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NOTE FROM THE EDITOR

By now, most of us have made our resolutions. Unfortunately, research says most of us will break them after just two short months. Let this be the year of success.

We recently asked you on our Facebook page what your family New Year's Resolutions are for 2022, and most of you are looking for more quality time with family- let us help you with that by checking out our Fun-Time Calendar each month for lots of fun family activities. Getting healthy and being more active also topped the list. We have articles every month that can help you with those goals as well.

This month, we have our education directory featured. Open houses and previews are happening now to get you prepared for the fall. If you are looking for a new school for your child, make sure you check out the advertisements in this issue.

Whatever your resolutions may be, make sure you set short term goals along the way. You will feel great when you reach them, which will keep you working toward the ultimate goal.

We wish you much success, happiness, and most importantly, good health, in 2022!

Kim Carlisle, Editor



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BABIES





5 New Year Resolutions for New Moms

1. Sleep when they sleep.

You've heard it time and time again, but it remains the most valuable piece of advice given to brand new moms. You need the rest in order to be able to be the best mom you can be when your new baby is awake. Forget about the dishes, forget about the laundry, and take a nap!

2. Welcome help from others.

Neighbors want to cook you dinner? Yes, please! Sister in law wants to come over and hold the baby for three hours so you can take a break? Best Aunt Ever! One of the biggest mistakes new moms make is thinking that they have to do it all by themselves. There is no prize for the mom that does everything with no assistance from friends or family, so stop trying to win it, and be grateful for the help.

3. Don't forget your spouse!

One of the hardest years in a marriage is the first year after a baby is born. Babies demand a lot of attention, and at the end of the day, new parents don't have much energy left for anything else. If you're blessed enough to have a trusted friend or family member that can babysit, having alone time with your spouse is a vital part of marriage. By making each other a priority, you will not only improve your marriage, you will give your kids a healthy view of what a marriage should be as they grow up. Don't have anyone to watch the baby? Do your best to get baby on a schedule with an early bedtime, and then spend evenings getting creative with at home date nights.

4. Put your phone down!

We're all guilty of this, but even babies can feel when they are being ignored. Don't miss out on the bond you can form with your baby by playing peek-a-boo, making them laugh with your silly faces, and just the true love you will feel when their eyes light up to see you smiling at them!

5. Take care of You!

If mama ain't happy, ain't nobody happy! Take a little time each day to show yourself some love. Take a bubble bath, call a friend, have a neighbor over for coffee. When baby gets on a regular schedule, try to wake up 15-30 minutes earlier so you can have some alone time-workout, read, scroll Instagram, etc... Make yourself a priority!





WEIGHT LOSS

in your 20's,
30's & 40's

By Sandra Gordon

Take charge of your weight fate with this decade-by-decade guide to staying fit.

YOUR 20'S

Tip: Beef up your calcium intake to protect your bones and your waistline.

WHAT'S HAPPENING NOW:

First, the good news. You're burning more calories than ever, thanks to a naturally speedy metabolism. But getting pregnant—something many women do in their twenties—can change all that. If you gain more than the recommended 25 to 35 pounds, the extra weight can pose a long-term obesity risk. Another potential pitfall: With children comes an abundance of kiddie food—think French fries, chicken fingers, birthday cake. You may feel compelled to finish your toddler's half-eaten meals or nibble your way through the day.

WEIGHT-LOSS RX:

Invest in your health by exchanging your bad habits with a few good ones. "Your twenties should be about setting up your life for the next 60 years," says Cathy Nonas, R.D., author of *Outwit Your Weight*.

Make half your plate fruits and vegetables. While you're at it, cut down on red meat and junk food and boost your intake of whole grains, too.

Lift weights. Strength training offsets the effect of a sedentary job and maximizes your body's natural calorie-burning power by building muscle. Choose a weight that fatigues your muscles after 12 repetitions, and strive for one set of 8 to 12 repetitions for each of the eight major muscle groups (chest, arms, back, outer thighs, inner thighs, butt and abs).

