

**Always Free!**

**SOUTHERN  
Oregon**

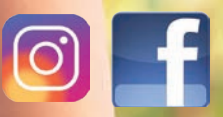
# **Family**

**April - June  
2024**

**Connecting  
Family  
and  
Community**

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

# **Summer Camps!**





# Creating Community Through Play

Little Beans Play Cafe is the first of its kind in Grants Pass. Let kids be kids!

Designed for children aged 0-5 years, our playroom offers a safe and engaging environment where your littles can explore, discover, and learn through hands-on play experiences. Our interactive play zones ignite children's creativity, problem-solving skills, social skills and cognitive development.

Featuring a variety of play areas that cater to different interests and developmental stages, children can enjoy everything from creative play stations to gentle climbing structures.

Little Beans is more than a place to play. Our vision is to create a vibrant community hub where families come

together to share moments. From themed playdates, workshops, birthday parties and family events we encourage the community to connect. They say

'it takes a village' and we would like to be part of that support system.

Our Spring hours are 9am - 2pm. We are closed Wednesdays.

We offer open play for \$10 per child and also offer play pass bundles and membership options.

From birthdays, baby showers and gender reveals, we've also got your family events covered!

Located at 202 Redwood Hwy, Grants Pass. 541-226-2366. Visit us at: [littlebeansgp.com](http://littlebeansgp.com)



## Elements Nature School

Connecting kids with nature through year round outdoor programs.



**\* Summer Camps!**  
Join us as we spend our days outdoors, exploring the unique wilderness of Southern Oregon.



Our classroom will be the diverse ecosystems of our nearby forests, highlighting their unique flora, fauna, and geology.



**\* Week-long camps operating throughout June and July**

Monday - Friday  
9:00am - 3:00pm  
Ages 4-12

To learn more visit:

[www.elementsnatureschool.com](http://www.elementsnatureschool.com)

## Little Beans Summer Camp!!

June 5th - Aug 30th

2 Different Time Slots Available  
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1pm - 4:30pm

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### Activities include:

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Science & Sensory Activities | &  
More!



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# THE OPPORTUNITIES OF SUMMER



What if your child could engage in an activity over the summer that would help strengthen their academics while having fun at the same time?

They can!! Summer offers an opportunity to get your child started in playing a musical instrument or singing in a choir. Study after study has found that active music making can have a positive effect on academic performance including enhanced math skills, improvements in linguistic abilities, and even better standardized test scores.

But success in school is not all about cognitive ability. A sense of emotional well-being is crucial to your child's ability to learn. Participating in music making has been shown to help reduce stress, regulate moods, and express and process complex emotions.

Participating in group lessons or choir adds the element of social engagement and new friendships.

And there's more! Consider these ten benefits of music lessons:

1. Music Improves memory
2. Music boosts confidence and self esteem
3. Music increases coordination
4. Students develop higher standards in their work
5. Music students learn self-discipline
6. Music builds teamwork
7. Music students develop a strong sense of accomplishment
8. Music develops a child's imagination and intellectual curiosity
9. Music develops creative thinking

10. Music develops language and reasoning skills

Would these benefits help your child in their schoolwork? You bet they would!

Take advantage of the opportunity of your child's extra time this summer to bring music into their life. From preschool through high school, music classes or lessons are a gift your child will benefit from for a long time to come. Visit [music4kids.com](http://music4kids.com)



## THE CREST NATURE DAY CAMPS

Cultivating connection to farm, forest, water, and each other

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**WILLOW-WITT RANCH**

**AGES 6-11**

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*to Music*

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# Southern Oregon Family Magazine

Photo by Heather P. Photography  
 On the cover: Skyler



Next issue:

**July-Sept.**

**Summer Fun & Back to School**

**Deadline June 20th**

**Contact Us**

**[southernoregonfamily.com](http://southernoregonfamily.com)**



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SESSION 1: JUNE 24-26  
 SESSION 2: JULY 1-3  
 9AM - NOON

