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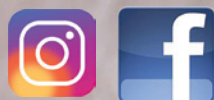
# *Family*

**February-  
March 2024**

**Connecting  
Family  
and  
Community**

**Your Guide to  
Family Friendly  
Events,  
Kids' Activities,  
Parenting  
Resources  
& much more...**

# *Birthdays!*





By Diana Bennington from The Family Connection

The Family Connection is the go-to FREE parenting place for Jackson and Josephine County parents and people in parenting roles. We welcome you to participate in a variety of evidence-based group parenting programs and workshops (on Zoom and in-person) to learn child development knowledge, positive discipline, family communication, stress management, self-regulation and positive parenting skills that will last a lifetime!

Highlighted in this article is a free Boot Camp for New Dads workshop appropriate for expecting or new fathers and father figures. Virtual and in-person opportunities are on the second Saturday of every month from 9am to 12pm. RSVP at [gpbootcampfornewdads.com](http://gpbootcampfornewdads.com) and join this 3-hour workshop to start bonding today.

# BOOT CAMP FOR NEW DADS

for parents in Jackson and Josephine counties

Whether it's your first child or last, dads are welcome here! This model allows 'veteran dads' (who just became fathers in the last 2-12 months) to impart their wisdom to 'rookie dads' (soon-to-be or first-time fathers). The tips that men exchange about how to change a diaper, relieve colic, keep their babies safe, have healthy communication, and support their significant others are priceless. In addition to real-life conversations, the Boot Camp for New Dads experience includes evidence-based curricula and incentives. Fathers are best when they feel supported by the community. There are emotional, cognitive and financial benefits to the child when a father is an active participant in child-raising.

There are many other parenting workshops and programs to choose from for parents and caretakers of all ages of children. Visit [thefamilyconnect.org/families-parents](http://thefamilyconnect.org/families-parents) for updated offerings.

FreeEvent #TheFamilyConnection thefamilyconnect.org

Boot Camp For New Dads©  
 Free Workshop 9am - 12pm  
 2nd Saturdays of each month  
 RSVP: [gpbootcampfornewdads.com](http://gpbootcampfornewdads.com)

Preschool      School Age      Tweens & Teens

more info & RSVPs online:  
[thefamilyconnect.org/families-parents](http://thefamilyconnect.org/families-parents)

Online Calendar | Free Parenting Classes & Workshops | Family Friendly Events

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## MOMS CLUB

**M**OMS Club is an international non-profit organization structured to support moms and their children.

As the Medford chapter, we strive to provide a variety of fun events and ways to get involved in our community all over the Rogue Valley.

We are a member run group where the members create and plan activities that they are interested in. This allows us to have a variety of events to interest everyone. Our typical activities might range from play dates at parks, The Children's Museum, and other indoor facilities, to hikes, field trips, family days, and mom's night outs. We also strive to provide the mothers and children in our community with support through several community based projects and donations.

A small \$20 family membership fee allows us to be a part of the National MOMS Club Organization and helps us complete service projects and activities throughout the year.

If you are interested in joining or would like more information you can email us at [momsclubofmedford@gmail.com](mailto:momsclubofmedford@gmail.com)

We will be having an open Valentines playdate on February 14th @ 10:30 am at the Bohnert Farm Park in Central Point. Hope to see you there!



**\$20 OFF Birthday Parties in Feb., March and April**

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Mon-Sun 9AM-6PM 541-864-2278

**HarryandDavid.com**

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**Ages 3 months to 2 years**  
**Classes held in the Warm Pool**



