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**Feb-March  
2023**

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Your Guide to  
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Events, Kids'  
Activities  
& much more...**



**Birthdays!**



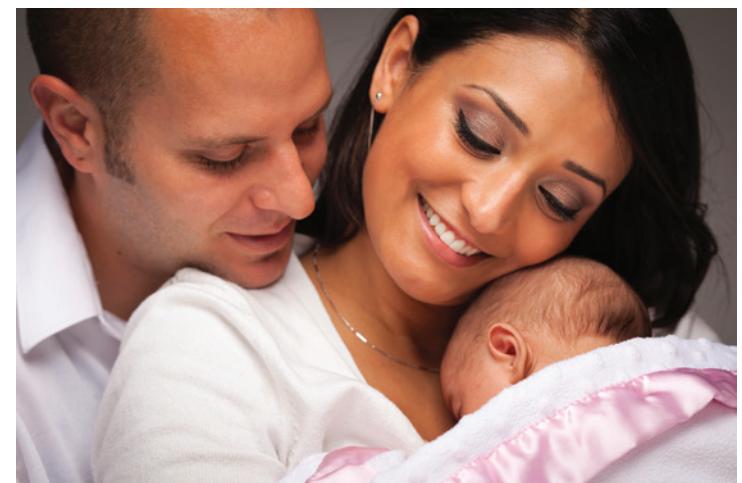


Compiled from HealthyChildren.org by Diana Bennington at The Family Connection

First-time parents are surprised to find that the addition of one little person can make them feel joyful and competent one moment, and small and helpless themselves the next. It is not unusual to see fatigue, fear, and self-doubt co-exist with pride, unsurpassed love, and hope. Parenthood is the great equalizer; all new parents, regardless of circumstance, share a remarkably similar journey. The following tips have helped lots of parents begin that journey successfully.

- Expect stress.** Becoming a parent is a major life transition and despite our best preparations, we may have to adjust our plans as we go along.
- Believe in yourself.** You DO know what's best for your baby. Sort through the mountains of advice you'll receive from friends, relatives, strangers, doctors, magazines, and parenting blogs. Try out new ideas that sound good to you.
- Forgive yourself.** You're going to make mistakes. Babies' needs seem to change daily - once you feel you have something figured out, it changes. Allow yourself to continue getting to know baby.
- Review and revise your expectations of yourself.** Remember that you have a new baby depending on you for every need. Let go of any guilt caused by unfinished chores. The days are long, but the years are short.
- Ask questions.** Much of parenting is learned. Be open to surprises; you may find yourself changing some of your preconceived notions about parenthood.
- Be aware of your own feelings, of the full range of experiences related to becoming a new parent.** Moms and dads can feel a wide range of emotions, including anxiety, sadness, or fear. Having different feelings

## Tips for Being a New Parent



associated with new parenthood is not shameful and is not a reflection of your ability to parent.

- If you have a partner, remember that relationship and that person is evolving, too.** Talk about your hopes and fears, how things have changed, and what you would like to keep the same.
- Enjoy your baby.** While a night spent with a colicky infant can seem endless, the childhood years actually pass very quickly. Relax. Breathe. Enjoy.
- Join a new parents' group.** Single parents, adoptive parents, same gender parents, parents of multiples, traditional couples...all first-time parents experience the same basic joys and concerns. You'll make new friends and find non-judgmental support.

The Family Connection has parenting programs and workshops in both Jackson and Josephine counties. Check out our website to join a group and get connected and for more info & RSVP online [thefamilyconnect.org/families-parents](http://thefamilyconnect.org/families-parents)



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# WE ARE OPEN!

One of the Valley's favorite places to have fun recently reopened since the pandemic!

Art 4 Joy in Central Point reopened in June 2022 and has been going strong with art parties and art education ever since! This business is locally owned and operated by Kim Samitore, who has been teaching painting classes to kids and adults since 2015. People of all ages are encouraged to attend classes and events at her studio and there is a lot to choose from!

The most popular classes are the painting classes known as, "sip and paint" where beverages are complimentary with the painting class, while the instructor walks you through the project step by step. All supplies are included and no experience is necessary, just an adventurous spirit and a desire for fun! But that's not all Art 4 Joy offers. There are lots of options to choose from or you can even host your own private party for business or with friends and family!

Birthday parties are especially exciting for the kids! Ms. Kim encourages creative expression in the studio where there aren't too many rules, other than just being nice to everyone. Mess-making is part of the creative process and she says, "Let's get messy!" And even better, this rule applies to adults as well!

