vasj.com**.

"Once a Viking, Always a Viking!"

Open Houses October 8, 2023 November 2, 2023 March 6, 2024 Register at vasj.com/openhouse

Villa Angela-St. Joseph High School

18491 Lakeshore Boulevard | Cleveland, OH 44119 216-481-8414 ext. 285 | admissions@vasj.com vasj.com/admissions



When you become a student at Villa Angela-St. Joseph High School, you become a member of a family where everyone knows you. It is a place where you can grow in your faith, be challenged academically, follow your passions, and create high school memories and friendships that will last a lifetime.

Our students proudly embrace our diversity, and it shows in their school pride and the family spirit that makes our Viking Village something truly special.

Learn more about VASJ by attending one of our upcoming Open Houses:

October 8, 2023 November 2, 2023 March 6, 2024 For more information, visit vasj.com/admissions. Go Vikings!



HIGH SCHOOL

Faith. Family. Future.

MATER DEI IS COMMITTED TO PROVIDING A QUALITY CATHOLIC EDUCATION

Mater Dei Academy, an Ohio Department of Education STEM-designated school located on the grounds of Our Lady of Mount Carmel Church in Wickliffe, educates students in Pre-K through Grade 8. As a community working together in an atmosphere of mutual respect, we guide our students to grow in Catholic values and service to the community. Mater Dei students attend daily religion classes and weekly school Masses. They are empowered to grow spiritually, academically, and socially through worship, a challenging curriculum, service, and extra-curricular activities

Our students and families can expect a proven quality Catholic education with a stimulating academic curriculum based on 21st century skills all within a faith-filled environment. Classrooms are interactive and students are challenged to become critical thinkers. In addition, a wide variety of after school activities like LEGO robotics, chess, band, and performing arts help students



broaden their horizons. CYO sports include Cross Country, Volleyball (boys & girls), Flag Football, Football, Cheerleading, Basketball, and Track and Field. Campus tours are available during the school day. Call the office at 440-585-0800 to schedule your visit. Mater Dei Academy is located at 29840 Euclid Avenue in Wickliffe. Visit www.materdeiacademy.us for more details.

MORAL VALUES DISCOVERY ACHIEVEMENT



• Experimented Strange • STEN • William Frankling • Balance

Mater Dei Academy is committed to providing a quality Catholic education centered on gospel values.

Our students and families can expect a challenging academic curriculum in a faith-filled environment.

NOW ENROLLING PRESCHOOL-GRADE 7

Religion • Language Arts • Mathematics • Science Social Studies • Spanish • Technology • Art Phys Ed • Music • Supplementals

Daily Faith Formation • Leadership • Academic Extras After School Care

We offer a comprehensive course of study that is fully accredited by the Ohio Department of Education and the Ohio Catholic Schools Accrediting Association. Ohio Department of Education STEM designated school Accepts EDChoice and Jon Peterson Scholarships

All K-12 students in Ohio NOW qualify to receive a state-funded scholarship that could cover a portion or, in some cases, the full-cost of their Catholic school tuition. Your child's specific EdChoice Scholarship amount depends on your family's gross annual income and size.

An independent and Catholic school, Gilmour Academy develops both the mind and heart

As an independent and Catholic school, Gilmour Academy is uniquely able to develop both the minds and hearts of its students. Gilmour's identity as an independent school reflects a commitment to rigorous academic programming, smaller class sizes and a variety of real-world learning opportunities. This personalized education allows students to tailor their experience to their interests. They have opportunities such as AP courses; electives ranging from molecular genetics to web development, and set design to digital music; semester-long internships in research labs; or the chance to develop their own concentrated set of experiences and coursework around one of five VECTOR themes.

Gilmour's nature-based learning program includes opportunities for students in all three divisions. The school's 144-acre campus now features a chicken coop, greenhouse, an apiary, Giving Gardens and an outdoor learning pavilion, and environmental science coursework and sustainability initiatives have been added to the curriculum.