**Club Northwest**

**Wednesdays**  
**12:00pm & 4:00 pm**  
**Fridays 12:00pm**

**Pre-Registration Required**

## Baby and Me Group Swim Lessons

Lexi Kissinger-Aquatic Coach

**B**aby and me is a swim class for newborns to toddlers up to three years old. In this class, we are all about teaching young ones water safety in a fun way. I am very lucky to be one of the instructors for this class. I have gotten to see little ones as young as 4 months old learn to float on their own. We sing songs and play games to help the little ones put into practice all the water safety we are teaching them. Did you know that blowing bubbles with your little one is a great way to start teaching them how to hold their breath? Or that when teaching your little one to float, having them look at a designated spot on the ceiling helps them focus on something other than water in their ears? These are just a couple nifty tricks we use when teaching our kiddos how to swim. Baby and me is also a great place to get your kiddo socializing with others their age and it gives parents an opportunity to not only bond with their little ones, it also give them a chance to meet other parents and build new friendships. Come check us out at Club Northwest in Grants Pass, your friends are here!

For more info visit [clubnw.com](http://clubnw.com)



**THE BEST PLACE TO HAVE YOUR CHILD'S NEXT BIRTHDAY PARTY!**



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KidZone has three great packages guaranteed to put a smile on any kids face. You can even make it more fun by adding a theme, including swimming!

**Call 541.472.4800**  
**[clubnw.com](http://clubnw.com)**

Inside Club Northwest  
 2160 NW Vine St  
 Grants Pass, OR

**SOUTHERN Oregon family**  
 MAGAZINE

Photo by Heather P. Photography

Next issue:  
**Summer Camps!**  
 Deadline March 20th

Contact Us  
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# What Do I Do With All This Stuff?



By Deborah Pratt

If your child wanted to give you a birthday gift and asked your opinion, would you prefer an item you have been eyeing for yourself or a weekly one-on-one time with your child in a fun activity?

I know what I would say. Give me the time together!

There has been discussion about experience gifts for a number of years now, and I think it's a good shift in thinking. Kids will always enjoy getting physical gifts and I would never want to completely replace them with experiences, but I'll bet that there are others in your family who will shower them with toys, video games, or gift cards. You can slide in an experience gift, too!

Besides, what do you do with all the stuff? Toy boxes and shelves . . . and bedroom floors . . . are overflowing with all those physical gifts. Some are never touched again after that newness has worn off.

On the other hand, experience gifts can last a few hours, a day, a weekend, or a week or even a membership in a weekly activity that you do together. The family bonding and memories will last a lifetime!

Create a cool looking gift certificate for your experience gift and wrap it in a box to make it more fun.

Here are a few ideas of experience gifts you can do together:

Lasts a few hours

- Tickets to one of the summer BrittKids concerts at The Britt in Jacksonville
- Schedule a session together to make something at Pottery, Canvas, and Stone
- Visit the Glass Forge and watch them blow glass. It's a bit spendy, but you can also schedule a time when you can blow the glass and keep what you make.

Lasts a day or a weekend

- Visit the West Coast Game Park Safari in Bandon or the Wildlife Safari in Winston

- Give family tickets to see the Ducks or the Beavers play your child's favorite sport
- Book a weekend at an Oregon treehouse resort – there are a number of them in Oregon with fun activities like ziplining and horseback riding in addition to the fun of sleeping in the trees!

Weekly activities

- "Baby and Me" swim classes at Club Northwest (ages 0-2)
- "Sprout a Reader" at the Josephine County Library (ages 0-5)
- Kindermusik classes at Music4Kids (ages 0-7)

There are weekly activities that are for your child to do independently such as gymnastics, dance, music, and karate. These would also be great experience gifts but do not have the added element of experiencing them together with your child.

So...for your child's next birthday, include an experience gift that gives your child (and you) the best gift ever – each other!



Junior Royalty Coronation

**Saturday  
March 23, 2024  
at 10:00am**

North Medford High School  
1900 N Keeneway Drive, Medford



Must be 5 years old to enter!

Call or text 541-840-7209 for an application or more information.  
[pearblossom@pearblossomparade.org](mailto:pearblossom@pearblossomparade.org)

All participants will participate in the Pear Blossom Parade on April 13<sup>th</sup>!  
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Meets in July or August. Space is Limited.

