

MOMMY'S TIME OUT

Lakewood Ranch Mom's Group, Inc.

The official newsletter of the Lakewood Ranch Moms Group, written by, for, and about moms living in the Lakewood Ranch community.



July 2014

Activities in Lakewood Ranch and Around Town

Glazer museum: 1st Tuesday of the Month Free

<http://glazermuseum.org/events/target-Tuesday>

\$2 Movie Theatre.

<http://www.omcinemas.com/>

Circus Park in Downtown Sarasota:

2050 Adams Ln, Sarasota, FL 34237

Mixon Fruit-Farm Outing with Grove Tour and Ice Cream for Two or Four at Mixon Fruit Farms (Up to 47% Off) on Groupon for a limited time.

Big Cat Habitat:

<http://bigcathabitat.org/visit/calendar/>

One Day at **Sunken Gardens** for Two, or One Annual Family Membership (Up to 50% Off): Groupon <http://www.groupon.com/deals/sunken-gardens-10>

AMF Bowling: 3 Games Free for kids during the weekdays. Register online.

<https://freesummertimegames.amf.com/>

Summer Circus:

<http://www.ringling.org/events/summer-circus-spectacular>

\$14 for a Bradenton **Marauders Baseball** Game Package with Food and Drinks for Two at McKechnie Field (\$38.75 Value) on Groupon for a limited time.

Great Explorations Children's Museum:

<http://greatex.org/blog/hours-admission/>

Sun-N-Fun Activities:

<http://www.sunnfunfl.com/lifestyles/events.cfm>

Day Pass: \$6

Bounce Down Under: All day play for one price. \$6 on Tuesdays

<http://www.bouncedownunder.com/walk-ins.html>

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A Message from Our President

I want to begin this year by thanking Julie for doing such a fantastic job last year. I think her legacy was founded in filling up the calendar with opportunities for our members to mingle. She worked hard to give the members more ways to meet outside of playgroups. For example, last year we launched some new activities – book club, polo tailgating, moms who lunch, etc. Heck, even our monthly meetings were fun! This year, I'd like to build upon what Julie has created and continue to fill our calendars with ways for everyone to stay connected and enjoy each other's company. With that notion in mind, I want to share with you some of the ways we hope to accomplish that this year.

To start, we are planning on changing the way we do community service. Previously, we have selected a different charity each month; this year we would like to focus our entire year on a single charity. Expect to see at least two new large events/parties appear on our calendar this year. By donating with social events, I am hoping we can accomplish two things at once – get together with each other and do something positive for our community at the same time. We also intend to work with the selected charity and set up some opportunities for our moms and kids to do some hands-on helping. It is my intention to select the charity we will support this year during our first meeting this month. I really hope you are able to join us and voice your opinion!

Another change you'll see is in one of the valuable offerings our group has for our newest moms-our playgroups. Having been a part of two playgroups, one for each of my daughters, I can attest to the fact that playgroups really can help you find a great circle of friends. However, playgroups limit you to about four moms. It is difficult to make a playgroup larger than that really work. To allow our members better opportunities to meet each other, we are planning on revamping the way we do playgroups. We are still throwing around some ideas at this point, but no matter which way we go, you can anticipate to see plenty of opportunities to get out in the community and meet our great members.

We have a fantastic team of moms ready to kick off another year with the moms group, and I am thrilled to see so many of our new members getting involved. I love seeing their enthusiasm, and I hope it is contagious. Let's keep building on what the last two presidents have done, and continue to fill up the calendar with fun activities to keep us social!

A special thank you to Victoria Cobb and Amy Vainieri (amy@amyvainieri.com) for creating our new Moms Group Logo as shown below. Your time and effort is very much appreciated!

Lakewood Ranch
MOMS
GROUP

A warm welcome to our newest members!

Please be sure to visit our website and Facebook Page for lots of fun events!

If you are interested in joining the Lakewood Ranch Mom's group, visit our website at: **lwrmomsgroup.com** and complete the *Become a Member* form.

New members are always welcome!

www.**akiko**graphics.com



941
720.5151

Face Painting

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Wedding



The American Association of Orthodontists recommends children be seen for orthodontic exams by age 7.

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This is dedicated to a special friend in our group who lost her mom...

"Your Mother is always with you. She's the whisper of the leaves as you walk down the street. She's the smell of certain foods you remember, flowers you pick, the fragrance of life itself. She's the cool hand on your brow when you're not feeling well. She's your breath in the air on a cold winter's day. She is the sound of the rain that lulls you to sleep, the colors of a rainbow; she is Christmas morning. Your mother lives inside your laughter. She's the place you came from, your first home, and she's the map you follow with every step you take. She's your first love, your first friend, even your first enemy, but nothing on earth can separate you not time, not space... not even death."

