

The Go To Resource For San Antonio Families Since 1985

Free Feb. Issue

San Antonio
OurKids
Magazine

**Secrets To Throwing
An Epic
Birthday Party**

**Fun Valentine's Day
Parties for Kids**



Parenting Controls

Learn how to set parenting controls up on your child's phone in an OurKids Digital Feature.

Party Edition



February 2023 // Vol. 38 No. 2

ourkidsmagazine.com

Table of Contents

- 04** Secrets To Throwing An Epic Birthday Party On A Dime
- 10** Fun Valentine's Day Parties for Kids
- 14** OurKids Digital Feature: Parenting Controls
- 18** Let it Go: Seven Things to Stop Worrying About

A note from the publisher

Happy Valentines day! We (heart) you for picking up this issue. For the first time, I wrote my own article. Check it out on page 14. In this issue, we also talk about how you can throw the perfect party for your child. It's still early in the year, so I'm sharing a story about letting go of worries. Check that out on page 18. We're also accepting applications for sales positions. Find our ad on that!



Andres Flores

Andres Flores writes a piece about parenting controls. Learn how to set it up on your child's phone in an OurKids Digital Feature.

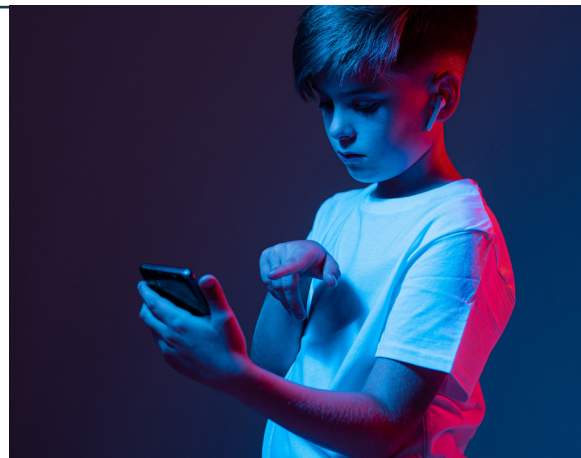
Find on page 14



04



18



Reach the publisher:
Andres@ourkidsmagazine.com

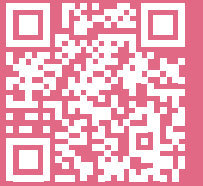
For advertising information:
ourkidsmagazine.com/ads

OurKids Magazine is a locally owned magazine published monthly. Advertisements in this magazine are paid for by the advertisers, which allows this magazine to be free to the consumer. Limit of one free copy per reader. Unless specifically noted, no advertisers, products or services are endorsed by the publisher. All persons are hereby informed that all dwellings advertising are available on an equal opportunity basis. SomberSail LLC copyright 2022. All rights reserved. Reproduction in whole or part without written permission is prohibited.

| | | |
|----------------------------|-----------|-----------------------------|
| Vol. 38 No. 2 | Feb. 2023 | Published by SomberSail LLC |
| Edited by Andres Flores | | SOMBERSAIL |

Calendar

To see more upcoming events, follow the QR code or visit our website at ourkidsmagazine.com



The San Antonio Stock Show & Rodeo
Feb 9-26
Find event schedule online

The San Antonio Stock Show & Rodeo has grown to be one of the largest events in the city of San Antonio, with approximately 1.3 million visitors entering the fairgrounds each year. Look online for event schedule.



Cinema On Will's Plaza | Annie
Feb 10
Opens 6:30 pm

Annie - Cinema on Will's Plaza – FREE EVENT The Will Naylor Smith River Walk Plaza opens at 6:30 PM. The movie begins at 7:30 PM. Full concessions and bar available. Please bring your lawn chair or blanket.



McNay Family Program: Storytime Flow
Feb 10
10:00 am - 11:00 am

Move and flow along through a read-a-loud story time that pairs movement with children's stories and books. Stick around afterwards for a Museum Tour for Tots. Picnic blankets encouraged. Registration required. Scan QR code for more info.



Toddler Time at New Braunfels Public Library
Jan 23
10:30 am - 11:00 am

Join us for a fun program for children age 18 months - 36 months. We will read stories, get moving, and play music. Registration is required. Siblings are welcome to attend. Scan QR for registration link.