The Lorraine and Bill Dodero Center for Performing Arts, which opened in March 2020, features a main stage theater, studio theater, practice rooms and exhibition spaces. This state-of-the-art facility is utilized to advance student engagement and expression through the arts.

Gilmour's unique combination of offerings allows each student to discover their passions within a rigor-



ous academic setting that calls for students to write more, articulate better and develop their ideas further.

Gilmour's Catholic identity means students are learning in an environment that is inclusive, thought-provoking and rooted in the Holy Cross tradition. Gilmour empowers students of all faiths and all ages to ask tough questions, think critically and grow spiritually. This gives them the strength to see how they can make a difference in the world.

Through its comprehensive curriculum, faith-based tradition, commitment to service and emphasis on leadership, Gilmour educates the whole person. A Gilmour graduate emerges with an understanding that they have both the talent and the responsibility to make the world a better place. At Gilmour, students from 18 months to 18 years do more than succeed - they thrive.



Open to all Lake County children in need for the 2023-2024 school year. Come anytime between 9am-2 pm. Free Breakfast and Lunch Available



FREE! Immunizations Ages 6 months & Up

Parents or caregivers must call to register for vaccinations.

ADVANCE REGISTRATION REQUIRED

440-350-2554 by June 30, 2023.

CALL THE HEALTH DISTRICT.

FREE! Services

Haircuts
 Family Photos

Dental Services
 Clothing
 Vision Screenings
 Books

tision serverings books

FREE! Family Fun Community Organizations Games, facepainting, crafts and more! FREE! School Supplies

The Lake County Salvation Army School supply distribution at Harvey High School while supplies last!

🗱 Willoughby-Eastlake Public Library 💥

WE HAVE EVERYTHING YOU NEED TO MAKE THIS SCHOOL YEAR A SUCCESS! VISIT US TODAY AT WE247.ORG.



We teach the child. We reach the heart.

Gilmour empowers students to achieve their goals and discover their passions.

As Northeast Ohio's only independent and Catholic school, Gilmour creates endless possibilities for students to not only learn about the real world, but how to positively impact it. And with tuition assistance available starting in Kindergarten, the advantages of an independent, Catholic school may be more affordable than you think.



Educating the mind Empowering the heart

To learn more or schedule a personal tour, visit gilmour.org/admission



Gilmour Academy is an independent, Catholic, coed school in the Holy Cross tradition. Grades K-12 and Montessori (18 months - Preschool) | 35001 Cedar Rd. | Gates Mills, Ohio | 44040 | gilmour.org

Enjoy creating memories at Busy Bees Pottery & Arts Studio

Busy Bees Pottery & Arts Studio, located in the Great Lakes Mall, is buzzing with activity this summer! Open seven days a week the studio offers fun art creation ranging from nurturing your little one's creativity without making a mess in your house, to sipping a Syrah with friends while painting together, the multimedium studio allows both budding and accomplished artists of all ages to release their inner Rembrandt.

"Busy Bees goal is to be a destination to forget the stresses of the day, week, life and lose yourself in the creative process. It's the experience that provides the benefit and enjoyment; spending time with your family, friends or for that much needed "me" time. This isn't about creating a museum quality masterpiece, this is "fun"art, not "fine"art." says owner Beth Brinton. "I tell people to come in, relax and enjoy the process. You don't have to have artistic ability.

Just the desire to have fun and explore." The studio, celebrating its 6th anniversary this year caters to children and adults and offers open studio times as well as instructor-led programs. During open studio time, choose your project/medium of choice and a staff member will assist with the supplies and best practices needed to create something unique and memorable.

School-age children can choose among art classes and camps held during evenings, weekends, and school vacations. Children's activities occur in the studio or offsite at schools, daycares, or other locations. Among the keepsake projects offered are clay projects or pottery involving handprints, fingerprints, and footprints.