Fit in mini workouts. Do what you can around your home or office, using your own body weight as resistance. Take the stairs, instead of the elevator whenever possible. Do a set of 10

YOUR 30'S

Tip: Too busy for a sit-down meal? Choose a healthy meal-replacement bar instead.

WHAT'S HAPPENING NOW:

Unfortunately, your thirties are prime time for putting on the pounds. Unless you were lifting weights throughout your twenties, you're naturally starting to lose muscle—and gain fat—at a rate of about 2 percent per decade. This subtle muscle-to-fat ratio change makes it tougher to maintain your ideal weight as time goes on. As your muscle mass shrinks, your calorie requirement decreases. Unaware

squats in your office cubicle 3 times a day. Or stand and do 30 raised push-ups on the edge of your desk every day.

Get more calcium. Get 1,000 milligrams of calcium a day from low-fat dairy products or calcium supplements or a combination of the two (for best absorption, take a calcium supplement with food). Besides reducing your risk of osteoporosis, calcium can help keep your weight in check.

Practice portion control. Try putting your portions in perspective. "The palm of your hand is the right amount for meat, chicken or fish," says Kathleen Johnson, R.D., a consulting nutritionist in Tucson, Arizona. A serving of peanut butter or mayonnaise would be about the size of the last joint of your thumb, and a standard serving of ketchup or salad dressing equals an Oreo. A portion of pasta or grains should take up the space of a quarter of your plate.

of this subtle changes in your body, you're probably still eating the same way you did in your twenties. Complicating matters, you may also be having babies. The inevitable weight gain from pregnancy, coupled with the added responsibilities of a burgeoning career and a family, makes it difficult to stay in shape.

WEIGHT-LOSS RX:

Make time for yourself instead of worrying about everyone else's life. Exercise. Eat right. Now's the time to regroup and rediscover yourself and your needs. After all, the happier you are, the happier everyone is. What's more, setting a good example is especially important now if you've got others following your lead. "Women set the pace for healthy eating in a family," says Nonas. Here's how to be a great role model:

Make exercise a daily priority. Getting to the gym can be tough if you've got a family and a career, so it's important to find ways to be active throughout the day. If you've got kids, burn calories by joining in on their games. Walk everywhere. Mow the lawn. Do anything you can to get your heart rate up for about an two and a half hours each week.

Know your body mass index. "Your weight could be at a dangerous level and you might not even know it," says Fernstrom. To calculate your BMI, log on to the Web site for the National Heart, Lung and Blood Institute at

<http://nlhbisupport.com/bmi>. Or do it yourself by multiplying your weight in pounds by 705. Divide the result by your height in inches, then divide that result by your height in inches again. A BMI over 25 is considered overweight; over 30 is obese. Both classifications can up your risk of chronic conditions like cancer, heart disease and type 2 diabetes.

Stock your pantry. Make sure you always have healthy food, such as whole-grain bread, fruits, vegetables and low-fat dairy products, on hand. You'll be less prone to order takeout for the family on busy nights, which can increase your calorie load and downgrade nutritional value.

Don't skip meals, even when you're busy. It only leaves you vulnerable to cravings. "When you're on the run, a balanced meal-replacement shake or bar is definitely better than fast food," says Nonas. And, according to a study published in the Archives of Internal Medicine, meal replacements can promote long-term weight loss because they're an easy way to keep track of calories.

YOUR 40'S

Tip: Antioxidant-rich meals—like salads and sushi—are required eating.

WHAT'S HAPPENING NOW:

Your self-esteem is at its peak—and so it should be. You're more accepting of the body flaws that drove you nuts in your twenties. However, you're still losing metabolism-boosting muscle mass, only now it's at a rate of 5 percent per decade. And perimenopause, the 8 to 10-year period before menopause, may be settling in. With it comes declining estrogen levels and, possibly, mild depression, says Shari Lusskin, M.D., director of reproductive psychiatry at New York University School of Medicine. Depression can be linked to weight gain.

