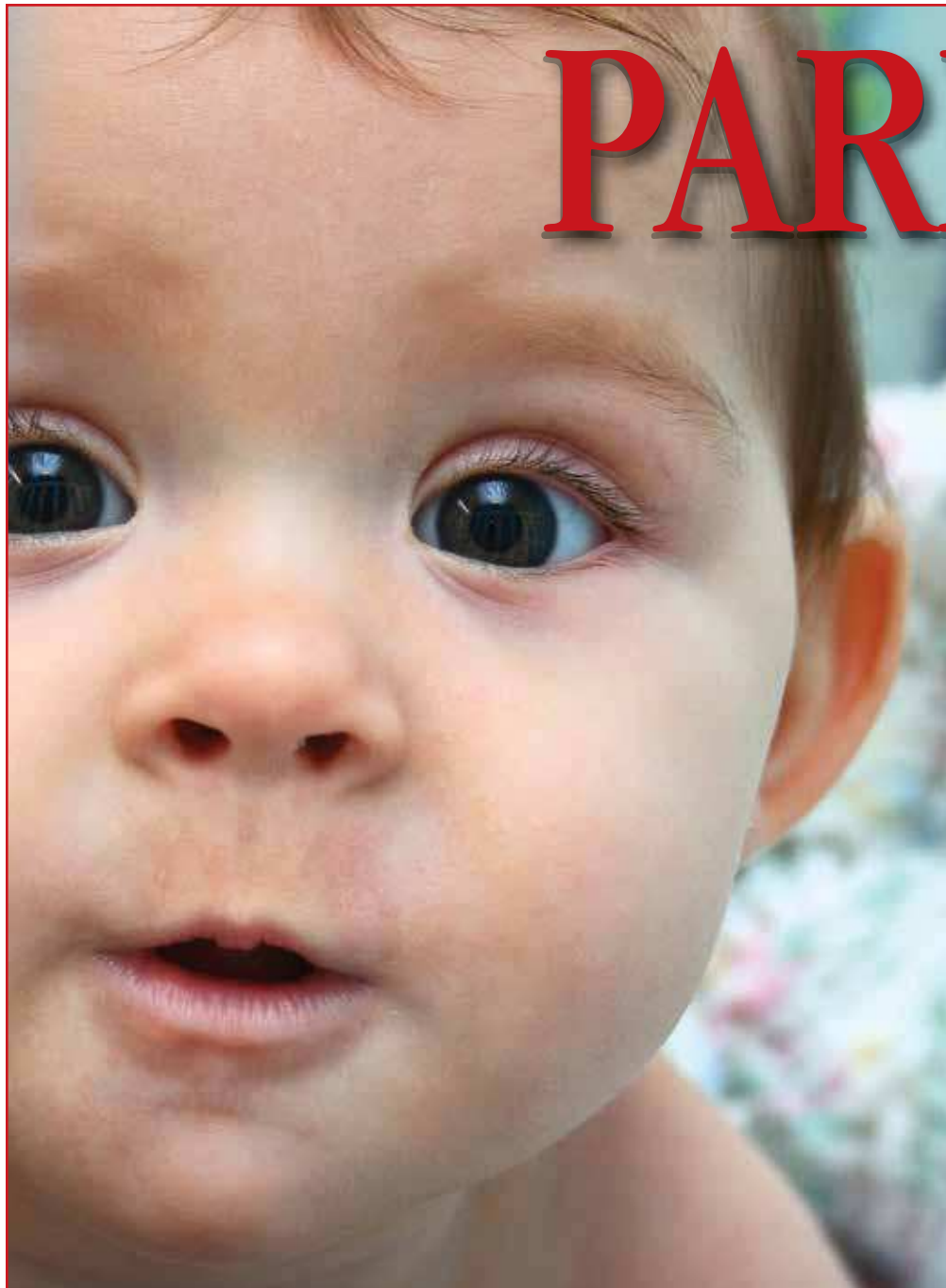


# PARENTING

New Jersey Hills Media Group

May 3, 2018



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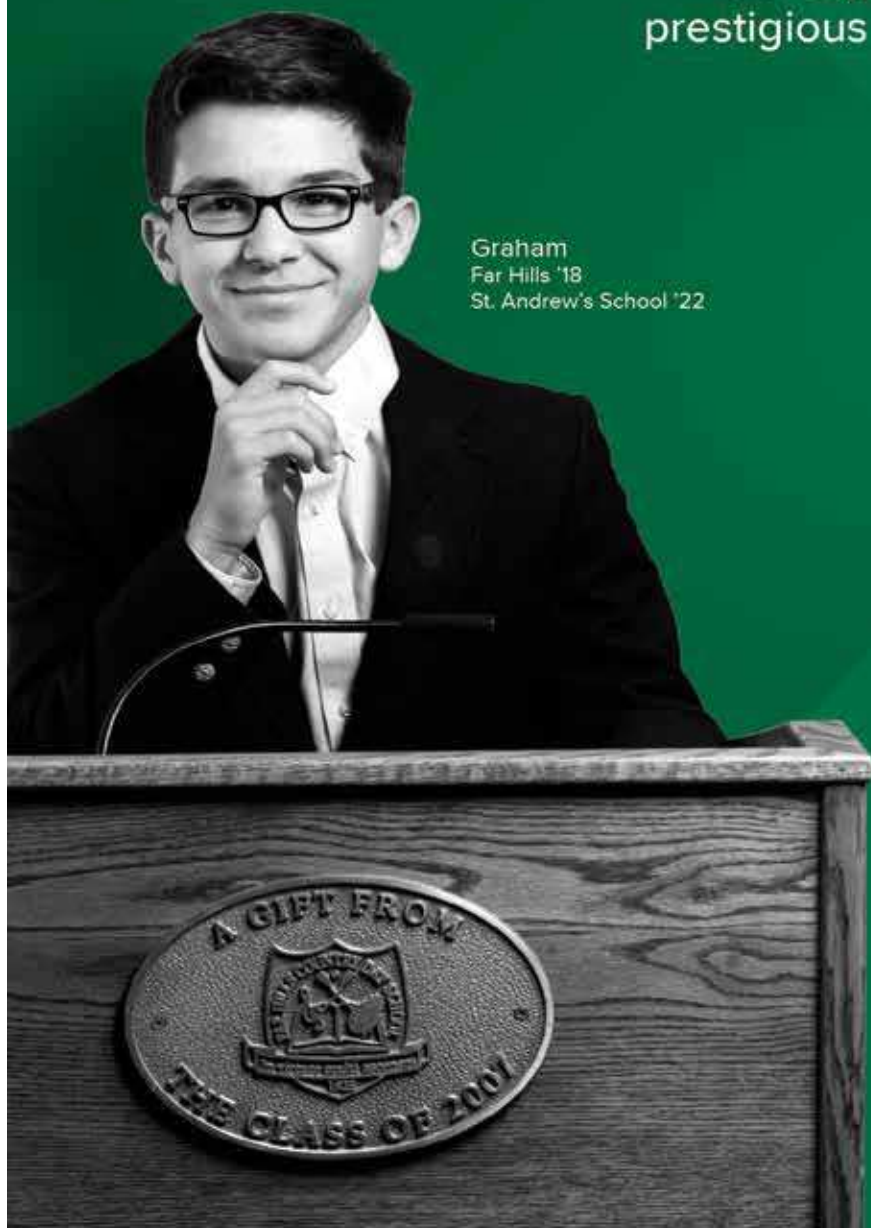
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# WAYS TO MAKE MATH PART OF YOUR KIDS' DAILY LIVES

The following article is provided by State-Point.

For many students, math can seem like the most challenging school subject. But it doesn't have to be. Math is actually all around us.

Here are five ways you can help kids draw connections between classroom math and the math that touches their daily lives.

## Bake And Cook

Math and the kitchen go hand-in-hand. Making cookies? Double or halve the batch to learn about dividing, multiplying and fractions. Have the right recipe but the wrong measuring gear? Convert from metric to English to practice simple formulas.

Witness how fractions work firsthand by quartering ingredients like peppers and apples. For more hands-on education, let kids do the measuring, timer-setting and anything else that requires math.

## Build Something Together

Following instructions from start to finish is important for any math student, so build something together, like a new toy box or a bench for a reading nook.

These types of projects require the use of math — from measuring materials to calculating the area and volume that objects will occupy. Be sure to point out when and how math is being used.

## Have Family Math Night

Play games that deal with math and the tools on hand to win them, like the Casio fx-55 PLUS, a scientific calculator which helps students learn elementary mathematics such as fractions, division with remainders and random numbers. The True Fraction Display helps student understand the mathematics behind improper fractions, mixed fractions and simplification, providing the tools they need not to be intimidated by math concepts.