Free Family Nights at The DoSeum
March 6
5:30 pm - 7:30 pm

Explore The DoSeum's fun interactive exhibits alongside your family for free! A link for ticket reservations will be posted on thedoseum.org at 8 AM the morning of Free Family Night. Registration is on a first-come, first-served basis.

Story by
Cheryl Maguire

Secrets To Throwing An Epic Birthday Party On A Dime



When I received the invite to my nephew's pirate party, I was worried. The event was being held during the winter time at his house so all the five-year-old kids would be cooped up. How would over twenty kids be entertained

in a small area indoors? Would I hear so many chaotic screams of "Arrr's" and "Ahoy's" that I would want to walk the plank?

My fears subsided when I beheld the enormous

cardboard created pirate ship in their living room. If the boat hadn't been so crowded with kids, then I would have jumped inside of it myself. When I noticed organized activity stations set up throughout the house, I knew all the kids would have a blast. The party was a huge success that my kids still talk about it four years later.

The pirate party isn't the only impressive at-home one my sister, Tara and brother-in-law, Mike have hosted. They had other events for my nephew and two nieces. The themes of their parties include knights and princesses, western cowboys and cowgirls, fairies and gnomes, Star Wars, and pirates. For all their parties they created a life-size cardboard centerpiece such as a castle or western town for the kids to play in and games centered around the theme along with a favor to take home. Homemade treats and a cake are abundant at every gathering.

So, what is the secret to throwing an epic birthday party on a dime?

Planning In Advance

The Stull Family is already planning the next unicorn theme party for June. They get ideas from Pinterest and other crafting websites. Sometimes they brainstorm ideas on their own. This planning helps them to have enough time to create all the activities and cardboard centerpiece.

Potential Savings: \$25-\$50. Advanced planning allows them to buy sale items and use coupons.

Homemade

Almost everything at parties are homemade from the cardboard centerpieces to the games, food and favors. This significantly cuts down the cost of the parties which were all under \$200.

Potential Savings: \$50-\$75 by not buying a store-bought cake, games or favors.

Team Work

Tara and Mike Stull work together creating the life-size centerpiece, games, favors and homemade



Every day you make
choices that help
keep you and your
family safe.

**Don't Stop
Now.**

**Protect Yourself and
Your Family.**

**Get Your Covid-19
Vaccines & Boosters!**

CentroMed

Berto Guerra Jr. Clinic

5439 Ray Ellison Blvd.
San Antonio, TX 78242

Mon - Fri 8 am - 5 pm



**SCAN FOR
APPOINTMENTS**

Available to Everyone
Age 6 Months and Up

Online Appointments:
[CentroMedSA.com/cv19vax](https://www.centromed.com/cv19vax)

Bio: Cheryl Maguire holds a Master of Counseling Psychology degree. She is married and is the mother of twins and a daughter. Her writing has been published in *The New York Times*, *National Geographic*, *The Washington Post*, *Parents Magazine*, *AARP*, *Healthline*, *Your Teen Magazine*, and many other publications. She is a professional member of ASJA. You can find her at Twitter @CherylMaguire05



baking. They also include their kids in the process of coming up with ideas and creating the items. By working together, they don't become too overwhelmed with the planning and creating that is involved. It also makes the process more fun for the entire family.

Potential Savings: \$25-\$50 by working together, the less they need to purchase store bought items.

Old School Games With A Theme

At the parties, they offer simple games that everyone loves, and they incorporate the theme into the game. Instead of a typical water gun fight,

they created a water gun shooting range in the western theme party. Or instead of pin the tail on the donkey it was pin the lightsaber on Yoda for the Star Wars theme party. Some other games they played are a pirate scavenger hunt for gold coins, relay cowboy horse races and beware of the shark cardboard toss bean bag game.

Potential Savings: \$100-\$200 by not hosting the party at an outside venue such as a play gym, bowling alley or laser tag place.

Finding Free or Discounted Items

Tara and Mike asked local appliance stores for free

cardboard boxes to create the centerpiece, games, and favors. They also got deeply discounted "mistake paint" for a quarter of the price (around \$9 instead of \$40) that people returned because they didn't like the color from Home Depot and Lowe's.

Potential Savings: \$25-\$50 by not purchasing cardboard boxes, games and favors also savings from purchasing mistake paint which can be used for crafts, games or painting the cardboard centerpieces.