AGE 6-10 YEARS\*

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# Summer

June 24 - August 3

## Weekly Children's Classes

It Takes Two (ages 2-3 with adult):	Saturdays, 10:45-11:15
Creative Movement (3-4)	Mondays, 4:00-4:45 Fridays, 10:30-11:15 Saturdays, 9:00-9:45
Creative Movement 2 (5-6)	Tuesdays, 3:45-4:30 Saturdays, 9:45-10:30
Pre-Ballet (6-8)	Tuesdays, 4:30-5:30 Saturdays, 9:30-10:30
Ballet 1A (7+ with experience)	Saturdays, 10:30-11:30

Ballet Summer Intensive as well as weekly classes for adults also available

**WWW.STUDIOROXANDER.COM**

# Grants Pass MUSEUM OF ART

229 SW G Street - 2nd Floor - 541.479.3290

## Kids Art Classes

Ages 7+

## Summer Schedule

available at

# GPMuseum.com



# The value of social skills

Knowing how to behave and what to expect in social situations lessens the anxiety for our children. 85% of future success is dependent upon our social skills. It's reasonable to conclude that we do our children a disservice if we send him out into the world lacking in social skills and exhibiting un-conventional behavior. All behavior that needs to be learned, needs to be taught. Parents, please practice and reinforce basic manners. Why leave manners to chance when social success depends on knowing the basics?

Here are some basic manners:

1. Use the "magic words" that include please, thank you, excuse me and I'm sorry.
2. Polite greetings: Polite greetings include eye contact and a warm smile. Practice a friendly handshake and greet people by name. To model this, greet others in your everyday routine and introduce your child. Ask the adult how he or she would like to be addressed by your child (Mr., Mrs, Ms, and last name shows utmost respect).
3. Table manners: Begin with the basics of dining skills and expand lessons as the child matures. When called to the table, remind to come with clean hands, wait until everyone is seated before eating, not play with the food, not reach over people to get more food, and chew with their mouths closed. Encourage interesting conversations. Model gratitude with a blessing or a genuine thanks to the host and cook. Help with setting and clearing the table and ask to be excused.
4. Patience: Teach your child the importance of patiently waiting to speak when adults are conversing. Perhaps a signal of putting their hand on your arm gives you an indication that they are waiting to tell you something. Without interrupting your conversation or changing your eye contact, you could simply place your hand over theirs. This lets them know that as soon as you can politely break away you will address their needs.
5. Fair play: Teach your child to respect others by taking turns, and being a good sport.
6. Additional notes: Asking permission to use items that are not theirs, understand that "NO" means no.



Remember there is more about manners than knowing which fork to use. The basis of good manners is respect and consideration for others. Teaching manners in a fun and positive environment creates a lasting lesson. To ensure a healthy culture integrating life skills; If taught effectively, polite society will embrace your child's kindness and your children will eventually thank you.

*Anna Martinez-Minter (AKA Ms Annie) who encourages children to be courteous, confident and considerate through fun, interactive and educational activities. You can follow her on FB @ Miss Annie Presents.*



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**SUMMER DANCE**

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**DANCE CAMPS**

**July 15th - 18th**  
Imagination Camp  
Ages: 3-6  
10:30am-11:30am

**Beg/Int Dance Intensive**  
Ages: 7 & Up  
12:00pm-2:00pm

**August 5th-8th**  
Galactic Grooves: Hip Hop Camp  
Ages: 3-6  
10:00am-11:00am

**Advance Dance Intensives**  
Ages: 12 & up  
11:30am-2:30pm

**For more Information:**  
[www.inspiredancecompany.org](http://www.inspiredancecompany.org)  
**458-658-6989**



Compiled from "Oregon Parenting Together" Vol 3 Issue 7, by Diana Bennington from The Family Connection

**Y**ou're already making plans to keep your children gainfully occupied. We get it—the stakes are high. Bored kids and free time aren't always the most productive combination.

While your littles, middles and teens need downtime, summer vacation can be a tricky time for parents. You truly want them to have fun while maintaining the structure of the school year (to preserve your sanity!). Most of all, you want to do all you can to prevent summer learning loss. Research shows that while younger students are more at risk, kids of all ages can be susceptible to losing ground in basic math and reading.