## Go Shopping

Shopping is the perfect opportunity to practice percentages. Kids can calculate how much an item will cost and the money saved any time there's a listed discount, like 20 percent off or half off. They can also calculate what the total charge will be after the sales tax is added. At the grocery store? Let kids weigh produce and calculate the cost.

## Create A Budget

A great way to teach kids how budgets work is with their own spending money. They will learn how to make their money last, as well as how to count it out and figure out how much change they'll get back. You can also loop them into your own budgeting process. For example, if you have vacation plans on the horizon, you can show them how to create a budget for transportation, accommodations, food and more.



Embrace the math all around us to help your children connect classroom math to their daily lives.

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## WINNEWALD DAY CAMP IS A CLINTON COMMUNITY GEM

Winnewald Day Camp in Hunterdon County is celebrating its 67th camp season from Monday, June 25, through Friday, Aug. 17. A per diem pre-camp session from June 18-22 is also available.

Winnewald is located on approximately 30 beautiful acres in Clinton Township between Routes 31 and 629. The varied program provides age-appropriate activities for children ages five to 13.

Activities include Red Cross swim lessons in heated pools, hiking, fishing, tennis, arts and crafts, archery, nature, music, low ropes, sports, fun and much more.

The camp day is open daily 9 a.m. to 4 p.m. (rain or shine) with extended hours available from 7 a.m. to 6 p.m.

The staff includes teachers, college, and high school students, many of whom have been former campers.

Attend our open house from 1 to 4 p.m. Sunday, May 6. Personal tours are also available and can be made by calling (908) 735-8336.

## DENVILLE WELCOMES BACH TO ROCK SCHOOL

Bach to Rock (B2R), America's music school for students of all ages and skill levels, has opened its newest school in Denville, the first Bach to Rock in New Jersey.

Bach to Rock's unique approach to music education is based on the knowledge that students learn best when they play the music they enjoy. Using special arrangements of today's music, B2R helps students become proficient instrumentalists or vocalists as well as seasoned performers. Individual music instruction is combined with band instruction that leads to regularly scheduled public performances, "Battles of the Bands," and recording sessions in the B2R professional recording studio.

Young people who learn to perform music with others find their musical accomplishments enrich their lives forever. All Bach to Rock students achieve great personal satisfaction whether they play or sing professionally or perform for their friends at social gatherings, jam with their friends in bands or combos, or share musical interests with their families.

Bach to Rock Denville offers lessons in guitar, piano, drums, voice, bass, ukulele, violin, trumpet, and more. They also offer Early Childhood classes, Rock Band and Glee Club, as well as fun and memorable Birthday Parties and Summer Camps which provide great opportunities for students to play and learn music with friends. No experience is necessary.

If you've ever wanted to get your child started with a high quality music education, now is the time to enroll. Bach to Rock is located at 3130 Route 10 West in Denville. Stop by the school or call (973) 343-5270 to schedule your first lesson. The Bach to Rock Denville staff is looking forward to making music with you.

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based curriculum, small homogenous class groupings, an expert faculty, an emphasis on social-emotional development, and a supportive community.

We invite you to learn more about our school and sign up for an upcoming Open House at 9:30 a.m. Thursday, May 17. Please visit our website for more information, [www.winstonprep.edu](http://www.winstonprep.edu) or call (973) 500-6480.

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# SIX SKILLS TO HELP TEENS LIVE A MORE POSITIVE LIFE

The following article is provided by Brandpoint.

How would you describe happiness? You may have trouble putting it into words, but you know you want it for yourself and your loved ones. One thing that's harder than describing it for many people is knowing how to achieve it.

Researchers studying social emotional well-being define happiness as a balance: the combination of how frequent and robust your positive emotional experiences are, how gracefully you recover from difficult experiences, and how meaningful and worthwhile you feel your life is overall.

"Happiness is the ability to consistently recognize that life is good, even if it's difficult," says Dr. Emiliana Simon-Thomas, Ph.D., science director of the Greater Good Science Center at the University of California Berkeley. "It's being able to identify and enjoy the positive times but also have resiliency to bounce back from the hard times."

This is particularly important for youth. Research shows two out of three American teens are stressed and many don't know how to cope. When school is in session, teens are the most stressed group in

the country. The inability to reduce and cope with stress and anxiety can negatively impact different facets of a teen's life including their health, friendships, relationships with parents and academic performance.

