

OutsideTheCrib.com Launched!

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Launched May 1st, Greater Moncton's first parenting website is finally here! The OTC is gaining momentum and gets an average of 150 visits per day! This site is produced by parents just like you - for you! It's your site and we want your feedback and ideas. Don't be shy, [Contact Us](#). The crib is freshened up 2-4 times a week, so make it your homepage and check in often.



Newly added to the OTC:

- *Summer Camps*
- *5-11 Age Group*

Coming Soon...

- *Birthday Party Ideas*

A Different Take on Father's Day by Paul Merrigan

To look at television commercials or any other media representation of Father's Day versus Mother's Day is to see two vastly different ways of celebrating parenthood. Dads who cook or clean are either as rare as the dodo bird, or a disaster waiting to happen.

Now that I have been a stay at home dad for a couple of years, the media stereotype of the bumbling, inept dad who struggles to microwave a meal has become more and more annoying. I realize that as a stay at home dad I am still in the minority, but there are more and more dads who choose to stay at home. And of the fathers who do not or cannot stay at home, their level of involvement has never been higher at home. Dads are fully capable of cooking regular meals without the fire department being on speed dial. We are also perfectly fine with changing

diapers, doing the dishes and anything else to do with the home.

We used to celebrate dads for the work they did outside of the home and moms for the work they did inside the home. Our society has long recognized that women's rights and abilities to provide for their families are equivalent to men's. Why are we so slow to recognize and celebrate the abilities of men to be nurturing and to take care of the house and home?

Whichever way you contribute to your family, take this Father's Day to appreciate the challenges of your job inside or outside of your home.

Paul Merrigan is a S.A.H.D. to two boys. He has a M.Ed. in Counselling Psychology and is a certified private personal counsellor. Visit his blog at <http://www.dadinreallife.com> or contact him at paulmerrigan@hotmail.com.

Top 5 List

Memorable TV Dads

- *Charles Ingalls*
- *Mike Brady*
- *Cliff Huxtable*
- *Homer Simpson*
- *Tony Soprano*



The New Birthday Trend... Your presence is requested, not presents

Avoid the Stress B-Day Party websites

www.echoage.com

www.wwf.ca

www.birthdayswithoutpressure.org



June Events to Remember: Check the OTC's Family Fun Calendar for details.

5th - Fabuleux Cirque Estival
8th - Vélo Tour
14th - Father's Day Story & Craft Time
20th - Last Day of School
28th - Riverview Sunfest

A birthday party sans presents? I know its crazy talk, but hear me out. A new trend is gaining popularity in an effort to combat the stress of toddler parties, the abundant waste of time, paper and packaging and consumerism. Think of the time you devote to shopping for all the parties your child gets invited to. Now consider a new option: the Green or Charity Birthday Party.

ECHOage was created by Debbie Zinman & Alison Smith who were frustrated with the over-the-top birthday extravaganzas. The concept is simple: guests are invited, RSVP and donate to a charity online. Half goes toward the purchase of one gift for the birthday child and the other half goes to the selected charity. The hope is that the one gift becomes more memorable and symbolic rather than receiving the 20, soon-to-be-forgotten, toys. Research shows that a child's self esteem is boosted when engaging in philanthropy and contributes to raising life-long givers.

Another option is to consider a local charity to support based on the party's theme or child's interest. If he loves books, support your library, if she loves animals, think of the Magnetic Hill Zoo. If it's a cooking/Ratatouille party, ask guests to bring a food item for the food bank. Perhaps the birthday corresponds with one of Headstart's campaigns like their school supply drive. You could also

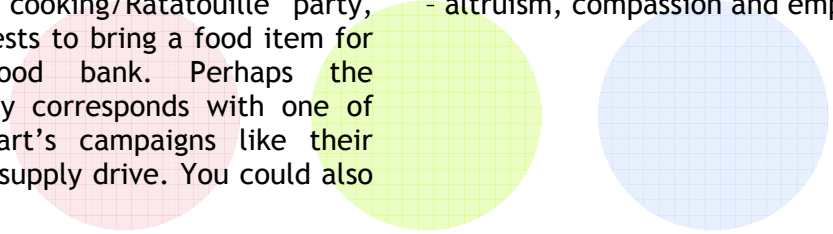
structure an activity that's related to giving back, like planting seeds if the birthday is close to Earth Day.

