



## Summer Loving

It's hard to believe but summer is just around the corner. This means that my (I mean my daughter's) first year of school is under our belts. I (she) made it! Someone told me that time flies once your children start school and they weren't kidding. A local business's sign recently read "Time flies, but you're the pilot". This gave me pause. Summer is the perfect time to slow things down and have fun. So turn off the auto pilot, take hold of the controls and start thinking about summer fun, whether it's day trips, vacation plans, summer camps, festivals, or park dates, OutsideTheCrib.com has you covered. Have a great summer!

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## Day Tripping

Many of us likely started making vacation plans earlier this Spring, but if you are more inclined to spend just a day away, OutsideTheCrib.com has a great listing of day trips [www.outsidethecrib.com/day\\_trips/](http://www.outsidethecrib.com/day_trips/). Our "I Love This" section also has a few vacation spot reviews.

It's an ever expanding list and if you have a place to add we'd love to hear it. Email us at [outsidethecrib@rogers.com](mailto:outsidethecrib@rogers.com)

## Nothing With An Apple On It!

It's that time of year when we want to show our appreciation for our children's teachers. When I recently asked a teacher I know very well what to buy as a gift she quickly replied, "nothing with an apple on it". Duly noted. So where does that leave us? Well, there are plenty of options and here are just a few:

- go in on a larger gift with other parents and have all the children sign a card
- gift cards for entertainment, restaurant, book stores or craft stores
- tickets to an upcoming concert or festival
- themed baskets such as cooking, gardening, entertainment, craft supplies
- a scrapbook page, story booklet or painting done by your little one
- an outdoor duty pack including a set of neutral-colored gloves, hats and scarves and umbrella.
- notes of appreciation - a handwritten note about how much you and your child have enjoyed the year is the best possible gift, and don't forget to send a copy along to the school's administration so they know what a great job he or she did.

### June Events:

- 5<sup>th</sup>: *Cirque Estival & FunZoola*
- 6<sup>th</sup>: *International Trails Day*
- 8<sup>th</sup>-13<sup>th</sup>: *Dorchester Shiretown Days Festival*
- 12<sup>th</sup>: *Home Depot Workshop Scholar's Choice Father's Day Workshop*
- 13<sup>th</sup>: *Velo Tour*
- 16<sup>th</sup>-20<sup>th</sup>: *Atlantic Dance Festival*
- 18<sup>th</sup>-19<sup>th</sup>: *Highland Games*
- 19<sup>th</sup>: *Leisure Celebration Day*
- 20<sup>th</sup>: *Father's Day*
- 25<sup>th</sup>: *Free Outdoor Movie "Up" Place 1604, Dieppe*

## Confessions of a Hot Fudge Mama by Alison Davidson

*"Cleaning the house is like eating a frozen diet dinner. Twenty minutes later, you're not sure you even did it."*

*-Julie Crowder*

My youngest will turn 2 this summer and this Spring I reached my breaking point. It had to happen sooner or later and frankly, nothing was going to happen until I did reach it. Enough was enough - you can only have maternity underwear in your drawer for so long. Just sayin'. In the Sept. 09 newsletter I wrote that I started exercising but the dieting wasn't catching on. It's a tough balance to eat enough to give you energy to workout and repair muscle loss but still reduce caloric intake. For me, exercise was a license to eat. Not good. It wasn't until I saw my sister-in-law that I realized whatever she was doing, I HAD to do. I was inspired and motivated.

Enter Tosca Reno and her Clean Eating lifestyle. It can be a bit hard core but I'm taking bits and pieces of it and implementing them into our household. The toughest part of her system is eating 5-6 times a day. With a parent's busy lifestyle it's very easy for the morning to slip away and then discover you're starving at 11:30 only to scarf back a bunch of snacks while you're preparing lunch. It takes a lot of discipline which is not my strong suit.

I was doing really well until a few people commented on how good I looked. As fantastic as this is to hear, it has swelled my head and given me a false sense of comfort. I recently gained 2 pounds back because I thought my hot little mama self could stand a treat, or 2 or 3 or perhaps an entire week of treats. Don't get me wrong, the Hot Fudge Mama lives on, but she's just not allowed to come out and play everyday. Everything in moderation. Of the 38 pounds I wrote I wanted to shed, 26 are gone. I've said goodbye to my size 13s, and 11s. Look out size 9s, I'm coming for you.



### Summer Giveaway

Stay tuned for details about a summer contest between OutsideTheCrib.com and Little Grippers Crayons.

The giveaway will be launched the first day of summer, June 21<sup>st</sup>. Watch the website or our Facebook pages for more information.

## Hi Ho, Hi Ho, it's off to Camp we go

Whether you're looking for full week camps, day camps or half day camps, we have got you covered. Greater Moncton has so much to offer children including science, adventure, theatre, cooking, and every sport imaginable as well as a few general camps. Check [www.outsidethecrib.com/camps](http://www.outsidethecrib.com/camps) for details.

## Festivals & Fairs

OutsideTheCrib.com has recently added a listing of local festivals, fairs and carnivals that occur during a calendar year. If you're planning a summer getaway, you may want to consult the list and see what's going on. [www.outsidethecrib.com/festivalsfairsandcarnivals](http://www.outsidethecrib.com/festivalsfairsandcarnivals)

## Is Your Child Riding Safe?

by *Michaela Walsh*

When you leave the hospital with your newborn baby, you are given lots of information on caring for your baby from breast feeding to immunizations. Something that is not stressed enough is the importance of car seat safety. New parents are left to figure it out on their own.

Statistics show that 4 out of 5 children are not properly secured in motor vehicles across Canada and that 70% of children's injuries and deaths in motor vehicle collisions are due to incorrectly installed seats. You can do something to protect your child. Choose the right car seat or booster seat and use it correctly on every ride. Researching different types of car seats, car seat requirements, and car seat laws can provide you with useful information of keeping your child(ren) safe. It is important to know all you can when it comes to car seats, including weight and height limits, expiry dates, as well as proper installation procedures.

### When to forward face?

- Don't be in a hurry to start using a forward-facing child seat. The longer you use a rear-facing seats **that fit correctly, even past your baby's first birthday**, the safer your baby will be in a crash.

If your baby outgrows their infant seat before age one, choose a convertible car seat that can be used up to a higher height and weight limit. You can use this convertible seat in the rear facing position until your baby reaches the height limit **or** weight limit of the convertible seat in the rear facing position. Check the manufacturer's instructions for use and check the label for the weight and height that are allowed. My own daughter was rear facing until just after her second birthday.

- It is perfectly OK for your child's legs to be touching the back of the seat, or for their legs to be bent, when rear facing. There have been no documented cases of children breaking their legs when rear facing. There have been **many** documented cases of children's necks being hurt or broken when forward facing too early.

### When to use a booster seat?

- Children should not move to a booster until they are **at least 40 pounds**, but this does not mean they **HAVE** to move to a booster once they reach 40 pounds.

Many new 5-point harness forward facing car seats have a weight limit higher than 40 pounds, keeping your child even more secure. Check your car seat manual for more information. My six year old son, 42 pounds, is secured with a 5-point harness in our family car.

- Children should stay in a booster seat until they have met at least **one** of the following criteria: they are nine years old, they are 80 pounds, **OR** they are 57 inches in height.

**Please visit the following web sites to find out if your child is riding safe:**

[www.tc.gc.ca/childsafety](http://www.tc.gc.ca/childsafety)

[www.childsafetylink.ca](http://www.childsafetylink.ca)  
Click "Car Seats"

[www.safekidscanada.ca/Car-Seats/](http://www.safekidscanada.ca/Car-Seats/)

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