Art 4 Joy also offers art making and education in public and private school classrooms and in the Art 4 Joy studio. Ms. Kim works in partnership with many for profit and non-profit organizations in the valley with all ages and abilities and would love to set up an art making class with your group as a special outing or a regularly scheduled activity.

New ideas are encouraged, and Ms. Kim tries to make everyone's creative

**Art 4 Joy**  
Create Fun Art!  
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Express yourself and connect with others in a fun and creative environment!  
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**We LOVE Birthday Parties!**

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- Art 4 Sale
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- Afterschool
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**Birthday Parties Include:**  
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Ask about Birthday in a Box!

425 Oak Street - Central Point  
[www.art4joylc.com](http://www.art4joylc.com) - [kim@art4joylc.com](mailto:kim@art4joylc.com)



Call to make your reservation

541-855-4343  
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*Making memories  
is our specialty!*

High tea makes every birthday special.



goals a reality! Her goal is to empower people of all ages through creative activities. She strongly believes that through making art we feel more confident, less stressed, and get to enjoy time with people we care about. The most important take away from any art party she hosts is to make memories! It's great when your art turns out, but it's not required to have fun and get quality time with friends and family!



Check out [www.art4joylc.com](http://www.art4joylc.com) today to find out about all the new things that are coming to the Art 4 Joy studio in 2023, sign up for a painting class, or make a reservation for your party! Dates fill quickly so plan ahead, you won't want to miss it!

Art 4 Joy is located at 425 Oak Street in Central Point and is open by event only. You can email [kim@art4joylc.com](mailto:kim@art4joylc.com) or call 541-727-7698.

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A silhouette of a girl in a school uniform stands on a large open book, looking out over a landscape of floating letters (M, A, T, H, I, L, D, A) and small figures.

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**&**  
**4:00 - 4:30pm**

**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!



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**SOUTHERN  
Oregon** ***Family***  
MAGAZINE

On the cover: Hannah  
Photo by Heather P. Photography



**Next issue:  
Summer Camps!**

Deadline March 20th



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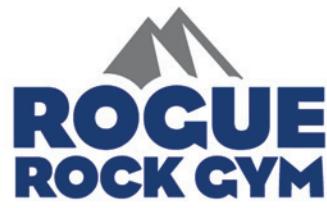


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# Babies Love Music – And Music Is Wonderful for Babies

By Deborah Pratt

**M**usic is one of the great joys of life. It surrounds all of our most meaningful moments and becomes a soundtrack for each season on our journey, including parenthood.

Did you know that music has a powerful positive effect on babies? Below are some music activities to share with your baby and the ways in which they can promote your little one's growth and development.

1. **Sing, Clap, and Dance.** As you share songs and musical movement you strengthen the bond between you and your baby.
2. **Rock, Swing, and Sway.** Rocking, bouncing, swinging, swaying, and moving to music stimulates the vestibular system which improves balance, helps development of motor skills, and promotes development of posture, sitting, walking, and crawling. It also helps your baby's brain understand gravity, gain balance, and develop awareness space and distance.
3. **Play With Instruments and Props Designed for Babies.** Grasping instruments, scarves, balls, and other object play encourages the development of fine motor skills that your baby will use later to hold a spoon or a pencil, use scissors, or maybe even play the guitar or piano!
4. **Feel and Listen to the Steady Beat.** Although thought of as a musical skill, steady beat is also essential to the ability to walk effortlessly, speak expressively, read fluently, ride a bicycle, and brush teeth. Activities such as lap bounces, dancing, and hearing instruments played to the steady beat allow your baby to experience the steady beat in a multi-sensory way that will help them develop this important skill.
5. **Listen to Music and Rhymes.** Find high quality recordings of a wide va-

riety of children's songs and rhymes to expose your child to the sounds of language. Even better, learn the songs and rhymes yourself to sing and speak to your baby. Baby's love their parents' voices!

6. **Engage in Vocal Play.** Take turns "talking" with your baby by making sounds and saying simple words and waiting for your child to repeat them back to you. This type of vocal play teaches babies the structure of conversation.
7. **Relax to Quiet Music with Your Baby.** Listening to soothing music while you rest together can help teach your baby how to relax.

Babies' lives have traditionally been full of lullabies, lap bounces, nursery rhymes, and fingerplays, and now we know that this is the perfect way to encourage and promote your baby's development in every area.