To help further the idea that happiness skills must be learned, Simon-Thomas identified six Sustainable Happiness Skills which provide the foundation for a new initiative called Life's Good: Experience Happiness, which helps bring scientific, evidence-based tools and sustainable happiness skills directly to young people across America.

Backed by 70 years of scientific research showing that happy people are healthier, live longer, earn more and do better in school and life, the platform aims to reach, teach and increase sustainable happiness.

Happiness is associated with several positive health effects, according to the Journal of Happiness Studies, including less insulin resistance, better sleep, higher HDL cholesterol levels and less reactivity to stress. Additionally, teens who identify as happy are more creative, helpful and sociable.



Two out of three American teens are stressed. Help your teen live a more positive life by encouraging them to use these six essential happiness skills.

PLEASE SEE HAPPY, PAGE 8



## NEW MEMBER OPENINGS 2018

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# CHATHAM TOWNSHIP'S NOE POND CLUB CREATES CHERISHED FAMILY MEMORIES

While much has changed since Noe Pond Club was established in 1955, the mission of the Club remains the same: provide a safe and fun family-oriented recreational experience.

Located in Chatham Township, the Club resides on 35 acres. The center piece of the property is a 3.5-acre swimming pond with a beautiful white sand beach with docks, diving boards and other features for kids of all ages. There is also open green space in which to run and play, 10 tennis courts, four platform tennis courts, and two playgrounds.

2018 will mark the first full season of the Club being operated under a new ownership structure. Previously member owned and operated, the Club is now operated by Kim and Chuck Barton.

"We want to perpetuate what my parents created because it is such a unique place and a worthwhile endeavor. We provide special memories for children and families," said Kim Barton, adding that the club

"hired Kirk Warshaw to enhance the Noe member experience."

Warshaw, who oversees the operation of the Club, is a native of Madison who raised his children in Chatham and grew up at Noe – as did his three children.

Warshaw remarked, "We are focused on the children of our members. We want to teach them to be strong, smart and confident swimmers, to have fun, and to make life-long friends. Parents wanted these things for their children in 1955 and they still want them in 2018."

The secret to create good swimmers is the Club's unique swim emblem system: it is an incentive program as well as a safety system. Children pass rigorous swimming tests to qualify for an emblem that determines where in the pond they are safe to swim.

Established activities at Noe include a swim team, diving team, and youth tennis teams. Another favorite activity is the

Noe Kid's Program, which allows children to participate in organized activities with their friends, take swim and tennis lessons, and have good old fashioned fun. Adult staff include a cadre of local educators who have been running the program for years.

Warshaw, a seasoned businessman, has surveyed the membership on three separate occasions to understand what was good and what was missing at Noe.

Changes made in response to the surveys include providing more shade, new and improved shower and baby-changing facilities, expanding the Kids Program to four days per week for six weeks during the summer to better meet member needs, and an improved food operation that is run by Divine Catering, which is owned and operated by Tom Sturdevant of Madison.

Warshaw acknowledges that while children are the prime focus, he has made a concerted effort to also improve the experi-

ence for adult members.

"We have an ideal venue to entertain so we have increased the number of social events we offer our members. We hired Angela Trapp, a Madison Fairleigh Dickinson University School of Hospitality graduate to help with our adult socials and provide various party services," he said.

Warshaw also has engaged Tracy Leone of Madison to help with membership recruitment. She, her husband Steve, and their three children have been Noe members for 11 years.

"I am not a salesperson, but getting people interested in joining has been easy for me," Leone said. "I simply speak from the heart about the joy that Noe has brought to my family."

Noe's membership is currently open to new members. Information about the Club and membership can be found at [www.noepondclub.com](http://www.noepondclub.com) or by calling (973) 377-2445.

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# WAYS TO CARE FOR AND COMFORT YOUR SICK CHILD

*The following article is provided by Brandpoint.*

If you're a parent, a big part of your job is making sure your children feel well. No matter how many times you wash their hands, sterilize their toys or keep a sparkling clean house, inevitably the germs will win. All parents know that taking care of a sick child can be a stressful experience that can leave you feeling helpless – especially when they have a cough that is keeping them up at night.

On top of that, if you're trying to juggle a job, keep the house in order and get enough sleep yourself, the experience can feel overwhelming.