WEIGHT-LOSS RX:

Fight back! Don't accept mid-life weight gain as a fact of life. If there's one thing you've learned by now, it's that for every problem, there's a solution. Here are four:

Keep your heart rate up. Moderate aerobic exercise—30 to 60 minutes most days of the week—is crucial for offsetting your body's natural metabolism decline. It can also prevent the depression that may accompany perimenopause.

Build muscle. If you haven't begun strength training yet, start now. "It will help preserve the muscle you have and build even more," says Cunningham. To learn proper technique (and avoid the risk of injury), invest in a couple of sessions with a personal trainer.

Protect against soreness. You're more vulnerable to everyday aches and pains, so don't push yourself too hard. Gradually work up to a

challenging routine, so your muscles and joints have time to get used to the added stress. If you haven't already done so, boost your intake of protein and antioxidant-rich fruits and vegetables; the nutrients will promote muscle repair and ward off soreness by destroying free radicals formed during exercise, according to Liz Applegate, Ph.D., director of sports nutrition at the University of California at Davis.

Take aim at osteoporosis. Unfortunately, if you haven't been strength-training or eating a calcium-rich diet throughout your twenties and thirties, you may be at risk for this deadly disease. But starting a strength-training program—and taking calcium supplements—now can help prevent further bone loss. Take 500 milligrams of calcium three times daily, with food for the best absorption. And get yourself a set of dumbbells, and use them, today.



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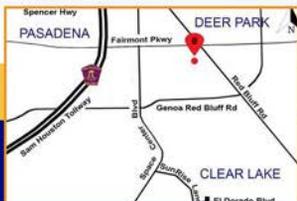
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January 8

FitFest 5K Fun Run

9am-1 pm Join us to support the construction of a bike park in our beautiful coastal community. Held at Rex L. Meador Park, Seabrook
www.fitfest5k.com/squeeze-page1634062491831?fbclid=IwAR3TBn-d-eGG-JV-jwjtCzqrRowNh3IM6g4cTHp-Mx6ZWcYigMxRkhhbUCtY

Zaki Con-Lite

Friendswood Library
Join us at 11:00am for a viewing of My Neighbor Totoro and a craft kit! Teens are invited to hang out in the YA Area to play video or board games. Cosplayers welcome!
www.friendswood.lib.tx.us/

January 15

Celebrating Winter Solstice At Dunk Ranch Manvel

This will be a small event dedicated to self care including vendors and presentations! Stay tuned for further details! 2-6 pm
www.allevents.in/manvel/save-the-date-celebrating-winter-solstice-event/200021906572637

January 15

Nature with Kristine

Connect with nature through activities such as arts and crafts, games, and scavenger hunts! No registration required and free to the public. Classes are led by Kristine Rivers a nature enthusiast, avid birder, and owner of Birding for Fun. Snowy Animals at Clear Creek Nature Center 9-11am Nature Bingo at Lynn Gripon Park and Countryside 2-4 pm
www.leaguecitytx.gov/CivicAlerts.aspx?AID=3244

Parents Night Out - Code Ninjas League City

Bring a Friend Night (\$10 off your bill and your friend's too) Games, robotics, puzzles, pizza, popcorn, and more! 6:30-9:30
www.codeninjas.com/tx-league-city/parents-night-out

January 20

Preview Night First Baptist Christian Academy 6:30 pm- PK-6th; 7:30-7th-12th
www.fbcatx.org

January 22

Junk Hippy Pasadena Winter Show

Food Trucks and Indoor Shopping. Held at Campbell Hall, Pasadena 9 am- 5 pm \$5 at door, Kids 13 and under FREE Parking is Free
www.junkhippy.com/events

Kids Night Out Legacy Gymnastics

Once a month we hold a Kids Night out at our gym where coaches guide the kids through a night of fun. Ages 3 and older 6-10 pm
www.legacy-gym.com

PJ's and Pancakes Parent's Night Out Alpha Omega Gymnastics Pearland

Parent's Night Out is a great way for mom and dad to go out and have a night on the town while the kids have fun at the gym. It is once a month on a Saturday evening and we will even feed the kids dinner. The children will get to do gymnastics, play games, make arts and crafts, participate in science experiments and watch a movie. Ages 3-13 years 5:30-9:30 Members \$25 per Child, \$20 per Sibling Non-Members \$35 per Child, \$30 per Sibling *Extended Care \$10 per Child
www.pearland.alphaomegagymnastics.com/parents-night-out/