Summer learning goes a long way toward producing well-rounded, school-ready students. Because you're busy, we did the research for you! Here are six proven ways to maximize your child's summer learning:

**Keep a Routine.** It's okay to kick back and relax, but don't throw out all the rules. Consistency is vital, especially when it comes to bedtime and screen time versus quiet reading time. A strong summer routine will only make it easier to return to the classroom in the fall.

**Play Hard.** Rain or shine, make time for running, jumping, laughing and more! Aim for 60 minutes of physical activity each day and head outdoors as much as possible. For tweens and teens, consider trying something

# Prevent the Dreaded "Summer Slide"

new like disc golf, swimming or kayaking. For your littles, keep a list of silly, fun games that encourage movement. Join a local summer camp for facilitated fun!

**Reimagine Reading.** This summer, add podcasts and audiobooks to your kids' summer reading rotation. Listening builds language skills too, and there's no prolonged screen time! Get creative by checking out books with different themes such as mythology, historical biographies, songwriting, science and pop culture.

**Do Math Every Day.** In addition to tackling traditional math problems, help your child find the math that "lives" in fun activities, such as baking a batch of cookies, building a birdhouse or grocery shopping on a budget.

**Learn by Doing.** Teach your child big-picture concepts like community responsibility and self-reliance with hands-on activities. They could help a family member with yard work, walk a neighbor's dog or grow a small garden and share the bounty.

**Join a Free Parenting Group.** Visit [thefamilyconnect.org/families-parents](http://thefamilyconnect.org/families-parents) and choose a Family Connection parenting program or workshop for your family to attend as an enriching educational experience.

## Friendship Mountain

Day Camp at Ashland Zen Center



**July 22-26 9:00am-3:00pm \$300/Camper Ages 7-11**

Developing the stability of character and confidence to succeed in all situations is a lifelong process that begins in childhood.

At Friendship Mountain, this process is joyful. Over and over, campers report that Friendship Mountain is their favorite week of the summer.

Activities at camp include age-appropriate meditation and mindfulness practices, tinkering, origami, ceramics, Lego play, candle making, building and gardening.

At Friendship Mountain we treat ourselves, each other, and all things with respect and kindness, and make this attitude our good habit.

[ashlandzencenter.org](http://ashlandzencenter.org) [fm@ashlandzencenter.org](mailto:fm@ashlandzencenter.org)









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

## SUMMER ART CAMPS!



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# SUMMER CAMP 2024! Ages 5-13



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**KIDS  
Club Northwest**

## Tips for Finding the Right Summer Camp



Gary Taylor, the Rogue Valley Family YMCA's Camp Director

Millions of children and adults across the United States attend camp each year. Activities at resident and day camps may include swimming, exciting trips and overnight stays, horseback riding, rafting, archery lessons, kayaking, tennis, arts and crafts, fishing, rock climbing, soccer, basketball, volleyball, family evenings and theme days.

There are many options for parents as they choose a camp for their child. Determining when children are ready to go to camp and finding the best match can be a difficult decision for parents. How do you know when your child is ready to go to camp and how do you find the best match?

### Helpful tips to help parents choose the best camping experience for their child:

- **Know your budget.** Remember, camp does not have to be expensive. Camps are available for every price range, and YMCA camps and others offer scholarship assistance, that help make camp available for every child.
- **Know your wants.** Families should consider what they want for their child from the camp experience. Camp programs vary, from daily programs to specialty camps to overnight experiences.
- **Know your child's readiness.** On average, 8-year-olds are ready for "sleepover" camp. To ease the transition, kids should experience sleeping over at a friend's or relative's house at least one night before going to overnight camp. Day camps are another option available for children of all ages.
- **Know the camp.** Review camp brochures or websites. Call to ask staff questions about activities, policies and special needs for your child. Seek references from other families whose children have attended the camps you are considering.
- **Know your child's wants.** Don't forget to include your child in the decision-making process. Visit the camp with your child and take a tour together before making a final decision.



