



PANDA FAMILIES

A PARKWAY EARLY CHILDHOOD MONTHLY NEWSLETTER MAY, 2023



Summertime!



Summertime is right around the corner! The excitement is in the air all around us! With recent changes in restrictions, many of us are firming up vacation plans, arranging our schedules around sport events and looking forward to days in the sunshine at the pool. But summer is also filled with a lot of free time for children. While the break from school is needed, it is important to continue to keep your children's days scheduled. Children tend to do so much better when there is structure in their days. This can be as simple as keeping the same bedtime and awake time as school days, keeping meal times the same and keeping the rules and expectations of your home consistent.

Of course, it is also important to make time to do fun things together as a family. This can include playing a game outside, doing a craft or taking a trip to the zoo. Here is a list of fun things for you and your family to do this summer. Whatever you choose to do or wherever you may go, enjoy the time that you all have together making memories!!

Amtrak Train Ride-800-872-7245

Babler State Park-636-458-3813

City Museum-314-231-2489

Faust Park-314-615-8328

Gateway Arch-877-982-1410

Grant's Farm-314-843-1700

The Magic House-314-822-8900

Missouri Botanical Gardens-314-577-5100

Museum of Transportation-314-965-6212

Powder Valley Nature Center-314-301-1500

St. Louis Aviation Museum-618-332-3664

St. Louis Science Center-314-289-4400

St. Louis Zoo-314-781-0900

Rockwood Reservation-636-458-2236

RESOURCE OF THE MONTH

St. Louis County Parks and Recreation

The St. Louis County Parks and Recreation Center offers a wide range of recreation services for families to include park facilities, museums, historical sites and outdoor adventure activities. If you would like more information on upcoming activities near you call: 314-615-4386

Or visit their website at: stlouisco.com/parks

FUN ACTIVITY

Backyard Bird Feeder

Poke holes in water bottle where the pencil or spoon will go through.

Then you need to cut a small hole above that one so the birds can perch on the pencil and reach in to get seeds.

You can cut one

set of holes or two as shown in the picture above. Once you have your holes cut, add your pencils or