January 26

Art Club Thursday

Friendswood Library- Bring your sketchbook, computer, or whatever project you're currently working on and hang out with other young artists! 6:30-8:00 pm
www.friendswood.lib.tx.us

January 26-30

Houston Auto and Boat Show

NRG Center, One NRG Park
Returning to its regular dates in January the Houston Auto Show is also bringing you a special treat and combining with the Houston Boat Show for a one-time special event. Wed-Fri Noon-9pm; Saturday- 10 am-9 pm Sunday 10 am-6 pm; \$15 General Admission, Children under 5 are FREE
www.houstonautoshow.com

January 29

Celebrating the Lone Star

San Jacinto Museum of History
Celebrate our flag by learning more about how it came to be and some of the Revolutionary flags that pre-dated it. Kids (and crafty adults) can try their hand at making a flag, either from history or their own imagination. 12-3 pm Free with ticket to San Jacinto Monument
www.facebook.com/events/877581306275062/?acontext=%7B%22event_action_history%22%3A%7B%22mechanism%22%3A%22search_results%22%2C%22surface%22%3A%22search%22%7D%22ref_notif_type%22%3Anull%7D

Daddy Daughter Dance League City Parks and Recreation

Time to get dressed up and dance the night away at our annual Daddy Daughter Dance. We will provide a sit-down dinner, lots of great tunes to dance to, goodie bags, and an opportunity for professional portraits with fees paid separately to the photographer. Our theme this year will be Sock Hop! Registration can be done at Hometown Heroes Park or <https://webtrac.leaguecity.com/wbwsc/webtrac.wsc/splash.html> 6:30-9:30 pm, held at Johnnie Arolfo Civic Center, 400 W. Walker St. \$27.50 for Residents, or \$41.25 for Non-Residents
<https://www.leaguecitytx.gov/CivicAlerts.aspx?AID=3318>

Monster Jam

NRG Stadium
www.ticketmaster.com/monster-jam-tickets/artist/1542376?venueId=475596&brand=monsterjam

ONGOING WEEKLY EVENTS

Sundays

Bay Area Farmer's Market

11am- 3pm • Baybrook Mall • Bay Area Farmers Market's mission is to support our community's healthy lifestyle choices by providing our customers with Vendors who bring to the Bay Area Farmers Market quality, locally-produced agricultural foods and locally-made products, using locally-sourced agricultural ingredients when possible, and whose Vendors honestly communicate to the customers their practices, techniques, and ingredients, while also supporting the great State of Texas' local, small farmers, businesses and entrepreneurs. www.bayareafarmersmarkettexas.com

Mondays

Toddler Time at Helen Hall Library

10:15-10:45 am and 11:15-11:45 am • Wiggles, songs, rhymes, and a story. Ages 1-3 and caregivers RSVP • www.leaguecitylibrary.org

Pearland Library Baby Bounce

10:15-11:15 am
www.bcls.lib.tx.us/branches/pea/pearland.asp

Freeman Library Toddler Time StoryTime

10:15 & 11:15 am • Stories, songs, and rhymes. Children will have a short craft time at the end of the program. Ages 3-5 and their caregivers. www.hcpl.net/branch/clear-lake-city-county-freeman-branch-library

Mondays & Wednesdays

Craft Kits at Friendswood Library

FREE Craft kits are available at the drive-thru window or at the desk in the children's department. www.friendswood.lib.tx.us

Tuesdays

Preschool Story Time

10:15-10:45am and 11:15-11:45a • Stories, songs, and rhymes. Children will have a short craft time at the end of the program. Ages 3-5 and their caregivers. RSVP • Helen Hall Library www.leaguecitylibrary.org

Freeman Library PreSchool StoryTime

10:15 & 11:15 am • Stories, songs, and rhymes. Children will have a short craft time at the end of the program. Ages 3-5 and their caregivers. www.hcpl.net/branch/clear-lake-city-county-freeman-branch-library