To learn traditional and new children's songs and activities to share with your baby, consider joining a baby music class where the benefits are even greater. Doing all these activities together in a group helps your little one become comfortable in social interactions with other babies and adults.

Participating in a baby music class also helps provide support for you as a new parent. Everyone in the class is learning engaging ways to interact with their babies, and all are encouraging one another. Long-term friendships often spring from a weekly music class. In a baby music class you will find both a valuable treasure trove of parenting ideas as well as a supportive, caring atmosphere for both you and your baby.

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# BIRTHDAY O'CLOCK

R-S-V-P find out what it means to me  
Oh wait! That's R-E-S-P-E-C-T (kind of the same thing)

For a child, little compares to that long-awaited celebration that says, I'm another year older! Children quickly learn that time of year when the attention is on them and they get the chance to shine while surrounded with family and friends and of course gifts and cake. In a child's world, a birthday is right up there with Christmas and Hanukah, it is their special day. Long before the clock strikes -BIRTHDAY O'CLOCK, there are plans to be made.

The time and energy put into the planning process for a child's birthday party is a gift of love. Making sure that the "i" is dotted and the "t" is crossed in the all-important birthday invitation will communicate all the necessary details to pull off a successful and memorable event.

On the flip side, how we respond to the all-important invitation is also critical to the success of a birthday party. It is so important that it has been given a French code that has been used for years, RSVP, répondez s'il vous plaît, which means please reply. The art of responding is critical for so many reasons. Parents will need to know how much food to prepare, what size cake or how many cupcakes, number of party favor bags, amount of space required to accommodate. Etc. etc. etc. While these reasons are most important to the party planner, let us not forget that at the heart of all this fuss, little Johnny or Susie will want to know who is coming to their celebration. We have an obligation to our children and to our children's friends to give the necessary attention to this code of civility. Remember we are teaching our children about the golden rule and respect begets respect.

It is important to note that in some instances just a handful of guests are invited to a child's birthday, maybe as few as two or three guests which means, if two or three friends fail to respond and do not show up, it could break the birthday child's heart. To avoid such an experience, let's explore some ideas.

Although there are no guarantees that everyone will respond, here are a few guidelines that might encourage parents to RSVP:



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Head Start does not provide busing. Staff is available to discuss transportation resources.



- Be as specific as possible—give a respond by DATE - using bold letters and/ or colored ink.
- Give options on how to respond i.e. besides a phone number add a texting number, email address or return response card.
- Creating a private event with your invited guest list on social media, is another way to get the party on the calendar and a timely reminder is a bonus for both invitee and party host.
- If you need a head count to reserve space at a destination or for entertainment, or personalized party favor items, be specific about the importance.
- With busy schedules, it is important to be as specific as possible. If parents are invited to stay or encouraged to drop and leave (parking issues, space issues etc.) say so by spelling it out.
- If hiring entertainment i.e. pony rides, puppet show, face-painting etc. add the party itinerary or give a timetable.
- Conversely, as the invitee, we have an obligation to respond as soon as possible and certainly by the RSVP date.
- Make every effort to respond by phone call, in person, text, or email.
- If childcare is an issue for your other children, and you decline, state the reason for your decline. Often times, party hosts have made allowances for siblings – BUT it is their decision to include siblings or not. Sometimes arrangements have been made that makes it cost prohibitive to include siblings.

As social norms seem to be unraveling, it is important to remember, that social skills are taught AND caught, let's celebrate with everyone in mind and we all stand to win.

Anna Martinez-Minter (AKA Miss Annie) Children's entertainer, co-owner of Anna's Party Works, children's entertainment co. ~ founder of Gracious Me Academy, Miss Annie is dedicated to providing a pathway for learning social graces, manners and etiquette. You can follow her on FB @ Miss Annie Presents. Web site - [GraciousMeAcademy.com](http://GraciousMeAcademy.com)

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# Chinese Medicine Works Wonders for Pre and Postpartum Care

by Eleyah Knight, Licensed Acupuncturist

The most common things on a pregnant woman's mind are her level of comfort, delivery process, and health of her new baby. She needs a consistent, gentle, and safe way to manage her pain, stress, and emotional transitions. A tradition rooted back in centuries of living in harmony with nature's cycles has a solution for all of these.

My first experience with acupuncture was when I was 2 weeks past my due date with my daughter. Huge, heavy, and anxious, I was ready to try anything to get her out. While enjoying my planned soon-to-be birth experience in the middle of a national forest at a Rainbow Gathering, I came across an acupuncturist at a swinger's camp (named for the hammocks that were strung about everywhere). While laying in one of these hammocks, that first set of needles sent rapid waves of energy through like I've never felt before. Sure enough, she was born the next day!