Using Coupons and Purchasing Sale Items

They purchase some of the items at Michael's and other

The Clowvazar Academy

"A school that truly understands my student's needs."

A year-round private school for students with Anxiety, Autism, ADD, ADHD *et cetera*.

For over 11 years, we have offered a structured, comfortable, empathetic and profoundly important education experience to our students.

We offer education to General Ed, Special Ed and Gifted-and-Talented students. **Kindergarten - 12th Grade**

We offer tuition reductions to families in need.

Apply Online!

www.clowvazar.com
210-690-4800

12746 Cimarron Path #120 San Antonio, TX 78249

craft stores using coupons. They also use coupons at the grocery store to buy the food for the party. Coupons can be found at the store's website or app or by signing up for the store's emails. Also coupons can be found at online coupon website like Coupons.com.

Potential Savings: \$50-\$100 by using coupons and purchasing

sale items.

Selling on Craigslist or Marketplace

After the last party, they sold some games they for \$30. They plan to do this for future parties.

Potential Savings: \$50-\$100 depending on the items created and sold. You could also sell your

household items prior to the event to help fund it.

Who's Ready to Party?

These parties are a lot of work, but the whole family loves creating a memorable event. I know that we are anxiously awaiting the next unicorn party. Who knows maybe we will even spy a real one?



klrn

S.E.E. YOUR FUTURE
SMART ENERGY EDUCATION

CAREER DAY
STEM & ENERGY CAREER DAY FOR THE ENTIRE FAMILY.

SATURDAY, FEBRUARY 25 | 1 PM - 4 PM
ST. PHILIP'S COLLEGE
1801 MARTIN LUTHER KING DR, 78203

- ENERGY SCAVENGER HUNT
- VEHICLES ON DISPLAY
- STEAM ACTIVITIES FOR ALL AGES
- S.E.E. CAREER DAY SPEAKERS FOR ALL AGES
- DEMONSTRATIONS
- SPECIAL APPEARANCE FROM SID THE SCIENCE KID

REGISTER NOW
KLRN.ORG/EVENTS

FREE FAMILY EVENT |
FREE PARKING

POWERED BY: **CPS ENERGY** **Itron**

IN PARTNERSHIP WITH: **ALAMO COLLEGES DISTRICT** **St. Philip's College** **TEXAS** **The University of Texas at Austin** **DISCO** **smart energy education™**



Fun Valentine's Day Parties for Kids – at School or Home

Story by
Kimberly Blaker

Whether you're helping with your child's Valentine's Day party at school or planning one at home, there are so many fun, creative ways to keep kids busy and make their party a blast. Try some of these ideas kids are sure to love.

CRAFTS

Heart suncatcher. Lay a sheet of wax paper in front of each child. Then have the kids cut red, pink, and white tissue paper into squares or other shapes. Next, lay a tissue square on the wax paper and brush it with liquid starch. Continue by overlapping the pieces of tissue to create an 8" x 8" collage. When the collage is dry, carefully peel the tissue away from the wax paper. Cut the collage into a big heart. Then put a single hole punch in the heart, and thread a piece of yarn or ribbon through it to hang it.

Heart structures. Provide each child a supply of gummy hearts and toothpicks, and let their creativity take over. They can build a house, sphere, rocket, airplane, or whatever their imagination desires.

Finger paint Valentine. Fold a piece of paper in half, and cut out a large heart. Next, place the paper with the big heart-shaped hole on top of another piece of paper. Dip a thumb or finger into the paint, and make a finger impression within the heart-shaped area. Alternate colors and fingers until the whole area is filled with colorful fingerprints. When done, remove the top sheet, and you'll have a colorful heart image underneath.

Valentine candle holder. Give each child a glass jar. Have them start by cutting red, white,



**CHANGE
YOUR IDEA
OF FUN**

Healthy habits can change your child's life. At University Health, we believe in the power of change. Because that's where healthier begins. To explore the power of change, visit UHchange.com.

Your partner for healthy change.





and pink tissue paper into small hearts or other shapes. Using a mixture of one part flour to two parts water and a paintbrush, paste the tissue shapes onto the jar overlapping each other until the jar is completely covered.