Pearland Library Toddler Time

11:15-12:15pm
www.bcls.lib.tx.us/branches/pea/pearland.asp

Tuesdays & Fridays

Preschool and Home School Open Gyms at Above the Bar

10-11:30 am • Open gyms for pre-schoolers and home schoolers! Jump, tumble & run on inflatables, TumbTrak, trampolines, rope swings, foam block pit, and pre-school circuits. \$10 for first child, \$5 for each additional sibling. All Open Gym participants must complete event waiver. www.abovethebargym.com/open-gyms-friday-night-fun-preschool/

Wednesdays

Craft Kits at Friendswood Library

Pick up these bags filled with fun crafts for 8-18 year olds at our Drive-Thru window or from the Children's Department! www.friendswood.lib.tx.us

Babies and Books

10:15 - 10:45 am • Tickles, giggles, rhymes, and a story for those who BYOB (bring your own baby). Ages: Designed for birth to walking. RSVP www.leaguecitylibrary.org

Angleton Library Story Time

Stories, songs, and activities designed for 3-5 year olds. Limit 36. Please arrive up to 30 minutes before the program to get a wristband. www.bcls.lib.tx.us/branches/ang/angleton.asp

Pearland Westside Library Story Time

10:15 - 11:15 am • Books, songs, fingerplays, crafts, and FUN!
www.bcls.lib.tx.us/branches/pws/pearlandwest.asp

Manvel Library Preschool Storytime

10:15-10:45 am
www.bcls.lib.tx.us/branches/man/manvel.asp

Brazoria Library Preschool Story time

10:30 - 11:30 am • All programs are held outside. In case of inclement weather, programs will be virtual on the Danbury Facebook page. www.bcls.lib.tx.us

Alvin Library Storytime

10:30 - 11 am • Join us on the Alvin Library Facebook page for a story, songs and rhymes for ages 3-6. www.bcls.lib.tx.us/branches/alv/alvin.asp

EcoAdventurers

9:30-11:30 am • An in depth study of environmental science topics while engaging the homeschooled student in STEM activities. \$14/program; Non Members \$17/program www.abnc.org/eco-programs

Wednesdays & Fridays

EcoKids

9:30-11:30 am • At ABNC, our goal is to give children the opportunity to observe nature in action. We encourage observation, exploration, problem solving and creativity (STEM activities). This drop-off program is for ages 3 to 6 years old who are fully potty trained. \$12/program; Non Members \$14/program www.abnc.org

EcoSchoolers

9:30-11:30 am • A hands-on environmental education activities plus STEM challenges for the home school student. Our science activities will help create curiosity and passion for the natural world. This drop-off program is for ages 7-12. \$14/program; Non Members \$17/program www.abnc.org

Thursdays

FREE Visits to Houston Museums

The Museum of Fine Arts, Houston courtesy of Shell Oil Company • 5-9pm
www.mfah.org/visit/visiting-mfah-free

The Health Museum • 2-7pm
www.houmuse.org/visit/the-health-museum
Houston Museum of Natural Science
Permanent Exhibits • 2-5pm
www.houmuse.org/visit/houston-museum-of-natural-science/
Children's Museum Houston • 5-8pm
www.cmhouston.org

Angleton Library Movers and Shakers

10-10:30 am • A music and movement program for toddlers. Limit 36. Please arrive up to 30 minutes before the program to get a wristband. www.bcls.lib.tx.us/branches/ang/angleton.asp

Alvin Library Toddler time

10:30 - 11 am
www.bcls.lib.tx.us/branches/pea/pearland.asp

Pearland Library Preschool Storytime

10:30-11:30 am
www.bcls.lib.tx.us/branches/pea/pearland.asp

Manvel Library Toddler Time

Thursdays • 10:15-10:45 am
www.bcls.lib.tx.us/branches/man/manvel.asp

Pajama Story Time at Helen Hall

6-6:30 pm • Pajama Storytime Put on your PJs and join us for movement, songs, and stories as we wind down for the evening. Ages: 3-8. RSVP www.leaguecitylibrary.org