The 2021 Summer Art Camp program kicked off in June, registration is still open for the remaining weeks of summer. Parents can register children for different themed weeklong camps. "We work with various mediums to create projects based on that week's theme," Brinton explains. Campers create with clay, pottery, glass, mosaics, canvas and more.

Busy Bees isn't just for the kids. The studio has multiple creative options for the entire family and adults. Family workshops allow parents and kids to collaborate on projects, such as painting a canvas, sculpting a clay object, or painting a ceramic piece. It's a great alternative to screen time and get the family together for an activity and conversation, a great way to create family memories. Grown-ups need their creative time too, away from the kids, work, or school. For those occasions, Busy Bees Pottery & Arts Studio hosts Adult Workshops, Ladies' Nights Out, bachelorette parties, baby showers and other events. A party room is available for rent. Guests 21 and over are permitted to bring and enjoy adult beverages (BYOB).

Guests may create projects using a variety of every-changing mediums and techniques. Among



them are mosaics, canvas painting, glass fusing, clay hand building, wine glass painting and candle making. The studio offers more than 200 different pottery pieces to paint, from kids' figurines to coffee mugs and serving bowls. Artistically challenged individuals needn't be scared away. "We have stencils, stamps, stickers, silk screens and all kinds of different tricks and tools they can use to enhance their design," Brinton says.



Call 440-571-5201 or visit them online at mentor.busybeesart.com.



Whether you are 5 or 95, there is a special art project waiting for you at Busy Bees! From walk-ins to kids' birthday parties to adult BYOB nights, we can help you create lasting memories through art.

No artistic experience needed!

POTTERY | GLASS | CLAY | CANVAS | MOSAICS | CANDLES | BOARDS | WALK-INS | PARTIES | CAMPS | CLASSES



LOCATED IN THE GREAT LAKES MALL | VISIT US ONLINE AT MENTOR.BUSYBEESART.COM | OPEN 7 DAYS A WEEK

Band Season is Here!

<u>Where can you</u> find high-quality rental instruments like Buffet, Powell, Amati, Bach, Jupiter, Leblanc, Gemeinhardt, and Conn-Selmer starting at just **\$20** a month?

<u>Where can you</u> find expert advice, great service, **FREE** maintenance (a \$60 value) and **FREE care kits** (a \$20 value)?

<u>Where can you</u> find a wide variety of high-quality used instruments **starting at just \$10 a month**?

At Pfabe's Music... the LEADER in rent-to-own instruments!





Preparing Your Children for Kindergarten

(Family Features) Being ready for kindergarten is about far more than writing names and reciting the ABCs. It is also about building a foundation for deeper conceptual thinking, curiosity, creativity and social and emotional skills that can help children during their early school days and also in life.

For parents, this transition can be nervewracking and raise questions about how to best prepare their children for the next step in their educational journeys.

Dr. Lauren Starnes, senior vice president and chief academic officer at The Goddard School, and Lee Scott, chairperson of The Goddard School's Educational Advisory Board, recommend helping children prepare for kindergarten through:

Building Strong Routines and Foundations for Learning:

1. Language and literacy: Practice writing by making place cards for the dinner table. For younger children, it can be the first letter of each person's name or fun scribbles on the card. Early scribbles are part of developing writing skills.

2. Mathematics: Count while you work. Ask your children to put away toys. As they work, you can count the toys together.

3. Science: Make yard cleanup fun. As

you clean the yard, talk about the leaves and why they turn colors and fall to the ground. Pile them up and jump in.

4. Executive function: Incorporate your children in planning for the family. Help your children stay organized with a daily or weekly chart. Have your children make the chart with you. For younger children, you can use drawings or pictures instead of words.

5. Creative expression: Sing and dance while you work. Make up songs or repeat favorites as your children go through a few basic chores such as putting clothes away.

6. Social-emotional development: Build a sense of responsibility and caring for others with real or pretend pets. Take the dog for a walk, feed the cat or water the pet rock. Taking care of a pet can help children develop a sense of responsibility and empathy for others.