- UNKNOWN

LWR Mom's Group

Jul 2014 (Eastern Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	1	2	3	4	5
	10 am - Kids Outing -		10 am - Kids Outing -			
6	7	8	9	10	11	12
				7 pm - July's Monthly		
13	14	15	16	17	18	19
			10:30 am - July Kids			
20	21	22	23	24	25	26
				6:30 pm - July Moms		
27	28	29	30	31	1	2

For more information on events, please visit our Facebook page, or link our Google Calendar at: www.lwrmomsgroup.com/calendar



Caring for women's
special needs ...
at every stage of life.

The **Women and Children's Center at Lakewood Ranch Medical Center** provides the comprehensive medical services women need, whether it's gynecology and urology; advanced 3-D mammography, or obstetrics, labor and delivery.

Women's services at the Center include large, private LDRP suites (labor, delivery, recovery, postpartum); operating rooms; exam/triage rooms and medical/surgical beds.

The Pediatric Unit provides skilled care for children from physicians and specially trained nurses; spacious family-style suites; and a healthcare team certified in Pediatric Advanced Life Support (PALS).

At the **Breast Health Center**, 3-D mammograms allow physicians to examine breast tissue one layer at a time, giving them increased ability to detect very small cancers during the first screening.



For more information or to
schedule a tour, please call
941.782.2229.



Physicians are on the medical staff of Lakewood Ranch Medical Center, but, with limited exceptions, are independent practitioners who are not employees or agents of Lakewood Ranch Medical Center. The hospital shall not be liable for actions or treatments provided by physicians.

At the **Women & Children's Center** caring professionals treat each patient with dignity and compassion, providing the care women and children need for a lifetime of good health.



women & children's center
**AT LAKEWOOD RANCH
MEDICAL CENTER**

8330 Lakewood Ranch Boulevard
Bradenton, FL 34202
www.lakewoodranchmedicalcenter.com

Answers to Your Burning Questions

June 17, 2014 | [Infant and Child Health](#) Author: [weisscare](#)



Did you know that one blistering sunburn in childhood or adolescence more than doubles your child's risk of developing melanoma later in life? The risk of melanoma also doubles if you have five or more sunburns at any age.

Thankfully, we don't encounter many blistering sunburns in our practice, but we see far more sunburns than we'd like to, especially as the intensity of the sun and level of outdoor activities spike in the summer.

Although skin cancer is not something pediatricians routinely screen for in childhood because it typically doesn't show up until adulthood, we at Weiss Pediatric Care are disturbed by studies showing that the incidence of childhood melanoma is rising.

Some risk factors associated with melanoma cannot be changed, such as a family history, having fair skin/hair and having a large number of sizable moles or freckles on the body.

But there are several preventive measures you can take to reduce your risk of skin cancer.

Top on our list: *Simply, do not burn.*

Here are a few other tips to enjoy a safer summer:

- Young skin may heal faster than old skin, but it also is less able to protect itself from injury, including the sun. Babies under six months of age should never be exposed to the sun. Those older than six months should wear light-colored clothing, a hat with a brim and UV-blocking sunglasses to protect their eyes.
- Avoid the sun and stay indoors or in the shade 10 am-4 pm, when the sun's rays are strongest.
- Use sunscreen that provides UVB and UVA protection with a sun protection factor (SPF) of at least 30. Apply 15-30 minutes before sun exposure and 30 minutes after exposure begins, then reapply at least every two hours, or more frequently if kids have been swimming or sweating.

We realize it's not always easy to prevent a sunburn – it can happen in as little as 15 minutes of being in the sun, and unfortunately, the redness and discomfort may not be noticed for a few hours. If you notice your child getting burned, remove him or her from the sun right away. In most cases, sunburns can be managed at home with a few care and comfort measures, including:

- Apply cool compresses and moisturizing creams or aloe gel as needed to provide comfort, or draw them a cool (not cold) bath.
- Give extra fluids for the next 2 to 3 days, and ibuprofen or acetaminophen, as directed and if needed, for pain.
- If they go outside, cover all sunburned areas fully until healed.