Fridays

Friday Night Fun at Above the Bar

7:30 - 10 pm • Drop off the kids for a fun time with coach-led, high-energy activities including trampolines, inflatables, and games! Pizza snack is included, but bring a drink or cash for vending machines. \$20 for gym members/ \$25 for non-members. Walk-ins on Friday evening \$30 for gym members / \$35 for non-members • kids ages 5 to 14
www.abovethebargym.com/open-gyms-friday-night-fun-preschool

EcoTots

9:30 am • Fun introduction to animals, plants, and other nature topics. Program uses movement, storytelling, art, animal demonstrations, and games to make nature come alive. (ages 18 mos - 4 years. Must be accompanied by an adult) \$12 www.abnc.org

Nature Journal Challenge

10am • Nature Journal Challenge Plants, bugs, and mud, oh my! We are exploring everything nature has to offer in our weekly Nature Journal Challenge! This program is virtual on Instagram. www.leaguecitylibrary.org

Saturdays

Nassau Bay Farmers Market

In front of Erma's Nutrition • 10 am-2 pm
www.facebook.com/NassauBayFarmersMarket

Old Pearland Farmers Market

Always the Third Saturday of the month! At Independence Park under the Pavilion from 9-1. We have amazing local vendors lined up with FRESH produce, eggs, honey, jelly, baked goods, music, food trucks, and so much more!
www.oldpearlandfarmers.wixsite.com/opfm



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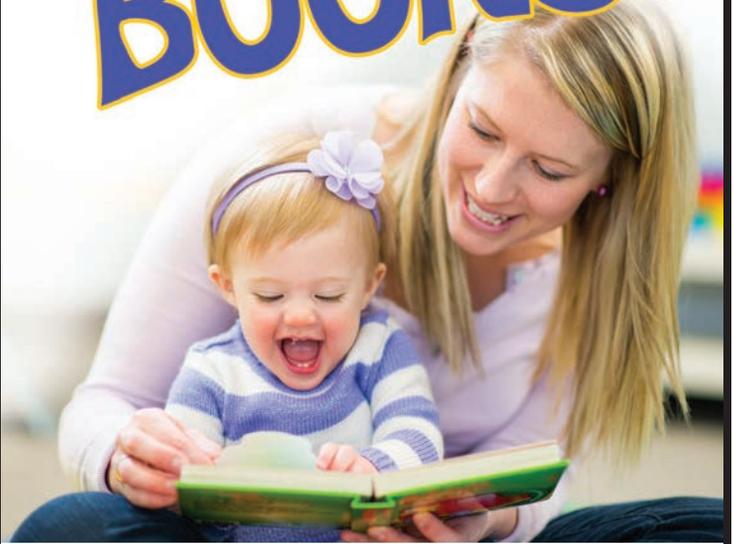
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WAYS TO IMPROVE YOUR CHILD'S INTELLECT WITH BOOKS!



If you aren't reading with your children on a regular basis, you're missing a great chance to spark their imagination and enhance learning skills.

"Books encourage children to think," says Sandy Parker, mother of two and author of the children's book "What Month is it?" She adds, "Books can take you somewhere else and stimulate imagination. They help children see beyond what is there." Sandy incorporates the use of phonics, games, activities and crafts to make the reading come alive. Visit www.JustThinkBooks.com to download a page of activities that will enliven your Storytime.

Here Sandy shares five ways you can use books to ignite children's creativity and sharpen their intellectual skills.

1. Improve literacy by using picture books. Select one particular letter of the alphabet and encourage children to find objects on the page that start with that letter.
2. Foster creative thinking by pausing after each page and asking, "What do you think will happen next?"
3. Teach children about geography by selecting a book set in a different state or country. Using a map, show children where the place is located and talk about different or unique cultural aspects of the place.
4. Practice mathematical skills by having children count a selected item from a page in the book.
5. Develop discussion skills by asking your child to describe the main character of the book. Talk about what the character is like, and ask them to explain why.