Besides being incredibly helpful for smooth labor, acupuncture helps manage the many pains associated with all phases of pregnancy, including nausea, back and neck pain, and headaches. It also helps with high blood pressure, anxiety, and mental fatigue, among many other things. There are several other Chinese medicine modalities that aid every stage of the process, including cupping, massage, tuning forks (for days that needles would just be too much), and herbal formulas.

After birthing, moms can be given a special treatment called "mother roasting," involving moxa (warming mugwort), which helps bring her back into her body and recharge the vitality that she just gave so much of. Babies are never too young to be treated along with the mother. Pediatric tuina (Chinese Medicine massage) is a useful tool for a baby's smooth transition into the outside world, one that I love teaching to parents for continual care.

It's time to bring this time tested and effective practice to the mainstream. Families need to be aware of all of their options for medical care and be able

to know that there are natural and safe ones like Chinese Medicine, which is even covered by many health insurance plans.

I love bringing peace of mind to families and assisting pregnant women through their incredible journeys into motherhood. Stay tuned for my next article coming here this April, where I'll be sharing information about the Pediatric Massage and Natural Remedies classes that I'll be offering to the public. Meanwhile, you can visit my website at ElatedFamily.com for more information, useful tips, and to explore what Chinese Medicine has to offer your family.



A collage of images related to Chinese Medicine and family health. It includes a circular logo for "ELATED FAMILY ACUPUNCTURE" with a hand and flower icon, a pregnant woman being held by a child, a woman holding a baby, a person getting a hand massage, a person getting a facial, a child getting an ear treatment, and a person using moxa sticks on a child's back.

## QUESTIONS ABOUT YOUR BABY'S SLEEP? I'VE GOT ANSWERS!



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# JACKSON COUNTY CHILDREN TO BENEFIT from DOLLY PARTON'S IMAGINATION LIBRARY

Children ages five and under in Jackson County will be eligible to receive free books, thanks to Dolly Parton's Imagination Library and a partnership between Jackson County Library Services (JCLS) and United Rotary Clubs of Southern Oregon (URCSO).

The Imagination Library is a book gifting program that mails free, high-quality, age-appropriate books to children's homes up until they reach age five, or school age. This new partnership ensures all children in Jackson County can have a broad selection of books at home.

Inspired by her father's inability to read and write, Dolly Parton started the Imagination Library in 1995 for the children within her home county. Today, her program mails more than one million free, high-quality books each month to children worldwide, no matter their family's income.

With over 12,000 children in Jackson County eligible, it will take a village to reach and enroll everyone in the program. Parents and caregivers can check their local library branch schedule for "Storytime" events, and visit their library to register their children for the Imagination Library. Enrollments can also be completed online at [dolypartonimaginationlibrary.org](http://dolypartonimaginationlibrary.org).

"Our vision is that through Jackson County Libraries, individuals reach their potential and communities thrive. This work starts with our very youngest library patrons," said Carrie Turney Ross, JCLS Area Manager for Outreach and Programs. "Early literacy programs like the Imagination Library lead to a life-long love of reading and increased literacy rates in our schools and communities. JCLS is thrilled to bring Dolly Parton's Imagination Library to the children of Jackson County through the support of our partners and generous sponsors."



Jackson County was one of only three counties in Oregon that did not have the program available for children. The Imagination Library of Jackson County is made possible with support from AllCare, the Ford Foundation, and private donors who helped launch this program; it costs \$26 per child per year, with absolutely no cost to families receiving the books. If you wish to donate and assure this program's future, please go to [jacksoncountyDIL.com](http://jacksoncountyDIL.com).

For more information, please contact your local library branch, [jcls.org](http://jcls.org).

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# 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 15 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.

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have done parties for ALL ages....birth to 96 years of age. EVERYONE likes to learn and have fun at a party.

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Looking forward to helping YOU celebrate your next big PARTY!