**See all Summer Programs and Enroll  
at [music4kids.com/summer](http://music4kids.com/summer)**



## 5 tips to get your child sleeping through the night

Hi, I'm **Nicki Roth**, Pediatric Sleep Consultant at Sleep Magic.

I hope these tips will help your little one sleep better at night and during the day. If you still have any questions after reading this article, book a **15 FREE Discovery Call** and we can talk more about your case

### 1. Bedtime routine:

The bedtime routine should be no longer than 30 minutes and include cues to your baby that it's nearing bedtime. A bath, story and brushing teeth are examples of what to include. A bath is a particularly great way to start bedtime as it's usually enjoyable for the child and as it's a different experience to the rest of the day; it signals it's the start of the bedtime routine. The most important step is putting your baby in their bed **AWAKE**.

### 2. Early Bedtime:

A common myth is the later the baby goes to bed, the more likely they will sleep through the night and the later they will wake in the morning. This is not the case. A baby can very quickly become over tired and an age appropriate bed time, usually around 7:00pm, is best for the baby. The baby is likely to have a worse night's sleep if they are over tired and will likely wake at the same time in the morning. Babies need 11-12 hours of sleep per night (until they are about 10 years old) so a typical sleep time would be 7pm until 7am.

### 3. Consistency:

Baby's love consistency as it helps them understand what's going to happen next in their day. You should aim for the day time nap schedule, bed time routine and bed time to be the same every day.

### 4. No Sleep Props:

Babies need to learn to fall asleep without sleep props such as feeding, dummies, rocking and patting, otherwise, every time they have a natural wake in the night, they will need this prop to fall back asleep, rather than putting themselves back to sleep. This usually involves parent intervention several times a night. It is important children develop healthy sleep skills so they can fall asleep independently.

### 5. Routine:

An age appropriate day time routine, which involves set nap and feeding times, are important for your baby or toddler. It helps them to regulate their body clock and they enjoy the consistency. It also allows the parent/carer to plan their day around feeding and naps.

I'd love to be able to help you and your little one sleep better. For more information about booking a full-service sleep consultation [sleepinglikemagic.com](http://sleepinglikemagic.com)

## FREE PRESCHOOL

For Oregon families who qualify in Jackson & Josephine Counties

### Need help? Have questions?

Please email [enrollment@soesd.k12.or.us](mailto:enrollment@soesd.k12.or.us) or call (541) 776-8590, ext. 1145.

To get started, submit a **Preschool Promise Screening form** at

[www.soesd.k12.or.us/preschool-finder/](http://www.soesd.k12.or.us/preschool-finder/)



To learn more about participating programs, view our interactive program finder online at [www.soesd.k12.or.us/preschool-finder/](http://www.soesd.k12.or.us/preschool-finder/)

Para obtener más información sobre los programas participantes, vea nuestro localizador en línea de programas participantes en [www.soesd.k12.or.us/preschool-finder/](http://www.soesd.k12.or.us/preschool-finder/)



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¿Tiene preguntas?

Por favor, envíe un correo electrónico a [enrollment@soesd.k12.or.us](mailto:enrollment@soesd.k12.or.us) o llame al (541) 776-8590, ext. 1190.

Para empezar, envíe un formulario de evaluación de **Preschool Promise** a [www.soesd.k12.or.us/preschool-finder/](http://www.soesd.k12.or.us/preschool-finder/)



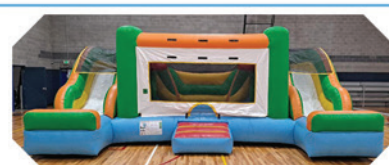
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OF THE ROGUE VALLEY

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## Birthday Party Packages

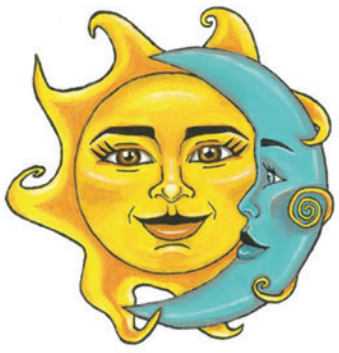
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**Welcome Michelle Molck, CPNP-PC**

Michelle was born and raised in a suburb of Memphis, TN. She received her Bachelors of Science in Nursing from Mississippi College and began her medical career working in the NICU. She later obtained her MSN from the University of South Alabama as a Pediatric Primary Care Nurse Practitioner.