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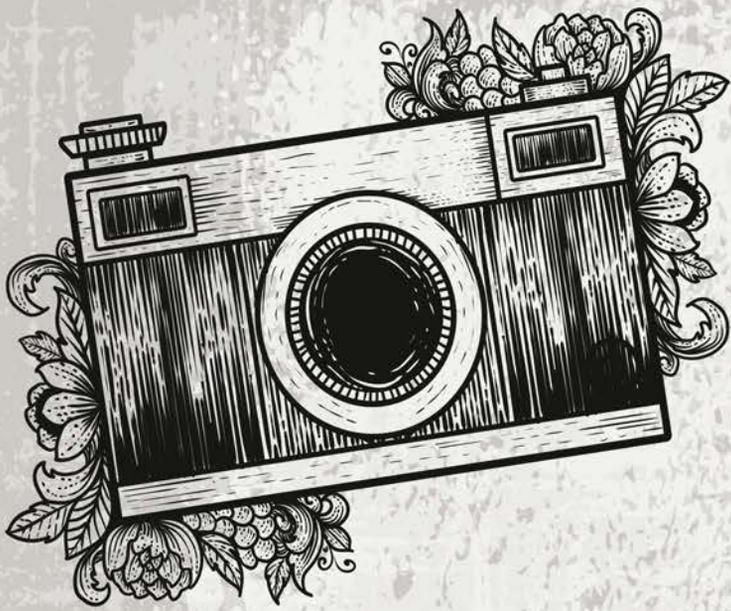
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5 WAYS TO TURN AN Ordinary Walk

into an ADVENTURE!

by Tice Swackhamer



Like most families, we take our kids to amusement parks, the zoo, museums and county fairs, but the best times seem to be when we just take it easy and spend time together. One of our favorite activities is to take walks in our own neighborhood or local park. If suggesting a walk to your kids makes them grimace like they just tasted sour milk, try adding a twist and turn the ordinary into an adventure.

The Flashlight Walk

The best time for flashlight walks, besides the obvious nighttime requirement, is right after dinner in the fall or winter. It now gets dark as early as 5:30 p.m., giving you plenty of time upon return for baths and a reasonable bedtime. If possible, go out on a new moon when the sky is particularly dark and venture down unlit pathways to get the greatest effect. Always keep safety in mind, but given that you are in your own neighborhood the routes should be secure and familiar. Give each person their own flashlight and set out rules in advance, such as staying with the group and not flashing people in the face.

The Photo Walk

Today's digital cameras make it easier to allow kids to shoot away without concern over expensive development costs. Of course you may have other concerns, such as giving your small child free rein with your DSLR or even your point-and-shoot. If this is the case consider whether you have an older device the child could use – perhaps a phone or first generation digital camera forgotten in a drawer. The camera walk is an exploration and can produce some wonderful images. In any case, this is a slow walk with a lot of stops so if you are looking for exercise designate some no-stopping areas.

The Wagon Walk

When the kids are too tired or not excited about a walk, the wagon walk is a great alternative. Often times a little fresh air revives the reluctant participant, but if not there is no harm in putting a cozy blanket and small pillow in the wagon so the tired one can rest while the others explore. To avoid arguments over who rides and who pushes set the expectations before leaving the house. If your plan is to have everyone stay together then refrain from allowing other wheeled items along, such as scooters or inline skates.

I Spy a Butterfly Walk

... or a red door, or a snowman, or a prickly rose... or whatever you want to "spy" depending on the season. This one can get a bit competitive so one way to defuse the rivalry is to work as a team. Keep score as a team and on each new I Spy walk attempt to break the record from the previous walk.

The Destination Walk

Park to Park, follow the bus route or go to the grocery store, the destination walk is fun and can be a great learning experience. Bring along a map and challenge the kids to find landmarks while you watch them learn their way around town. Turn the walk into a productive outing by getting an errand done or drop in at the library for story time followed by a treat at a local yogurt shop or bakery for good behavior.

Add your own twist and transform the neighborhood walk into an expedition that your kids will want to go on again and again.

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