7. Healthy development and well-being: Daily routines help your children practice fine motor skills while doing a few chores, such as setting a table, helping you cook by mixing or stirring, putting their clothes on or brushing their teeth.

Incorporating Playful Experiences:

1. Puzzles: Solving puzzles supports the





development of skills such as concentration, self-regulation, critical thinking and spatial recognition.

2. Board games: Playing games provides a number of benefits for children, including supporting memory and critical thinking, helping them learn to take turns and count, and developing early language skills.

3. Blocks: Block building supports creativity, cognitive flexibility, planning and organization. Take some time to build with blocks using different shapes and colors. 4. Clay: Children need to develop fine

motor skills beyond using devices. Few things are better for developing fine motor skills than modeling clay. Learning to sculpt with clay also builds creativity, artistic expression and strategic thinking.

5. Recycled materials: Inspire creativity by finding things around the house to build with, such as cardboard, paper, paper towel rolls and plastic bottles.

7 WAYS FROM PAGE 2

THEY think it went). Don't rapid-fire these questions off, pick one or two, then try to dig a little deeper with anything they give you, then just listen, nod your head. Don't respond or judge, don't jump to conclusions.

- 3. DO NOT accept 'IDK' ("I don't know"), "I don't remember" or "Nothing" for an answer. Most kids remember what they had for lunch, the classes they had, who irritated them at school today, and what they are looking forward to. Don't take their half-fast answers. Gently, patiently figure out how to open the door a tiny crack. Keep at it daily using 1 question a day. You are information gathering, not being nosy! It's so you can learn about them and get to know them. That's the honest truth, so if they ever ask you why you are "being weird", you tell them. You "just want to get to know them, have an interest in what they do and what their days are like". They might roll their eyes, but trust me, inside they are in shock and awe! Kids/teens think parents are too 'busy' to take an interest in them, so when you do show you have time for them, they feel important and special.
- 4. Avoid asking questions that can be answered with just a *Yes* or *No*; avoid dead-end conversations. Ask open ended

questions using the 5 W's: Who, What, Where, When, and Why.

- 5. Play a game with them. If that means you have to get down on the floor, cop a squat on a bean bag or a gaming chair, do it! Pull out a boardgame. Get some one-to-one time. You'd be surprised at what they start (and don't stop) talking about.
- 6. Put your devices away during the first 15 minutes after they get home from school. If they are latchkey kids, text them or call during that same time. Before bed, do the same thing (see #7).
- 7. Tuck your kids into bed. If you think that's lame (or believe that's what they're thinking) read my blog post: "Do You Tuck Your Kids into Bed?" The cut offage is older than you think, BTW. Kids don't need the best shoes or

phones, stellar grades or a million followers, what they actually do need (and want) from us, is **us**. All of us; our time, patience, understanding, and our genuine interest in them.

Want more parenting tips and stories? Visit our blog at www.FamilyMatterswith-Amber.org and follow us on Instagram @ Family_Matters_with_Amber. We are also building our Podcast at FamilyMatterswithAmber on Podbean.



MENTOR PUBLIC LIBRARIES Main Library 8215 Mentor Ave. Mentor, OH 44060 (440) 255-8811 Mentor-on-the-Lake 5642 Andrews Rd. Mentor-on-the-Lake 44060 (440) 257-2512 Headlands 4669 Corduroy Rd. Mentor, OH 44060 (440) 257-2000 www.mentor.lib.oh.us

Write a Letter to Pinkalicious All August Children's Area, Main Branch Kids can write a letter to their favorite book characters at Mentor Public Library. The library will feature a different character children can write to or draw a picture for each month. The library's favorite letters will be shared on its social media.

All Together Now Quilt All August Headlands Branch Help create a community quilt. Patrons of all ages can design their own paper quilt square. At the end of August, the library will assemble the quilt in the Headlands Branch's story-time room for the whole community to see.