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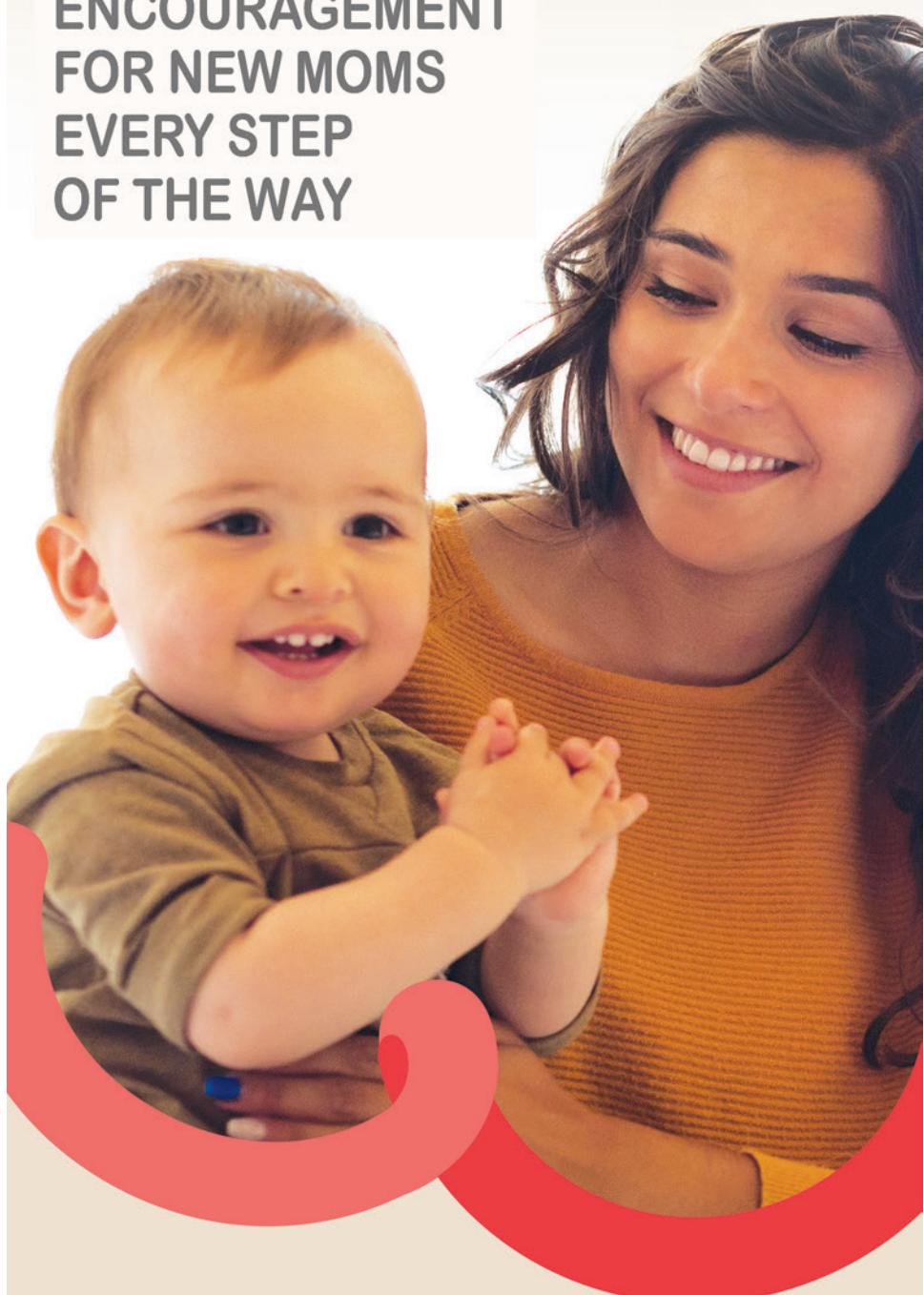
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## Finding Child Care That You Can Trust

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.

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**- NEXT ISSUE -  
SUMMER CAMPS**

Deadline March 20th

**Contact Us!**



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**SIGNS OF A POSSIBLE GAMBLING  
PROBLEM IN KIDS**



- 问问 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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# 2023 FESTIVAL WILL BE EPIC!

## 70th Annual Pear Blossom Festival

### PEAR A FARE

#### Downtown Medford

**Friday, April 7 – 3-10 p.m.**

**Saturday, April 8 – 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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For more info, Call 541-840-8007  
[www.pearblossomparade.org](http://www.pearblossomparade.org)

### SMUDGE POT STROLL



**Friday, April 7**  
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 1**  
Eagle Point Golf Club

**Sunday, April 2**  
Centennial Golf Club  
2-Day Tournament

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

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### Jr. Royalty Coronation Sr. Scholarship Competition

**Saturday, March 25**

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

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### PEAR BLOSSOM RUN



**Saturday, April 8**

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