Michelle and her family then moved back to their hometown of Southaven, MS where she worked at a pediatric clinic for about 8.5 years.

Michelle, Jeremy, and their 4 children (Julia, Noah, Olivia, and Jude) moved to Grants Pass in the fall of 2023 and are excited to be a part of the Siskiyou Pediatric Clinic.

In her spare time, she enjoys exploring outdoors, baking, and making memories with her family.

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MAR 29	7:00 P.M.	APRIL 6	2:00/7:00 P.M.
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## Finding Child Care That You Can Trust

Welcoming a baby into the world and into your family can be very exciting. Finding affordable, dependable, and safe child care is one of the most important tasks you may face; particularly if you work outside of the home. You should consider what type of child care environment you are hoping for your child. Do you want a child care facility, a home child care facility or do you want someone to come to your home and care for your child. Ask for recommendations from your social circle and family. It is not the best tactic to find day care providers using social media without fully vetting out the provider beforehand.



Once you have some options for providers, you should always do a full interview in person, collect information that will allow you to complete a background check and then actually have that background check done. It will be worth the costs associated for the peace of mind it will provide for you. If you are going to use a facility or in home daycare, check to see if they are licensed and if they have had any license violations or reports of abuse made against the facility or any of their providers. Ask who will be caring for your child. If it is a home day care, ask who will be in the home, if there are loaded fire arms in the home and where they are kept and ask about where medications are kept. In order to do your best due diligence, write out a list of questions in advance of your meeting.

<https://findchildcareoregon.org/> is a good resource and provides information on how to find child care and how to do your own research on licensing violations or daycare shut downs.

When choosing the appropriate child care provider and child care environment, take into consideration your family's values and belief system around nurturing your child's social, emotional and physical development, discipline, as well as your level of trust and comfort with the people taking care of your child when you are not able to do so yourself. If you are uncomfortable with a person or situation, trust your gut and move on to the next option, even if you can't explain why you are uncomfortable.

Once you begin to use your selected child care option, make a few unannounced visits to check in on how things are going. Look to your child or your child's behavior to give you an indication that you made the right choice. Are they clean, and well cared for? Do they seem to be adjusting well to their new providers? Don't be afraid to make changes if you have any indication from your child that your first choice was not the best one.

**BIRTHDAY PARTIES!**

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# Rogue Rock Gym Climbing Party!

Looking for a new birthday experience for your son or daughter and their friends? Bring them to Rogue Rock Gym and let our professional instructors introduce them to the sport of Rock Climbing. We guarantee they will have an exciting and unforgettable experience pushing their limits on our climbing walls!

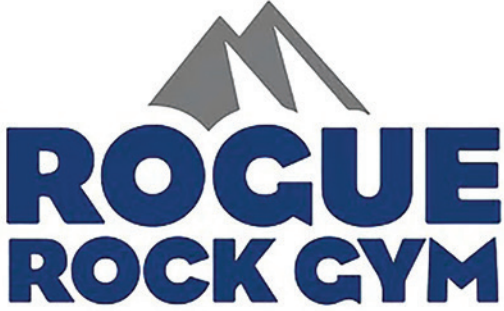
Our Birthday Parties span two hours in the gym, with an hour and a half of climbing time and 30 minutes to celebrate in our party area! All climbing equipment, and one instructor are included with the group. Climbers will build strength and confidence on our walls with our experienced instructors!

