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Newsletter ::: July 2011



Good Health Begins With Being Outside

It's interesting how often it seems that the same subject gets addressed from so many different perspectives and information outlets at the same time. For instance, the subject of get your kid outside to play has come up in an [article](#) this week by BBC News, a full feature [story](#) in Chicago Parent, and one of those ridiculous chain emails that I usually immediately delete (this time I read it!). Three very different outlets, but all the same subject. I credit (blame?) the interwebs.

As with many subjects related to child care, I checked in with my daughter's teacher to get her perspective. Even though she's on a well-earned summer vacation, she was kind enough to offer her approach and I have to say that I found it very . . . soothing. At a time when us parents are so worried about making the right decision about our children's health, education, and future, Ms. Donkel's offering was such a low-key-take-it-easy-and-enjoy-the-summer approach. I liked it so much that I thought I'd share it with you.

Adam: Hi Ms. Donkel. What is so important about getting our kids outside to play?

Ms. Donkel: Outdoor play . . . ([read more](#))

Good Health Begins With Good Food

Workshop: Someone's In The Kitchen With Mama
Saturday, July 16th, 11 am, at Lazar's Furniture
[Click to register.](#)

Now that Baby is ready to eat solid foods, are you stumped as to where to begin? How do you avoid making one



meal for Baby and one meal for the rest of the family? How can you set healthy eating habits from day one? All these questions and more will be addressed during our workshop: Someone's In The Kitchen With Mama (or Papa, or Grandma, or Nanny, or Brother . . .). Don't miss it!

Demonstration and discussion will include:

- How to prepare one meal for everyone
- Essential tools
- Processes: steaming poaching, pureeing, roasting, freezing
- How to incorporate your own favorite foods



Presented by:

Anita Brown Culinary Coach

[Read more about Anita](#)

[Click to register.](#)



Good Health Begins With Active Bodies

Exercising for good health is not a new concept, but an increasing number of children under 5 years old aren't getting enough. As reported by BBC News this week, many children are spending a lot of their waking hours restrained in a car seat, high chair, or stroller when they could be moving about. Practicing their reaching, crawling, and walking skills isn't just important for their physical and mental development, but also sets the tone for their adolescent and adult years and their relationship to physical activity. Find out more with the [full article](#).



Our Service

When you opt for our furniture delivery service, it includes set up of all your furniture. When you buy a stroller from us, we assemble it for you at no charge. When you visit our store, you enjoy a no-pressure sales environment, private nursing room, complimentary filtered water, the largest selection of baby and kid furniture in Chicagoland and a friendly staff to chat with!

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