GAMES

Musical hearts. This game is played similar to musical chairs. Cut out enough hearts for the number of players. On each heart, write an action such as “rub your belly,” “dance,” and “pretend you’re an elephant.” When the music stops, everyone must act out the heart they landed on.

Pin the heart on the Tin Man. Draw the Tin Man on a large sheet of poster board, then cut it out. Have each kid cut out a heart from construction paper. Then blindfold and spin each child around, and have them try to place the heart on the Tin Man’s chest.

Candy heart bingo. Buy a Valentine’s Day bingo game available through many online retailers. Then use candy hearts for the markers.

Valentine’s Day word find. Have each kid write ‘Valentine’s Day Cupid’ on a sheet of paper. Then have them write down as many words as they can make from it. Offer prizes for the most words, longest word, and the most rhyming words.

BOOKS

What would Valentine’s Day be

without a special Valentine’s story or two? Read aloud to younger kids. If they’re readers, have each kid take a turn reading a page.

Happy Valentine’s Day, Charlie Brown Charles M. Schulz, Ages 5 - 7

Amelia Bedelia’s First Valentine Herman Parish and Lynne Avril, Ages 4 - 8

Junie B. Jones and the Mushy Gushy Valentine Barbara Park and Denise Brunkas, Ages 6 - 9

Happy Love Day, Daniel Tiger! Becky Friedman and Jason Fruchter, Ages 3 - 7

Thomas in Town: Valentine’s Day in Vicarstown Rev. W. Awdry, Ages 3 - 7

Dumpy’s Valentine Julie Andrews Edwards and Emma Walton Hamilton, Ages 4 - 7

Happy Valentine’s Day, Mouse by Laura Numeroff and Felicia Bond, Ages 4 - 8

Ruby Valentine and the Sweet Surprise Laurie B. Friedman and Lynne Avril, Ages 5 - 9

Valentine Hearts: Holiday Poetry Lee Bennett Hopkins, Ages 4 - 8

JUMP ROPE EXPRESS

- * JUMP ROPE SESSIONS
- * FITNESS TRAINING
- * LEARN SINGLE, LONG ROPE, DOUBLE DUTCH, AND MORE

Practice: Saturdays 12pm to 2pm
Location: Crossroads Baptist Church (8300 Tazel Road, 78254)
Open to Elementary Age Students

Coach Bobby is known as the Willy Wonka of Kid’s Fitness. Join us and have your kids experience his fun and unique jump rope games that will entertain and get them fit.

Free classes (for a limited time!)
Coachbobby7755@gmail.com
www.coachbobbysports.com

IMAGINE ARTS ACADEMY™

for Kids Ages 5-12
Birthday Parties, Classes, Summer Camps, and More!
Register your child today!

sanantonio.imagineartsacademy.com
210-651-1143

Martin Swim School LLC

- Ages 18 months - 12 years
- Three Students per Class
- Private Lessons Available
- Heated backyard pool, classes till September

98% Learn in 2 weeks
Register Now
Space Limited

Instructor Marguerite Martin-Bozeman
(210) 240-7974 mswimschool@gmail.com
www.MartinSwimSchool.com

MAD SCIENCE

PARTIES & CAMPS

Hands-On Science Fun
For Ages 4-12!

210-651-1143

SANANTONIO.MADSCIENCE.ORG

Story by
Andres Flores, Publisher

OurKids Digital Feature: Parenting Controls

As parents, we want to give our children the freedom to explore and learn through technology, but we also want to protect them from the potential dangers that come with it. One way to do this is by setting up parenting controls on their mobile devices and computers.

Parenting controls, also known as parental controls, are a set of tools and features that allow

parents to limit and monitor their child's use of their mobile device. These controls can include setting time limits on usage, blocking certain apps and websites, and monitoring their child's online activity.