Emily Schuman, founder of the popular lifestyle parenting blog Cupcakes and Cashmere, has had more than her fair share of days spent taking care of her toddler when she is sick. The following are some of her best cough and cold remedies to help care for your little one when they're sick.

## Sleep Is Great Medicine

Parents know that a sleepy child is a crabby child. Just as sleep is vital for a child's mood, it is also a crucial step in combating coughs and colds. Naps and early bedtimes should be a priority. To help your sick child sleep better and longer, you might have to give them more cuddles than usual!

## Reduce Their Coughing

One of the worst parts of taking care of a sick child is hearing them cough, which is also uncomfortable for the child. In fact,

a recent Vicks VapoRub survey found that nearly all (94 percent) moms say coughing from being sick makes sleeping difficult for their child, and 92 percent say finding symptom relief to improve their child's sleep is top priority. Fortunately, Vicks VapoRub, a cough remedy moms have used for over 100 years, is safe, effective, has long-lasting vapors and is fast-acting for children ages 2 years and up. When applied on the chest or throat, the medicated vapors in Vicks VapoRub last up to eight hours, to help quiet the cough, which in turn helps moms and their children sleep better and get the rest they need.

## Bring Out The Humidifier

With winter comes dry air, and when you add in central heating, the air is even drier. This is particularly uncomfortable when you have a cold or cough. Placing a humidifier near your child's bed can do wonders as far as allowing them to breathe more comfortably and sleep better.

## Feed Them Nutrient-Rich Foods

When you're sick, it's easy to gravitate toward comfort food like mac and cheese or sweets. But it is important to make sure your child gets plenty of nutrients from food like fresh fruits and veggies. Soups and smoothies are perfect ways to get your little ones to eat these foods.

## Provide Activities And Distractions

Being sick is not fun, and not just because your child feels lousy. They're

also cooped up, bored and incredibly restless. Make sure you have plenty of rainy-day activities, like coloring books and special toys, ready for them. If they feel up to it, encourage them to make a fort out of the couch cushions. It's also the perfect time to let them have extra screen time.

It's hard to have a sick child at home, but getting ample sleep, having Vicks VapoRub on hand, using a humidifier, eating well and being prepped with some creative distractions

can go a long way toward comforting your child and making things easier for the entire household.

And remember as stressful as it can be caring for a sick child, nearly 87 percent of moms say it can be a bonding experience.

*Editor's Note: This content is based on an online survey conducted by Kelton in October 2017 among a sample of 1,016 American mothers with children between the ages of 2 and 17.*



Emily Schuman, right, of Cupcakes and Cashmere and 3-year-old daughter, Sloan, rely on Vicks VapoRub as their go-to cough remedy.

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# SUMMER SPARKLES AT STARSTRUCK DANCE STUDIO

Summer 2018 Sessions at Stirling's StarStruck Dance Studio are now open for registration.

With several different sessions to choose from, dancers will be exposed to a multitude of styles, refine their technique, make new friends, and have fun.

We are so excited to see our youngest dancers for Princess Ballerina Camp, where they will join us for ballet training and daily combinations that celebrate their favorite princesses. In addition, dancers will participate in daily crafts, princess meet-and-greets, and end of session performances. We also offer Ballet/Lyrical Camp and Jazz/Hip-hop Camp for our youngest dancers.

Dancers ages six to 18 will join us for Commercial Jazz/Hip-Hop Camp and a Multi-Style Camp that features classes in Ballet/Lyrical, Jazz/Hip-Hop, Acro, Musical Theater, and Contemporary. We also have four week sessions available for beginner through advanced dancers in Ballet/Lyrical, Acro, and Musical Theatre/Jazz. Our Elite Dance Company members will also be in the studio this summer for Company Intensives.

Find more information about our summer schedule and register for classes by visiting [www.starstruckdance.net](http://www.starstruckdance.net) or by calling (908) 626-0202. To audition for our company, contact the studio to register for auditions. StarStruck Dance Studio is located at 1107 Valley Road in the Stirling section of Long Hill Township.

## HAPPY: Help teens live happier lives by practicing these six skills

FROM PAGE 5

Research has also shown that happy kids do better in school. Happy learners remember information better and happiness is positively associated with GPA.

The research also shows that schools that teach happiness skills outperform schools that don't, and typically experience dramatic drops in bullying, absenteeism and discipline issues. They also see impressive gains in student engagement, optimism, test scores and executive functioning skills that are key to future success.