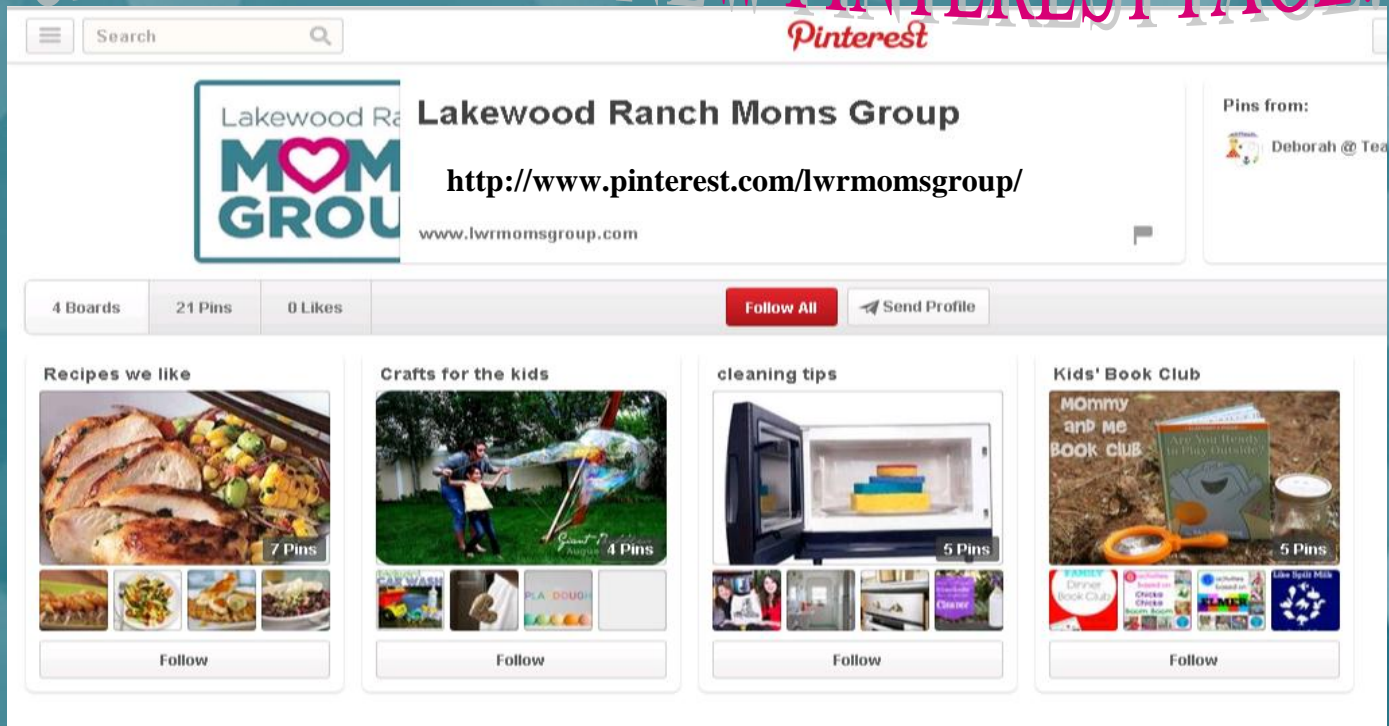
Be sure to watch for signs of dehydration (headache, confusion, feeling faint) and seek medical care right away if your child's sunburn forms blisters, causes swelling in the face, or if he or she experiences fever or chills after getting burned.

For more tips on keeping your family safe this summer, follow these [tips](#) from the American Academy of Pediatrics at: <http://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Sun-and-Water-Safety-Tips.aspx>



Weiss Pediatric Care
2201 Cantu Court, Suite 117, Sarasota 34232
941-552-8341

CHECK OUT OUR NEW PINTEREST PAGE!



Looking for something to do?...

What: Roller Skating
 When: July 12, Sept. 13
 Time: 11 am-1 pm
 Where: Stardust Skating Rink, 2571 12th St., Sarasota

What: Movie (TBD)
 When: July 19, Sept. 6
 Time: 10 am
 Where: Burns Court, 506 Burns Ln., Sarasota

What: Bowling
 When: July 26, Aug. 23
 Time: 10 am-12 pm
 Where: AMF Gulf Gate Lanes, 7221 S. Tamiami Trail, Sarasota

Cute kid's
 quote...

Me- "You girls are being really silly." Reese (5)-"That's because kids are made of fun, Mom."
 -Rebecca Raterman

There's a Wrong Way to Dust? And 5 Other Cleaning Mistakes

The quickest, most efficient strategies to get streak-free windows, remove stains from a white sofa and more.