Headlands Take & Make Craft Headlands Branch Pick up supplies for crafts that kids can make at home. For children ages eight and younger. While supplies last. New crafts every Monday.

Reading Rockstars Mondays, from July 10 to Aug. 14, at 4 p.m. The HUB Kids (entering kindergarten through third grade) can strengthen their reading skills with stories, music, games, and more at the library. Library staff will encourage students to reach their reading goals. This program is supported by a Libraries Accelerating Learning grant from the Ohio Department of Education.

Tinker Tuesdays Tuesdays at 10 a.m. through Aug. 15 Headlands Branch Kids and teens can enrich their summer with STEAM activities and play using the library's Tinkerlab cart. Library staff will provide limited supervision to ensure safety. No registration required, but equipment on the cart will be available on a first-come, first-served basis. Program made possible by a Libraries Accelerating Learning grant from the Ohio DepAZartment of Education.

Reading Rockstars Thursdays, from July 13 to Aug. 17, at 10:45 p.m. Children's Story Room, Main Branch Kids (entering kindergarten through third grade) can strengthen their reading skills with stories, music, games, and more at the library. Library staff will encourage students to reach their reading goals. This program is supported by a Libraries Accelerating Learning grant from the Ohio Department of Education.

Finger Paint Fridays Fridays from 10 a.m. to 12 p.m. Headlands Branch Kids can explore their creativity with fingerpainting every Friday at the Headlands Branch. The library will provide paper, paint and aprons. This activity will largely be self-directed with limited assistance from staff. Registration is not required.

School Pencil Boxes Tuesday, Aug. 1, at 4 p.m. The HUB Kids entering kindergarten or first grade can make a personalized pencil case at The HUB. The library is hosting a similar program on Aug. 8 for children entering second, third or fourth grade. Registration required.

Travel Club Wednesday, Aug. 2, at 4 p.m. Children's Story Room, Main Branch Kids (ages six to 12) can experience a new country without boarding a plane. Make a craft, have a snack, and enjoy activities from a different country every month. Registration required.

End of Summer Reading Parry with

Jungle Terry Wednesday, Aug. 2, at 6 p.m. Main Lawn, Main Branch Celebrate all the reading you've done this summer and see if you won a prize at the library's End of Summer Reading Party. Jungle Terry bring his animal friends, as well. Open to all ages. No registration required.

Yoga Kids Thursday, Aug. 3, at 1 p.m. Main Lawn, Main Branch Kids (ages three to six) along with their grownup are invited to stretch their minds and bodies during this special yoga story time. Yoga Instructor Darlene Kelbach will lead everyone through breathing and movement exercises, all put together with a story and music. Please bring a yoga mat or a towel for both child and adult. Registration is required.

LEGO at the Library Saturday, Aug. 5, at 11 a.m. James R. Garfield Room, Main Branch Kids (ages five to 12) can rock the blocks on the first Saturday of every month. No registration required.

Ice Cream Sundaes & Lawn Games for Teens Saturday, Aug. 5, at 2:30 p.m. Main Lawn, Main Branch Teens (entering seventh through 12th grade) can say goodbye to summer with ice-cream sundaes and lawn games at the library. Enjoy something sweet while playing lawn games like cornhole, giant Jenga and more. RSVP required.

Geometry in Motion Tuesday, Aug. 8, at 1 p.m. or 2 p.m. Village Room, Main Branch Dance instructor Tom Evert will integrate movement and geometry using improvisation and dance. The program is free. Registration is required. The 1 p.m. session is for kids ages five to nine. The 2 p.m. session is for kids ages 10 to 13. The program is possible because of a Libraries Accelerating Learning grant from the Ohio Department of Education.