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**Summer Programs**  
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# City of Medford Railroad Park Opens for the Season



## All aboard for opening day at Medford's Railroad Park on Sunday, April 14!

Volunteers from four railroad clubs have been working hard to prepare the park for its 43rd season of operation. Bring the whole family, pack a lunch or eat at the park, and spend the day. It's fun for all ages, and admission is FREE.

**Medford Garden Railroaders:** See G-scale trains on their expansive layout where model trains are integrated with garden landscaping. The youngest railroad fans will love a separate Thomas and Friends garden layout, while a third layout allows them to run miniature trains by themselves. Older children can run the Hogwarts Express train by remote control in Harry Potter's Hogwarts layout.

**Rogue Valley Model Railroad Club:** HO-scale trains operate across hundreds of scale miles of track, with realistic sounds, working signals, and crossing gates. The club recreates the railroad trip from Medford to Klamath Falls on the Pacific and Eastern Railroad, including the heavily-forested climb out of Keno along the Klamath River.

**Southern Oregon Live Steamers:** Locomotives pull passengers on nearly two miles of track, a nine-minute ride through bridges and over tunnels and hills. A separate track features Thomas and Percy pulling special trains built for small kids only.



**Southern Oregon Railway Historical Society:** A full-size motor car pulls passengers on railroad tracks lining the perimeter of the park. Visitors can tour re-

stored cabooses and view a 1959 flanger (snow plow). Volunteers are also restoring a local 1925 steam locomotive, the Medco 4. Local train artifacts and history are on display in the Learning Caboose and in their museum. Be sure to ring the real steam locomotive bell and operate the authentic wigwag signal.

The Railroad Park is open to the public from 11 a.m. – 3 p.m. on the 2nd and 4th Sundays of each month from April through October. Parking and admission are free, and no tax monies are used in the operation of the park. All four clubs rely on donations to help offset the various costs involved in maintain this unique attraction, a collaboration between the City of Medford and the four volunteer-based clubs. The park is a popular spot to hold birthday parties, family or church picnics, school field trips, and reunions. A summary of the options is available on the park's Facebook page.

The Railroad Park is located at 799 Berrydale Ave., Medford, 97501. Parking at the park is limited. More information can be found at the park's Facebook page: <https://www.facebook.com/Medfordrailroadpark/>.




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July 8th-August 3rd 2024

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# FULL STEAM AHEAD SUMMER CAMP

AGES  
3-12





JUNE 13 -  
AUG 16

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# Family Fun Builds Strong Bonds!

By Tammi Pitzon · Executive Director at Children's Advocacy Center of Jackson County

Parenting in a world of technology is difficult on the best days. Technology has provided offenders direct access to our children at all hours and across great distances. Social media and the world web can be a barrier to really connecting with your children and in doing so it has the potential to start eroding our relationship.

As parents we can use spring time and warmer weather to get our kids off the couch, out of the house and into family fun! One of the best things you can do to keep your children safe and happy is to be present in their life. Warmer weather provides the perfect opportunity to be both present and to have fun. You may need to let go of some control and let them plan the activity in order to get their buy in. A fun way to execute routine outdoor time together is to set aside time every week at the same time to spend time together in the great outdoors! Instead of having to plan out things but also have activities to choose and insure that everyone has a voice is to create an activity jar (really any container would work) and on Popsicle sticks have activities listed. At your designated time, have your child pull out an activity and be ready to get out and have fun. You could do this on a larger scale for the whole year using a pack of playing cards. Write on the face of the cards one activity and every week draw a card that will help you to stay connected with your child.

The options for free outdoor fun in Southern Oregon are endless. You can hike one of the Table Rocks. You can ride bikes through Lithia Springs Park. You can plant a Butterfly garden in your yard. Play tennis, basketball, soccer or volleyball at one of the local parks. You are creating memories. You are building relationships. You are developing healthy behaviors. As a bonus, you are getting your child out of the chat room, off the gaming platforms and away from social media. Even better than that, you are opening the door wide open for learning things about

your child, for helping your child find new things to be passionate about and creating ways to improve both your mental and physical health.



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Siskiyou Pediatric Clinic LLP

**New Patients Welcome!**  
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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.