By Lynn Andriani

Mistake No. 1: Cleaning a Cold Oven

Mistake No. 2: Washing Windows on a Sunny Day

Mistake No. 3: Scrubbing Like Crazy

Mistake No. 4: Spraying Furniture Polish All Over a Table

Mistake No. 5: Using an Abrasive Cleaner on Your Bathtub

Mistake No. 6: Vacuuming Up Cat Hair

Find out more on our Pinterest page at:
www.pinterest.com/lwrmomsgroup/

Spring Fling Pictures



Thanks to everyone for coming out to our Spring Fling party. The Spring Fling is one of our two free parties we have throughout the year. This year's event had so much for the kids to do – face painting by Akiko, a bounce house and petting zoo provided by Spotlight Amusements, a Fun to Be Fit class, crafts, and a visit from the White Pony Ice Cream truck! It may have been a hot day, but the kids had a blast.

We had an awesome sponsor this year too! DreamFrenz raffled off a couple of their super cute and comfy pillows. Rebecca Murphy and Amy Korenman won the raffle and got to take one home with them. The moon and star DreamFrenz were adorable. I'm sure their kids are enjoying the snuggling and the amazing glow in the dark features! See for yourself how cute these pillows are at www.dreamfrenz.com.

So what kept everyone so busy at the party? Well, most kids hopped right into the makeup chair when they arrived to get one of Akiko's famous face painting designs drawn on. Springy designs like bees, ladybugs, butterflies and rainbows were some of the adorable things to choose from.

After getting their faces festive, the kids thoroughly enjoyed bouncing around in the bounce house Spotlight Amusements provided. Spotlight also brought a petting zoo that was a huge hit! The children loved the fact that they could not only pet the animals, but they could also feed them! The variety of animals couldn't be beat - a donkey, a miniature horse, llamas, goats and more.

In addition to bouncing out their energy, the children also enjoyed a Fun to Be Fit class. Ms. Adrienne brought her exuberance and everyone enjoyed her fun, musical class. We danced to music about penguins, bears, elephants, monkeys and other fun animals like dinosaurs where many loud roars were heard!

All of that hard work playing required snacks and rehydration! We had our basic snack table complete with juice boxes, water and soda. The jingle of an ice cream truck driving up through the parking lot signaled the best treat was driving in! Everyone was able to pick their favorite ice cream treat to end the day on a sweet note. I hope everyone enjoyed themselves and we look forward to seeing you all again at our next party!

-Indoor Fun Ideas by Rebecca Gurski

Looking for something to keep the kids busy during the hot and sometimes rainy days of summer? These are some activities we are trying at our house, and many of them have a learning, sensory, or language development component (but they won't know that)!

1. Baking with simple recipes. This is our current favorite:

Hearty Oatmeal Banana Breakfast Cookies

Cookies for breakfast? Yes indeed, especially when they are these protein packed, nutritious breakfast cookies!

Ingredients

1 1/2 cups quick cooking oats

2 ripe bananas, mashed

1/2 cup Rice Krispies cereal

1/4 cup peanut butter (creamy or crunchy) or Nutella for peanut allergies/chocoholics :)

1/4 cup pure honey

1/4 cup Craisins or raisins (optional)

1 Tablespoon vanilla

Instructions

Preheat oven to 350°F

Place all ingredients in a large bowl and stir with a wooden spoon until well blended.

Line a cookie sheet with parchment paper.

Place rounded spoonfuls of dough onto the parchment lined cookie sheet. Flatten with a spoon.

Bake in preheated oven for 25 minutes. Remove and let set for 3 minutes on the baking sheet before removing to a cooling rack. Eat and enjoy!



2. Create games using the toys/objects you already have in your home.

-Have the kids make a zoo, setting up their stuffed animals around a room. They can give them names, give you a tour and tell you about the animals, and pretend to be a zookeeper or veterinarian.

-Set a bunch of different objects on a table to create a "store" and have the kids go "shopping" for items using play or real money. My kids also like to make "bookstores" and "movie stores" with DVDs.

-Collect several random items from around the house in a bag or container. Pull the items out one at a time, having the kids make up a story using the objects as you go along.

-Pick a fave stuffed animal, doll, or toy, and play "Where is ____?". Hide it and see if the kids can find it. You can vary the difficulty depending on age and ability by giving hints in the form of directions (go in the blue room, look under the bed). This game is great for building observation, listening, direction-following, and language skills. For infants, you can hide the object on your head, behind your back, etc. Older kids can do the hiding/directing or can tell you where they found the object using prepositions and other descriptors.

3. Make some unusual wall and window art. My kids get bored with the usual coloring activities, so here are some things we've tried instead:

-If you're ok with sacrificing a sliding glass door, Crayola makes washable* Window Crayons. (*washable meaning the color will come off, but it takes some elbow grease). Mine help with the cleanup by squirting and wiping, which is great for building arm and hand strength for fine motor skills. Younger kids can use water squirt bottles and unscented baby wipes, which do a decent job taking off much of the color. You will need some Windex to finish the job though :)

-Hang a large piece of paper (we use easel paper roll size) on a part of a wall at the kids' level with painters tape. Then let the kids exercise that instinct to "color on the wall."