All Together Now to Celebrate Toy Story Tuesday, Aug. 8, at 2 p.m. Headlands Community Center (9096 Lake Overlook Drive, Mentor) Kids can celebrate the popular Pixar films and their message of friendship with stories, movies, games, coloring pages and crafts. Registration required. School Pencil Pouches Tuesday, Aug. 8, at 4 p.m. The HUB Kids entering second through fourth grade can make a personalized pencil pouch at The HUB. The library is hosting a similar program on Aug. 2 for children entering kindergarten or first grade. Registration required. **Master Builders** Wednesday, Aug. 9, at 4 p.m. Lake Branch Kids (ages five to 11) can build with LEGO blocks, magnetic tiles, magnet sticks and Brain Flakes. New themes will spur creativity each month. No registration required.

Next Level Video Game Club Wednesday, Aug. 9, at 6:30 p.m. Headlands Branch Kids (ages eight and older) can play games like Smash Brothers, Mario Kart and Nintendo Sports on Switch. They're also welcome to bring their own portable device. Registration required.

Domino Rally Thursday, Aug. 10, at 1 p.m. Village Room, Main Branch The best part about building with dominoes is getting to knock them back down. Come to the library for a domino rally. Kids (ages six to 12) can build lines and patterns with dominoes and lots of other fun supplies. Then let gravity take over as they mow them down. Registration required.

Teen Advisory Board Thursday, Aug. 10, at 6:30 p.m. Village Room, Main Branch Mentor Public Library is looking for teens (grades seven through 12) to suggest and discuss teen services at the library. Help develop programs and make recommendations for teen spaces. Pizza and refreshments will be provided.

Headlands Jeopardy Saturday, Aug. 12, at noon Headlands Branch Kids can test their trivia know-how and learn something new with a fun afternoon of trivia challenges. Signup required to play.

Saturday Family Movie: Clifford Saturday, Aug. 12, at noon Village Room, Main Branch The whole family can enjoy the film "Clifford." Kids ages eight and younger must be accompanied by an adult. No registration required.

ROBLOX Saturday Saturday, Aug. 12, at 2 p.m. Headlands Branch Join the library online or in-person for a different game from ROBLOX each month. Register to get in the game.

Life-Sized Battleship (Water Balloon Style) Monday, Aug. 14, at 4 p.m. Main Lawn, Main Branch Get into this supersized game of Battleship. Kids (ages seven to 12) will be split into two teams and act as ships, as other players throw water balloons and try to sink their battleships. Dress in clothes you don't mind getting wet and bring a towel. Registration required.

CSI for Kids: Crime Scene Basics Monday, Aug. 14, at 6:30 p.m. Lake Branch Dan Boerner, senior special agent for the Crime Scene Unit of the Ohio Bureau of Criminal Investigation, will talk about his job in forensics. He'll also lead a tour inside of his crime-scene truck and demonstrate how to do fingerprinting. For kids, ages nine to 14. Registration required.

Unicorn Mermaids & Baby Dragons Wednesdays, Aug. 16 or 23, at 4:30 p.m. The HUB Kids (ages six to 11) can use lasers to cut mythical creatures that they'll paint and decorate. All supplies provided. Registration required.

Crafty Kids: Finger Weaving Serpents Monday, Aug. 21, at 6:30 p.m. Lake Branch Crafty kids (ages eight to 12) can weave slick serpents without a loom. The library provides the supplies. Kids only need to bring their creativity. Registration required.

Personalized Initial Keychain Tuesdays, Aug. 22 or 29, walk in between 3:30 and 7 p.m. The HUB Tweens and teens (ages 12-17) can use The HUB's makerspace to personalize a keychain with their first initial. Walk in, no registration required. One keychain per participant.

Curious Kids Wednesday, Aug. 23, at 6:30 p.m. Headlands Branch Each month, curious kids will flex their creativity and learn about their world with arts, crafts and STEM activities in the library's new club. Registration required.

Teen Book Club Thursday, Aug. 24, at 6:30 p.m. James R. Garfield Room, Main Branch Teens (those entering seventh through 12th grade) can read and discuss a classic at the library. Snacks and refreshments will be provided. This month they'll discuss Malala Yousafzai's "I Am Malala."