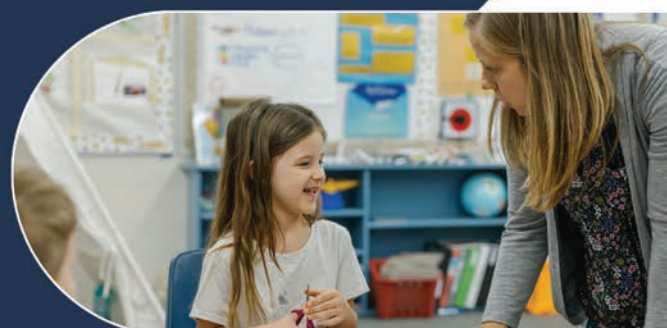
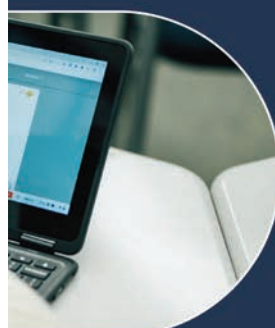
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[SiskiyouPediatricClinic.com](http://SiskiyouPediatricClinic.com)

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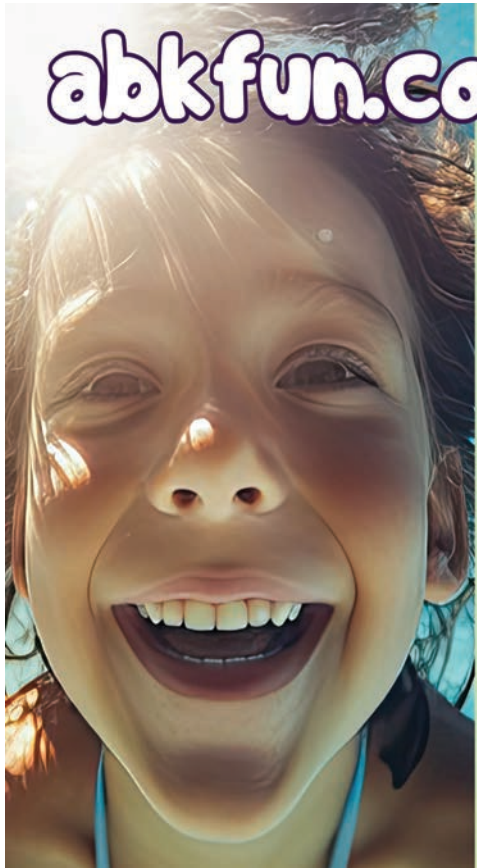
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Please email [enrollment@soesd.k12.or.us](mailto:enrollment@soesd.k12.or.us) or call (541) 776-8590, ext. 1145.

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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Programas para familias en Oregon que califiquen en los condados de Jackson y Josephine



**¿Necesita ayuda? ¿Tiene preguntas?**

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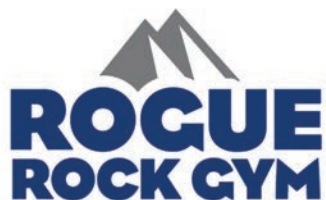
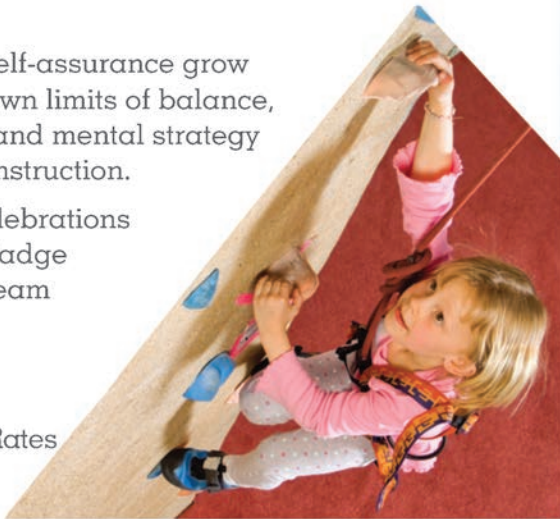
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