

# MINNESOTA Parent

March 2014

Rock on wild child!

The importance of creative play  
page 14

Learning beyond class  
Page 20

+  
'Divide and conquer' parenting — too much 'divide'?  
Page 12

the camp issue

+  
LEARN ABOUT MORE THAN 100 DIFFERENT CAMPS  
page 21

'Pure fun' at Camp Kesem • iCamp  
Big imagination on the small stage  
Bakken brainstorm • Spanish immersion

STARTING ON PAGE 31

Raheem, 4, and Ronak, 1, of Woodbury

## Chatter

### MINNESOTA PARENT LIKES

Thin Mints and Tagalongs and Samosas, oh my! March is your last chance to get **Girl Scout cookie**! Girls Scouts in Minnesota and Wisconsin will be selling their tasty treats until Sunday, March 23. Use their convenient cookie locator at [girlsouta.org](http://girlsouta.org) to find cookies nearest you. The program is about much more than just cookies and helps teach girls business skills, financial competence, goal setting, and people skills. Profits raised through the Cookie Program help to fund troop activities and community service projects. Find out more, and learn how your daughter could become a Girl Scout, at [girlsouta.org](http://girlsouta.org).



Allergies or medical conditions can create a unique challenge for children on the go or heading off to summer camps. To that end, Hope Paige had created a set of **medical ID bracelets** that are discreet enough in everyday wear so as not to draw attention, but will instantly provide necessary information to any camp counselor or medical professional if the need arises. They are customizable and available in a wide variety of colors. Check them out at [hopepaige.com](http://hopepaige.com).

Don't let **packing for an overnight summer camp** become a source of stress. Check with the camp to see what kind of storage space will be available, and have your child pack early to avoid problems. It might be tempting to over-pack just to cover your bases, but an over-full suitcase can lead to frustration for a kid or counselor as they dig to find the right items when they need them. Check the list created by The American Camp Association for a starting point of necessary items at [campsparents.org/travelight](http://campsparents.org/travelight). And remember to break in any new shoes or sandals before camp to avoid blisters that can interrupt camp fun. Be sure to check out Hot Stuff on page 22 for some snazzy outdoor items.



Camp season is fast approaching. Get a jump on your summer planning — and enjoy a day at Como Zoo in St. Paul — with the help of **Minnesota Parent's Camp Fair**. You and your child can meet representatives from over 50 different camps and summer activity coordinators to find the best fit for everyone. Meet a Como Zoo animal up-close, get your face painted and enjoy live entertainment and music. The Fair will be held March 8th, from 10:00 a.m. to 2:00 p.m. Visit [mnparent.com/camp-fair](http://mnparent.com/camp-fair) for more information. See you there!

If you have a budding artist on your hands, get this: The Guthrie Theater has announced a **Shakespeare art contest for children** grades 4-12 in association with The Acting Company's production of *Hamlet*. The winner's artwork will be reprinted as the cover image of the Shakespeare Classic program — an event designed to introduce Shakespeare to a younger audience — and their school will receive 50 free tickets to see the play. The deadline for submissions is April 4th. More details at [guthrietheater.org/artcontest](http://guthrietheater.org/artcontest).



Good food habits, early on: The Minnesota born **LANA Nutrition Program** helps introduce young children to healthy foods at their childcare or preschool, providing hands-on experiences to cook and taste a variety of fruits and vegetables. Many children who participate in the program have been shown to increase the amounts of these foods they eat in and out of school. The program, which stands for Learning About Nutrition through Activities, is the outgrowth of a successful 24-week program designed by the Minnesota Department of Health and the University of Minnesota. And speaking of eating well, March is recognized as "National Nutrition Month" by the Academy of Nutrition and Dietetics, so it may be a perfect time to open the door to conversations about healthy eating with your young ones. Learn more and see a video of the program in action at [lananutrition.com](http://lananutrition.com).

### MINNESOTA PARENT SAFETY

A recall has been issued that covers 11 models of Graco child carseats sold between 2009 and 2013. The buckles of the seat often needed excessive force to be unlatched, occasionally to the point of needing to be cut to free children. To see affected models visit [mnpnews.org/story/2014/02/11/graco-recalls-car-seats](http://mnpnews.org/story/2014/02/11/graco-recalls-car-seats).



Allergies or medical conditions can create a unique challenge for children on the go or heading off to summer camps. To that end, Hope Paige had created a set of **medical ID bracelets** that are discreet enough in everyday wear so as not to draw attention, but will instantly provide necessary information to any camp counselor or medical professional if the need arises. They are customizable and available in a wide variety of colors. Check them out at [hopepaige.com](http://hopepaige.com).