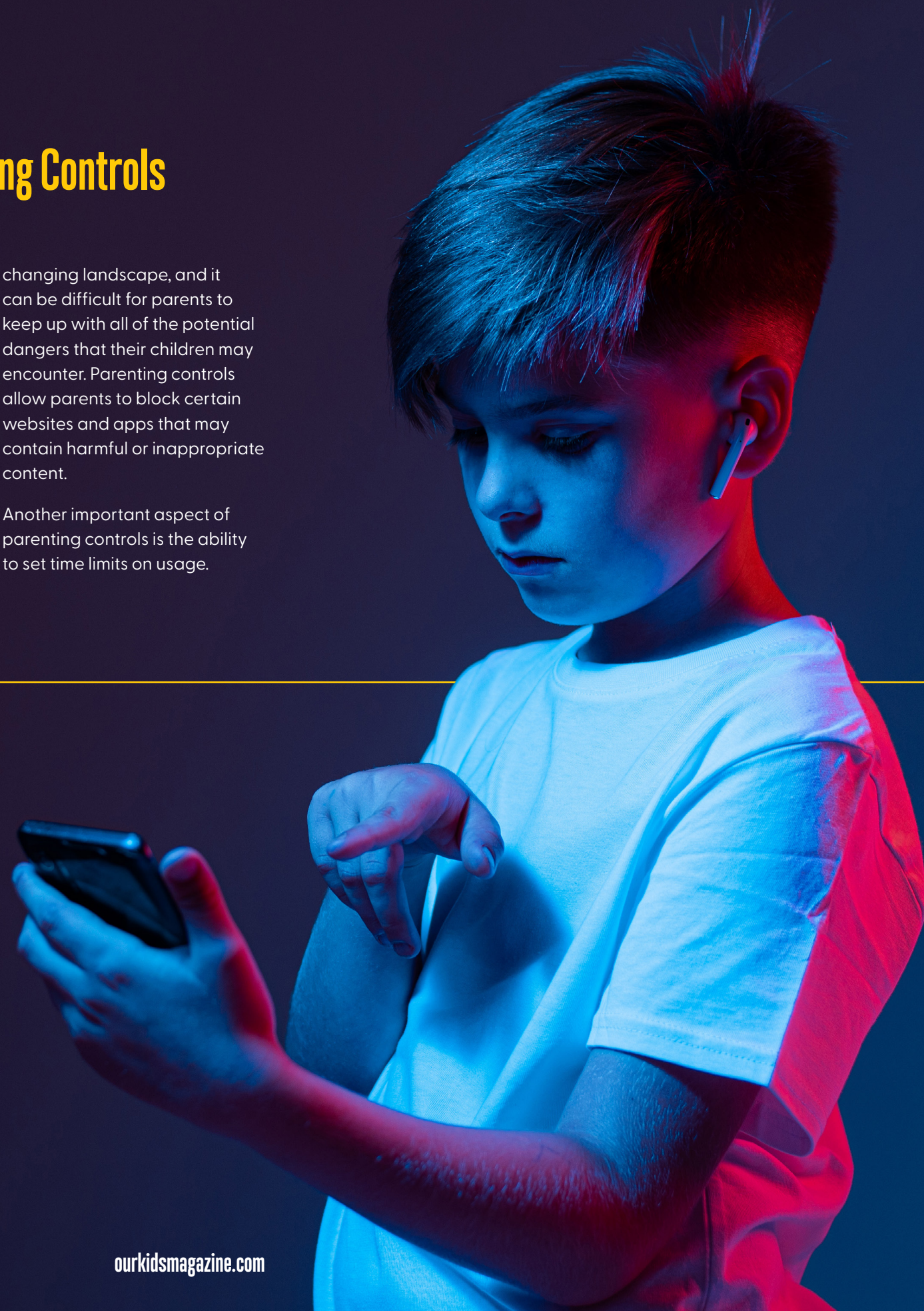
One of the main reasons why parenting controls are important is to protect children from inappropriate content. The internet is a vast and constantly

changing landscape, and it can be difficult for parents to keep up with all of the potential dangers that their children may encounter. Parenting controls allow parents to block certain websites and apps that may contain harmful or inappropriate content.

Another important aspect of parenting controls is the ability to set time limits on usage.



Publisher note: For more on this story, visit OurKidsMagazine.com/digital or follow the QR code on page 16 to watch our videos covering how to set up parental controls on your child's device.



With the constant access to technology, it can be easy for children to become overly reliant on their mobile devices and neglect other important aspects of their lives, such as homework, exercise, and social interactions. By setting time limits on usage, parents can ensure that their children are not spending too much time on their devices and are able to balance their time with other activities.