Lake Branch's 25th Anniversary Celebration Saturday, Aug. 26, from 1 to 3 p.m. Lake Branch Celebrate your neighborhood library's 25th anniversary with a party! Carnival and yard games, a balloon artist, face painter, and magic show with Willie Barnett at 1:30 p.m. Registration required for the magic show. No signup is otherwise required.

Drawn In To Graphic Novels Book Club Saturday, Aug. 26, at 2 p.m. Headlands Branch Tweens and teens (ages 12 to 17) can explore history with some of the best graphic novels created. Each month, they'll discuss a different historical fiction graphic novel. In August, they'll talk about "Drowned City: Hurricane Katrina & New Orleans" by Don Brown. Book club members will receive their own journal where they can write, draw, and share their stories with the group. Registration required. An Evening Stroll to the Past Historical Fiction Book Club for Teens Monday,

Aug. 28, at 7 p.m. Headlands Branch Teens (those entering ninth through 12th grade) can explore historical fiction this summer at the library's newest book club. In August, they will discuss Diane Chamberlain's "Necessary Lies." Registration required.

WILLOUGHBY-EASTLAKE PUBLIC LIBRARIES

Eastlake Public Library 36706 Lake Shore Blvd. Eastlake 44095 (440) 942-7880 x. 105

Willoughby Public Library 30 Public Sq. Willoughby, OH 44094 (440) 942-3200 x. 104

Willowick Public Library 263 E. 305 St. Willowick, OH 44095 (440) 943-4151 x. 116 (440) 516-0843 TTY Willoughby Hills Public Library 35400 Chardon Rd. Willoughby Hills, OH 44094 (440) 942-3362 www.welibrary.info

Willowick Library Offers Free Summer Lunches The Willoughby-Eastlake Public Library is collaborating with the Greater Cleveland Food Bank to provide free summer lunches for ages 18 & under. Meals are available Monday through Friday, now until August 11, from 1-2 pm at the Wil-

lowick Public Library. There is no registration required and meals are only available while supplies last.

For more information, contact Sarah Vargo at 440-943-2203 x112 or sarah.vargo@ welibrary.info.

Car Tips for Teens Tim from Willoughby Hills Auto Repair will point out tips for teens with their cars. Learn how to check your oil, tire pressure, how to handle a flat tire or dead battery and more. Wednesday, August 2, 6 pm Willoughby Hills Public Library, 35400

Chardon Rd., 440-942-3362 **Family Night Out** Enjoy a family night out at the library! Bring some games or play a new one from our collection. Monday, August 2, 6:30 pm

Willoughby Public Library, 30 Public Square, Willoughby, 440-942-3200 **Family Game Night** Bring the whole family for a fun night of games. We will provide a handful of board games, however, please feel free to bring your favorite from home. We will also have our Switch available to play.

Wednesday, August 2, 6:30-8 pm Willowick Public Library, 263 E. 305th St., Willowick, 440-943-4151

Book Tasting and Arts & Crafts for Teens Join us for this series to sample the best teen summer reading books and engage in arts & crafts activities. Select a title from our recommended reading lists (or explore on your own!) and read/review the first chapter. We will share our findings as a group. Following our discussion, take time to relax and focus on a selected creative activity. Thursday, August 3, 2 pm Willoughby Public Library, 30 Public Square, Willoughby, 440-942-3200 **LEGO Club** We provide the LEGOs; you provide the imagination. Saturday, August 5, 1:30 pm Willowick Public Library, 263 E. 305th St., Willowick, 440-943-4151 **Khin's Craft Corner** Make a craft with

Khin's Craft Corner Make a craft with Miss Khin from the comfort of home! A new pre-recorded video will be available monthly.

Monday, August 7

Online Program

Teen Game Night Enjoy an evening of friendly game-playing competition. An assortment of board and video games will be available for us to enjoy! Ages 12-18. Refreshments provided.