Pricing: \$25 per Climber

Party Details:

- 50% deposit required upon booking
- Maximum Party Size of 10 Climbers
- All ages are welcome to participate, and spectators are welcome
- Children under 18 must have a waiver form signed by a parent or legal guardian
- Register online if booking 3 or more weeks in advance
- Please call for availability if booking event within 2 weeks
- Please have parents submit waivers ahead of time

Rogue Rock Gym is located at 3001 Samike Dr in Medford. For questions give a call at 541-245-2665 or visit our website [roguerockgym.com](http://roguerockgym.com) for more information about parties and other youth programs.



## getConfident

**W**atch your child's self-assurance grow as they push their own limits of balance, strength, communication and mental strategy under safe, professional instruction.

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- Kids After School Club
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Ask About Special Group Rates



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**March 10-12 & 17-19**

**UPCOMING FAMILY FRIENDLY SHOWS!**

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Adults: \$25 | Youth/Stud. (22 & under): \$15

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Youth/Stud. (22 & under): \$30 | \$33 | \$36

CRATERIAN THEATER at THE COLLIER CENTER for the Performing Arts

**Visit [craterian.org](http://craterian.org) or call 541.779.3000 for more details and to purchase tickets.**

# A VERY DIFFERENT way to CELEBRATE at your next Birthday Party



**W**ho doesn't enjoy a birthday party? Friends and family getting together for a get-together to celebrate that SPECIAL person on their SPECIAL DAY!

And.....there are LOTS of ways to celebrate at a party!  
One way that is quickly becoming VERY popular in Southern Oregon is to have BUGS-R-US Educational Services deliver the ENTERTAINMENT!

For 16 years now, folks have been celebrating their SPECIAL DAY with the help of the BUG GUY and BUGS, Reptiles and Amphibians, Spiders, Owl pellets, Bats, Dinosaurs, etc.

A birthday party is one of those special events parents can both look forward to and dread all at once. Seeing the look of joy on those faces as they open presents and eat cake is a gift in itself, but the planning, preparation and cost that can go into a homemade party can be a HUGE downside!

You can make your Birthday unique! It's not every day that you get to pet AMAZING creatures and then EAT them, too. Eating BUGS is a VERY popular part of our BUG-THEMED parties.....just ask!

When you contact us about a party, please have 2-3 ALTERNATE dates and times as we do A LOT of parties each year!

PINTEREST has A LOT of great ideas if you're looking for a way to tie a cake into one of our themes.

BUG cakes, with toy bugs.....OWL pellet cake with gray "fur" icing and filled with candy bones....Rubber snakes and frogs on a REPTILE AND AMPHIBIANS themed cake.



Another reason we are so popular is because we are totally PORTABLE....we've done parties in homes, pizza parlors, parks, the lake.....anywhere you go, we can go, too!

And, BUGS-R-US birthday parties are not just for kids! We have done parties for ALL ages...birth to 100 years of age! EVERYONE likes to learn and have fun at a party.

We offer ANY of the topics that we teach as a BIRTHDAY theme for ALL AGES! All 30 different topics are on the website at [www.bugsrus.org](http://www.bugsrus.org). You can join us on FACEBOOK, too and follow the fun at ALL of our FREE community events.

Looking forward to helping YOU celebrate your next big PARTY!



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## Next issue: Summer Camps!

Deadline March 20th  
Sofamily@riousa.com



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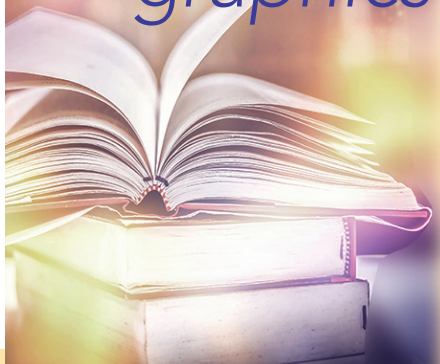
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### Central Point