In addition to protecting children from inappropriate content and setting time limits, parenting controls also allow parents to monitor their child's online activity. This can include monitoring the apps they are using, the websites they are visiting, and the people they are communicating with. This can help parents identify any potential dangers or red flags, such as cyberbullying or online predators, and take action to protect their children.

One of the biggest concerns parents have about mobile devices is the potential for addiction. With the constant access to technology, it can be easy for children to become overly reliant on their devices, leading to addiction and neglecting other important aspects of their lives. Parenting controls can help parents set limits on usage and monitor their children's online activity to ensure they are not spending too much time on their devices.

However, it's important to note that while parenting controls

Check out our video online at OurKidsMagazine.com/digital or scan the QR code below



can be a useful tool, they should not be relied upon as the sole means of monitoring and protecting children. It's still important for parents to have open and honest conversations with their children about their device usage, and to educate them on how to use the internet safely.

Overall, parenting controls on a mobile device are an important step in setting up a child's phone.

They allow parents to monitor and restrict their child's activity on the device, ensuring that they are using it in a safe and responsible manner. If you're a parent and want to set up parenting controls on your child's phone, check out our OurKids Digital video we created on how to set it up. This video will walk you through the process step by step, making it easy for you to get started.



神韻晚會 2023
SHEN YUN
CHINA BEFORE COMMUNISM



“An extraordinary experience...
Exquisitely beautiful!”
—Cate Blanchett, Academy Award-winning actress

SHEN YUN'S unique artistic vision expands theatrical experience into a multi-dimensional, deeply moving journey. Featuring one of the world's most ancient and richest dance systems—classical Chinese dance—along with dynamic animated backdrops and all-original orchestral works, Shen Yun opens a portal to a civilization of enchanting beauty and enlightening wisdom.

Shen Yun Performing Arts is a nonprofit organization based in New York. Its mission is to revive 5,000 years of traditional Chinese culture. Traditional Chinese culture—with its deep spiritual roots and profoundly optimistic worldview—was displaced by communism in China. While Shen Yun cannot perform in China today, it is sharing this precious heritage with the world.

Feb 3–4, 18 • Tobin Center
ShenYun.com/San-Antonio 877-663-7469



Let it Go: Seven Things to Stop Worrying About

Story by
Sarah Lyons

Worrying, it's something all parents do. I am guilty of it, especially when I lie awake at three am, with the silence of the house ringing in my ears. I worry about what I forgot to do, what I need to do, what I should have done, and what I already did.

Parenthood is hard. There is always something to be done, someone who needs assistance, and multiple things to worry about. The list is endless but may include everything from feeding your kids healthy foods, to your child's friendships, to what others think about your choices. Some worries are valid, but many are not worth the time and effort. What if we could learn to let them go?

Personal Expectations

Before I became a parent, I had high expectations for myself as a mother. I had things I wanted to do and things I declared I would never do. After my first child was born, I quickly realized that I would change my perspective on most pre-child declarations. "Let go of the idea that you

will be the perfect parent because it won't happen." says twin mother Aly Ridgeley of Kansas City. When parents accept that they are doing the best they can, at that moment, for their kids, they will be able to cross this worry off their list.

Guilt

Do you worry that you don't spend enough time with your child? Do you feel guilty you were not able to breastfeed your child or that you missed a soccer game? Do you feel bad you forgot to remind your son to grab his lunch on the way out the door? The guilt of these things and more can weigh heavily on a parent but you have permission to let it go. It is okay if you miss a game or a school party. We all have to make choices and sometimes those choices cause unnecessary guilt. Once a decision is made, move forward and let go of the feelings of guilt. They will only rob you of enjoying the present.

Outward Appearances

A tidy house, a perfectly decorated home, an amazing wardrobe, all organic, home-cooked meals, the perfect marriage, smart, athletic, creative children, and a partridge in a pear tree. We want it all and we want it to be perfect, or at least appear that way. This picture is lovely but it is not a realistic, reachable goal. It is easy to get caught up in what our families look like to others. It does not matter if your children wear perfectly coordinating outfits. Is your child dressed in weather appropriate clothing? Great. Does it match? It's your lucky day. Social media puts so much pressure on us to keep up with what we believe others are doing. I



have a secret for you, Pinterest is not real life and what is posted on Facebook is typically the best of what is going on in reality. Embrace the fact that no one is perfect and nobody's expecting you to be.