Monday, August 7, 6 pm Willoughby Public Library, 30 Public Square, Willoughby, 440-942-3200

Zoom Adaptive Storytime Children of all ages & abilities are welcomed to this interactive, inclusive storytime specifically designed to support varying developmental needs.

Tuesday, August 8, 6:30 pm Eastlake Public Library, 36706 Lakeshore Blvd., Eastlake, 440-942-7880

Tween & Teen Anime Awesomeness

Join us for a new anime each session. You can draw, chat, snack, and have animezing time. Ages 10 and up. Wednesdays, August 9 and 23, 3:30 pm Willowick Public Library, 263 E. 305th St., Willowick, 440-943-4151

Nature Fun Children ages 3-10 and their caregivers are invited to Osborne Park in Willoughby for a nature walk and activity. We will meet at the Osborne Park Pavilion. Please register each child for each date you plan to attend. Thursday, August 10, 2:30 pm Osborne Park-Willoughby **Rescue Readers** In 20-minute sessions, emerging readers will gain confidence, improve skills, and provide soothing company to cats and small critters as they await adoption at Lake Humane Society. Thursday, August 10 3-5 pm Lake Humane Society-Mentor

Teens: Sew a Decorative Pillow Learn to sew a decorative pillow with a removeable cover. All supplies provided. Limit 6 teens. Ages 12-18.

Thursday, August 10, 5:30-7:30 pm Willoughby Hills Public Library, 35400 Chardon Rd., 440-942-3362

Music and Movement Join us for Music and Movement followed by an optional opportunity to socialize and play with toys provided by the library. Ages 2-5. Friday, August 11, 3 pm Willowick Public Library, 263 E. 305th St., Willowick, 440-943-4151 **Last Stop Willoughby** Free family fun for all ages! See our events calendar for details. Saturday, August 12, 10 am-4 pm

Downtown Willoughby Sensory Messy Play Make a mess, have fun, and don't stress about the clean up! Wear clothes you don't care about. Saturday, August 12, 11 am Willowick Public Library, 263 E. 305th St., Willowick, 440-943-4151

First Chapter Reading Club Join us for a reading and discussion group that introduces school-aged readers to different subjects and genres each month. Through read-alouds, first chapter book tastings and group discussion and play, we'll help young readers find their next favorite book. Ages 6-12.

Monday, August 14, 6:30 pm Willoughby Public Library, 30 Public Square, Willoughby, 440-942-3200

First Chapter Reading Club Join us for a reading and discussion group that introduces school-aged readers to different subjects and genres each month. Through read-alouds, first chapter book tastings and group discussion and play, we'll help young readers find their next favorite book. Ages 6-12.

Monday, August 14, 6:30 pm Willoughby Public Library, 30 Public Square, Willoughby, 440-942-3200 **Teen Gaming Club** Make friends and play video or board games provided by the library, bring your trading card games to play against others. Grades 6-12 (Ages 11-18). Saturday, August 19, 2 pm Willowick Public Library, 263 E. 305th St., Willowick, 440-943-4151

Family Movie Night at the Hills Watch movies recently released on DVD up on the big screen. Doors open at 3:45 pm with the movie starting at 4 pm. Outside food and drink is permitted. Wednesday, August 23 Willoughby Hills Public Library, 35400 Chardon Rd., 440-942-3362

BYOT with Children and Young Adults Bring your own T-shirt to the library to decorate your own styles with tie dye. Ages 0-12th grade.

Thursday, August 24, 6 pm Willowick Public Library, 263 E. 305th St., Willowick, 440-943-4151

Learn and Play Chess Club All ages and skill levels are welcome. Enjoy playing against people of various experience levels, in a friendly environment. An excellent opportunity to learn strategies and develop skills.

Saturday, August 26, 12 pm Willoughby Public Library, 30 Public Square, Willoughby, 440-942-3200



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