When practiced, the six sustainable happiness skills can sustain a person's ability to recognize that life's good, even if it's hard sometimes, according to the research from Simon-Thomas. These are the foundation of Life's Good: Experience Happiness, the new corporate social responsibility initiative led by LG Electronics USA.

**Mindfulness:** Being aware of your thoughts and feelings in the present moment, without judging those thoughts or feelings as admirable, shameful or anything in between.

**Human connection:** Building and sustaining relationships with significant others, friendships and social engagement with peers, which is the most reliable, enduring predictor of happiness

in life.

**Positive outlook:** Harnessing the ability to imagine a fruitful outcome and maintain a readiness to pursue and experience the opportunity in any circumstance.

**Purpose:** Understanding your ability to make a difference in the world, at work, school or for a team leads to a refined sense of purpose and increases your sense of happiness.

**Generosity:** Helping and giving to others can increase one's own happiness. According to a study overseen by Harvard University, people who donated time or money were 42 percent more likely to be happy when compared to those who didn't.

**Gratitude:** The simple act of appreciating and thanking others for the goodness they contribute to your life helps foster happiness.

To learn more about these six skills, find tools you can use to teach happiness skills to your children and start your own journey to sustainable happiness, visit [www.LGExperienceHappiness.com](http://www.LGExperienceHappiness.com).

A primary focus of the Life's Good: Experience Happiness platform is driving positive change in lives across America with the goal of equipping 5.5 million youth with happiness skills over five years.



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# THE BUSY PARENT'S GUIDE TO WEEKDAY MEALS

*The following article is provided by Brandpoint.*

It's amazing what parents do in a day. You help your kids with homework, drive them to and from practice, whip up a meal everyone will like, make sure they brush their teeth ... the list goes on. Not to mention you have a job to go to. It's a wonder parents can ever find a few minutes to relax.

While hectic can be an understatement when it comes to describing a day in the life of a parent, there are some simple and savvy ways you can save time and energy when preparing meals. Here are five tips for providing delicious weekday meals for the entire family.

## Get In The Habit Of Meal Planning

Most people don't realize how much time they spend stressing out about what to make for dinner each night. Something as simple as planning a weekly menu in advance can make things infinitely easier. Try sitting down on Sunday, writing down what you want to eat on each day that week and shopping accordingly. This is a simple and effective way to streamline the whole process.

## Embrace Convenience

There are far more convenient ways of getting a delicious weekday meal than chopping and sweating your way through a home-cooked recipe. You can order take out from most any restaurant these days, but Applebee's adds an extra layer of convenience for time-crunched parents – Car-side To Go(R) pickup. You simply place an order online, through the Applebee's app, or by phone and schedule a pickup time that works for you. Then, on your way home



No one said life as a parent would be a breeze, but with a few easy tweaks to how you plan, order and cook, you can take the stress out of mealtime and make it a fun part of your day.

from work, the gym or soccer practice, just pull into a designated Carside To Go parking spot outside your neighborhood Applebee's and a team member will bring your food out to you. Deliciously simple.

## Make Food Prep A Family Activity

Parents are always looking for a fun activity everyone

will enjoy or a way to constructively engage their kids. You can knock out a few birds with one stone by encouraging your kids to become more involved with preparing family meals.

For instance, you can assign them a simple side dish (it can be as easy as defrosting peas or peeling carrots) or have each kid pick a meal they want to help make each week. Whatever your approach, this is an educational and enjoyable way to spend time with your children.

## Don't Try To Imitate The Chefs On TV

We would all love to cook like those celebrity chefs on TV who don't miss a beat and saute, grill, bake and broil any and all ingredients into a perfect dish. Don't hold yourself to such impossible standards. Instead, focus on making delicious and nutritious meals that match your skill set and tastes. If you want to wow your family with culinary masterpieces, consider some quick and easy take out options.

## Embrace Leftovers

If you're already in the kitchen cooking, why not add more ingredients to the pot so you can have extra meals to eat through the week? Or, instead of ordering just enough food for one night, order a couple of extra sides or entrees that you can heat up for lunch or dinner the next day.

No one said life as a parent would be a breeze, but with a few easy tweaks to how you plan, order and cook, you can make mealtime into a fun and easy part of your day.

Is your child struggling in school? We can help.



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# NOW PLAYING: SUMMER MOVIE NIGHTS IN YOUR OWN BACKYARD

*The following article is provided by StatePoint.*

Looking for a way to get the most out of your summer evenings? Make it a night at the drive-in at home! With the right equipment and planning, you can easily enjoy your favorite movies under the stars, right in your own backyard. Here are a few simple steps for bringing your new favorite tradition to life.