What If's

Parents often worry about things that haven't even happened yet. What if he gets sick? What if she falls and gets hurt? What if I forget something important? What if he doesn't make the team? What if's are not worth the energy they use. Acknowledge they are



ourKids

We're Hiring

OurKids Magazine accepting application for sales positions. Work your own hours! We're looking for qualified applicants who have experience in sales and working over the phone and email. Scan the QR to apply

ourkidsmagazine.com/jobs



unnecessary and decide not to waste time on them. Face the problems in front of you rather than worrying about issues that do not exist.

Comparisons

“Don’t compare yourself to other parents. Your family is unique. Your circumstances are unique. It would be like comparing apples and oranges.” says Lacey Rodriguez of Leavenworth, KS, “Do the best you can for your family and forget the rest.” Comparing yourself to other parents is never a good idea. Your parenting style for your children will always be different from others, but doesn’t mean it is bad. Another pitfall is comparing your children to their siblings or other children their age. Each child has their own unique personality and will develop at their own rate.

Mistakes

Every parent makes mistakes and it is easy to spend time

worrying about what should have been done differently. The past cannot be changed and although not easy to do, we must let go of things we cannot change. We can learn from our mistakes and continue to do our best in the future. Parents have permission to let go of past mistakes and teach their children to do the same.

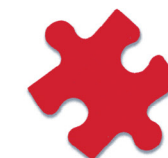
Control

When our triplets arrived, it finally dawned on me that I am not in control. Once I realized (and accepted) this fact, a weight was lifted off my shoulders. Yes, my husband and I are still in charge of the household, but I cannot control what happens in life. It’s a roller coaster, instead of trying to steer, throw your arms up in the air and enjoy the ride.

Learning to let go of these worries usually leads to feelings of relief. Remember that each family is unique and each parent handles situations differently, it is easier to relax and enjoy your family more.



Finding the Right School Fit for Your Child



Every parent wants to give their child the best education possible, and choosing the right school for their child is one of the most important – and often one of the most challenging – decisions a parent faces.

With so many school choices, what we’ve observed at Legacy Traditional Schools is that parents want their children to be taught using a well-rounded curriculum that emphasizes all areas of academic study, including the arts, physical education, and extensive athletics and extracurricular activities.

For some students, involvement in athletics or other extracurricular activities contributes to an increase in academic performance, too! These activities offer a tremendous opportunity for students of all ages to meet new classmates, form stronger bonds, and build a foundation for hard work. These boosts of confidence, whether from theatrical performances or practice on the playing field, encourage students and become essential factors for success in the classroom.

So, you may ask, what do other parents – who’ve grappled with this decision – have to say about the delicate balancing act between extracurriculars and academic focus? Read on to see suggestions for finding the right school to match your family’s academic, athletic, and extracurricular interests.

Academics should always be the priority. As a parent, yes, it’s your job to be involved, whether at practice or helping with homework. But you also have a responsibility to manage your child’s time to ensure their activities don’t overwhelm their school work.

Volunteer to support. Any youth coach or teacher will tell you they can’t do it alone! Offer to lend a hand at your child’s next practice or game by setting up drills, cones, or even refilling water.

Stay positive. As a parent, you’re a role model. Help your child to be their best by setting realistic expectations and vocally reinforcing the positive steps they are making toward their goal.

Instill a strong sense of character. Find a school that promotes student involvement in the school community or offers programs that encourage responsibility, loyalty, and active citizenship.

During this year’s National School Choice Week in January, an estimated 15 million Americans will participate in activities to celebrate opportunities in education. When you’re ready to make your choice, we encourage you to learn more about the options available for your children to get the superior education they deserve.

Summer Camps

For 2nd - 12th Graders



Something for Everyone:

- ◆ Coding ◆ Esports
- ◆ Robots ◆ Minecraft
- ◆ Design ◆ Music Tech
- ◆ Space & Rockets ◆ VR ...and more!

www.SAMSAT.org

San Antonio Museum of Science And Technology

**The Pediatric Care You Need,
When You Need It.**



Same
Day
Access Clinics

CentroMed

SA PEDIATRICS

Monday - Friday | 8 am - 7 pm

Physical Exams • Sick Visits • Preventive Care



For locations, availability and to schedule
your appointment online, please visit:

CentroMedSA.com