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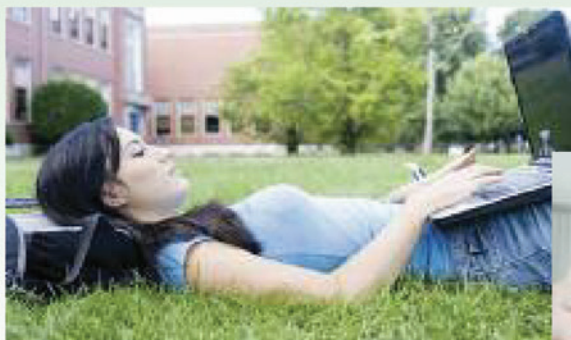
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## SIGNS OF A POSSIBLE GAMBLING PROBLEM IN KIDS



- Asking for or borrowing money from the family
- Gambling-related "stuff" at home (Lottery tickets, betting sheets)
- Unexplained debts or windfall cash/new items (like clothes or jewelry)
- Spending unexplained time away from home, work or school
- Behavior change (seems distracted, moody, sad, worried, nervous, etc.)
- Withdrawal from the family
- Less involvement in outside activities
- Money or valuables are missing from your home
- Overly upset at conclusion of sporting match
- Telephone calls from strangers and higher phone bills
- Bragging about winnings
- Intense interest in gambling conversations
- Playing gambling type games on the Internet
- Unusual amount of time spent watching sports on TV and/or reading magazines having to do with sports

*If you think your child might have a gambling problem,*  
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## 71st Annual Pear Blossom Festival

### PEAR A FARE

**Downtown Medford**  
**Friday, April 12 - 3-10 p.m.**  
**Saturday April 13 - 10-6 p.m.**

Featuring local wine, beer, spirits, and artisan foods. Admission is \$5, includes 5 taste tickets. Kids 5 and under free. Tastes of wine, brew, spirits available by purchasing souvenir glass.

*Harry & David*

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### 2024 Theme:

The Perfect "Pear"ing  
of Communities



### Jr. Royalty Coronation Sr. Scholarship Competition

**Saturday, March 23<sup>rd</sup>**  
**North Medford High Auditorium**  
**1900 N Keeneway, Medford**  
**10 a.m. – Jr. Royalty Coronation**  
**7 p.m. – Sr. Royalty Scholarship Competition**  
For more info, Call 541-840-7209



Queen's Scholarship Sponsor:  
**Kogap Enterprises, Inc.**

### PEAR BLOSSOM RUN



**Saturday, April 13**  
See run times and more info at  
[www.pearblossomrun.com](http://www.pearblossomrun.com)  
541-324-8348

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### PEAR BLOSSOM FESTIVAL PARADE

**Medford's Oldest Tradition**  
**Saturday, April 13 - 11:00 a.m.**

For more info, Call 541-840-8007  
[www.pearblossomparade.org](http://www.pearblossomparade.org)

### SMUDGE POT STROLL



**Friday, April 12**  
**5 p.m. - 9 p.m.**

Stroll to Medford's  
finest restaurants,  
enjoying local wines  
and appetizers



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### GOLF TOURNAMENT



**Saturday, April 6**  
Centennial Golf Club

**Sunday, April 7**  
Stone Ridge Golf Course

**2-Day Tournament**

9 a.m. Shotgun Start 4 Person Scramble  
Call 541-840-7209 for more info.

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2023 PEAR BLOSSOM PRINCESSES



2023 JUNIOR QUEEN AND KING

### STREET FAIR

Street Fair &  
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**April 12 & 13**

Friday, Noon - 10 p.m. Saturday, 7 a.m. - 6 p.m.

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### CORNHOLE TOURNAMENT



**Saturday, April 13**  
**Downtown Medford**

Call 541-840-7209 for more information

### PEDALS 'N' PEARS



**BIKE EVENT**  
**Saturday, April 20**

Comice Family Ride – 4 miles

The Bosc – 14 miles

The Bartlett – 26 miles

The Royal Riviera – 62 miles

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