Websites like evite.com and smilebox.com reduce waste by handling all the "paper work" and kids can choose from designs and create online photo albums.

The point is that it doesn't have to be all or nothing. If an ECHOage party is not for your child, then consider other options. Ask guests to bring a small gift as well as an item to be donated. If you are having separate family and friend parties, ask only family to bring gifts. Some charities, like the World Wildlife Federation offer "wildlife adoptions" as great gift alternatives.

It is however, important to remember a few things. Consider your child's age and personality, talk to your child and avoid coercion. Don't broadcast the amount raised, this isn't a competition between Tommy's and Jimmy's charity parties. To start the tradition, host a charity birthday for your own birthday.

Green and Charity Birthday Parties offer a chance to re-focus on the world's needs. More importantly, it's an opportunity to instill some of the values we hope for our children - altruism, compassion and empathy.



Fun Quote:***On Toddler Meltdowns...***

"When was the last time you burst into tears because your cookie broke when you bit into it?"

-Ann Douglas, author of "the mother of all toddler books".

Fun Sites to check out:

www.5starbaby.com

"Premiere" your latest arrival with these movie poster baby announcements.

www.activehealthykids.ca

Tools & tips to get the family moving.

www.globalbroadcast4kids.com

The world's news & events from one kid to another.

***Don't forget to share!
Forward this
newsletter to a friend.***

Sunscreen Tips



After a very long season of snow suit wrestling matches, lost hats and mis-matched mittens, summer has arrived. Here are some key sunscreen survival tips:

- Don't be stingy when applying.
- Apply 15-30 min. before going out.
- Don't forget those easily forgettable spots like ears, backs of knees, hands and tops of feet.
- Reapply after 2 hrs and always after swimming or sweaty play.
- Use a lip balm with SPF 30
- Sunscreen should go on before insect repellent
- Avoid using sunscreen on an infant younger than 6 mths.
- Make sunscreen application a daily ritual to promote a lifetime of sun safety and set a good example.
- Throw a bottle in the car for those impromptu visits to the park.

Other Sun Safety Measures:

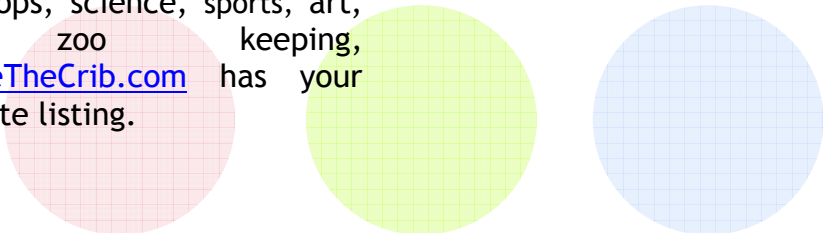
- Wear hats with wide brims and sunglasses
- Encourage your children to wear light weight long sleeve shirts and pants.
- Seek shade
- Avoid sun during peak hours 11am-2pm
- Drink plenty of fluids

Label Reading

- Look for "broad-spectrum"; it screens out most of the UVA & UVB rays.
- Look for a sunscreen with "Parsol 1789" and avoid "PABA".
- Look for at least SPF 30.
- "Water Resistant" lasts about 40 min. while "Waterproof" lasts about 80 min.
- Check expiration dates.
- Look for the CDA logo (Canadian Dermatology Association).

Summertime Fun

"I'm bored". Just what every parent loves to hear, especially when it's uttered the second day into summer vacation! Luckily, Greater Moncton has many interesting camps to enroll your child in and they cover a vast array of interests. Whether it's horseback riding, baton twirling, Victorian workshops, science, sports, art, or zoo keeping, OutsideTheCrib.com has your complete listing.



If scheduled camps are not the way to go for your child, then consider the many special events, drop-in activities, parks, or beaches to visit. Become a frequent browser of the OTC's family fun calendar!

It's summer, have fun out there!