## The Setup

Designing your outdoor screening space is a simple process. To begin, determine where your screen should be placed. You will want your screen positioned where there is minimal light once the house lights are off and the sun has set. There should be ample space for guest seating, and room for the projector's image throw distance. For optimal image quality, your projector should be elevated.

For seating, an assortment of lawn chairs, floor chairs, outdoor ottomans and outdoor rugs will accommodate preferences for guests of all ages.

Since you will be limiting ambient light as much as possible, keeping pathways lit for safety purposes is a sensible exception. Solar LED pathway lights are a tasteful accent that will keep guests safe around tripping hazards.

## The Basics

Select the right projector. Since outdoor settings include a number of light sources that are not always within your control, such as street lights and moon-

light, choosing a projector with the right lumen level for your space is critical for clear image projection. As a rule, the more ambient light in your backyard, the higher you will want your projector's lumen level to be.

The second component to consider is sound. No home theater system is complete without quality sound, and your outdoor screening experience is no exception. Your guests will appreciate an audio source with enough output to cut through ambient noise.

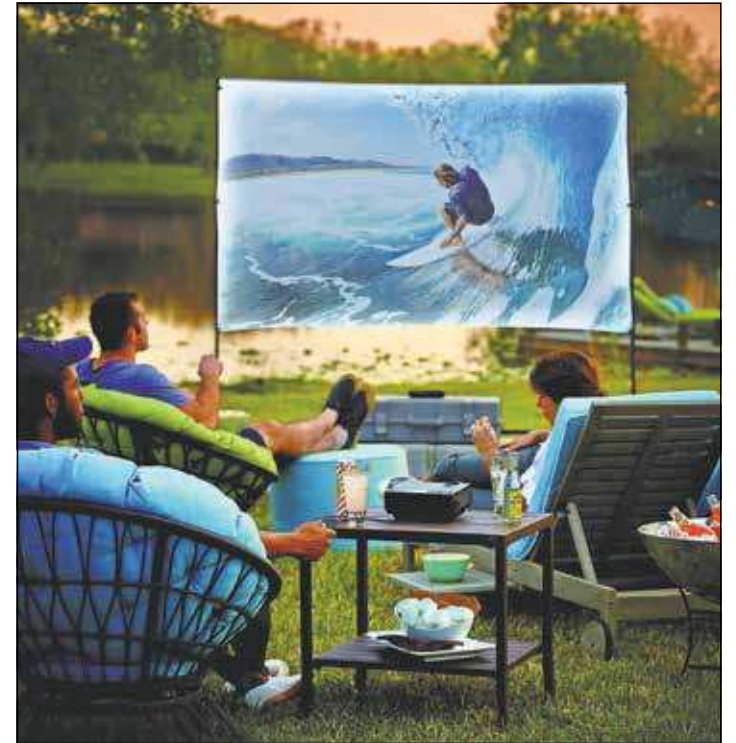
For simplicity and convenience, consider an all-in-one outdoor movie theater kit, such as the one offered by Improvements, which is Wi-Fi enabled and features everything your backyard home theater needs, including a 1,200 lumen projector with 800x480 DPI, Bluetooth speaker and a 90-inch screen.

## The Extra Details

Since you'll most likely be waiting for the sun to set before starting the movie, get creative with activities for both kids and adults to pass the time. It's a smart step to spray the area for bugs before guests arrive, and keep additional pest control solutions on hand.

Hosting an outdoor movie party is a fun opportunity to put a twist on movie theater snacks, especially ideas that can be prepared in advance. However, fresh popcorn is an absolute must.

Creating a drive-in theater in your backyard is easier than you think. With the right equipment, and some planning, the most difficult step will be picking out the movie.



With the right equipment and a little planning, bring the drive-in to your backyard this summer.

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# SCHOOL'S OUT SOON

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They'll be out and about and not necessarily paying attention to where the yard ends and the road begins!

## REMEMBER:

- ▼ Be Prepared to Stop **SUDDENLY**
- ▼ Never pass a camp/school bus that is loading or unloading children
- ▼ Keep your brakes in good working order
- ▼ Obey all Speed limits, traffic lights and Stop signs
- ▼ Watch out for kids on bikes, skateboards or scooters



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