-Use painters tape to hang up a large piece of clear contact paper (found at Publix), sticky side out, on a blank wall. You can do anything you want with this, such as creating a scene using magazine pictures, making a photo gallery, or just experiment with what will stick or not. We take foam tub letters and numbers and work on spelling, counting, etc.

4. Cool and not-too-messy sensory play:

-We love Kinetic Sand, which you can get at Michael's, but you can make something similar called Moon Sand using 4 cups play sand, 2 cups corn starch, and 1 cup water (glitter and/or 2 tsp colored powdered paint optional). There is another fun substance called Cloud Dough, which you can make using 8 cups flour and 1 cup baby or vegetable oil. I think Learning Express sells a comparable product. These provide great sensory experiences for kids without the usual mess. I recommend you keep everything in a large Tupperware container for easy cleanup and storage. You can also hide small objects for the kids to find, or use cookie cutters, small cups, or other items to make molds/shapes. Just putting your hands in it is fun!

Collect them all!



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Work Smart Mompreneurs

We would like to update our website and include our Mompreneurs in our newsletters.

Please email Kristen Raniere at: lwrmgnewsletter@yahoo.com to be included in the next newsletter. Please be sure to include your correct contact information.

Thank you Moms!

Think YOU can't afford a HOUSE CLEANER?

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For your first cleaning
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Available weekly, every other week or monthly.

Do you know what your children are doing this summer?

Come join us for summer camps as we go on an adventure and "travel the world" ... Departing June 16th

Contact Carrie at: carrie@lwrbaptist.com or call 941-400-1006 to register today!

Ages 2 Years – 3rd grade
Lakewood Ranch Baptist Church



Advertise with Us!



Our moms are always looking for new service providers in our area. If you are interested in advertising with us in our newsletter, or on our website, please contact Victoria Cobb at: lwrmgpresident@yahoo.com.

2014



Mom's Group Summer
of FUN!



Lakewood Ranch Moms Group, Inc.

Membership Renewal Form

Please complete this form and mail it, along with your \$30 check made payable to
Lakewood Ranch Moms Group, Inc., by July 15, 2014 to:
Lakewood Ranch Moms Group, Inc. | 8374 Market Street #435 | Lakewood Ranch, FL 34202

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Children's Names:	Birth Date:	School Attending*:
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Our group is run completely by volunteers. Please note that we request all members to contribute to the success of our group by volunteering annually in one form or another. Some of the ways you can help our group be successful are by taking on an executive position, volunteering at a special event or community service project, providing a sunshine meal to a fellow mom, for example. Please check the box or boxes below to indicate some ways you may be able to help out:

- ☐ Delivering a Sunshine Meal to a new mom or mother in need. You can cook or order the meal from a local restaurant.
- ☐ Be a part of our Community Service Committee by helping plan and volunteer at events to raise funds for our selected charity
- ☐ Participate in the new playgroup format as a participant and host of playgroups (generally for kids 4 and under)
- ☐ Be a part of our Welcome Committee and deliver welcome packages/bake cookies or other baked goods.
- ☐ Assist with the newsletter production as a part of the Newsletter Committee
- ☐ Assist with locating sponsors for our events, ads for our newsletter to help raise funds for our events.
- ☐ Answer questions other moms may have about the school(s) your child attends.

I, the undersigned, understand that my participation and the participation of any members of my family in any Lakewood Ranch Moms Group, Inc. activity or program is completely voluntary, and we hereby give permission for myself and my family to join in those activities and/or programs. My family shall hold harmless this Moms Group and any Moms Group volunteers for representatives, paid or unpaid, and/or the providers of any activity or program location and/or materials from any liability and/or responsibility for any accident, illness, or injury that occurs during or as a result of any function or program. I accept that the final responsibility for my safety and that of my family rests with me.

Member's Signature: _____ Date: _____

ADVERTISE WITH THE LAKEWOOD RANCH MOMS GROUP

Below you will find a list of available ad sizes, along with the price and dimension of each ad They are:

- **Business card ad (full color) \$30.00/month 3.5" x 2.5"**
- **Quarter page ad (full color) \$50.00/month 3.75" x 4.875"**
- **Half page ad (full color) \$75.00/month 7.75" x 4.875"**
- **Full page ad (full color) \$100.00/month 7.75" x 9.75"**

(There is a 10% discount if you choose to pay for 1 year of advertising.)

All of our advertisers receive full color ads at no additional charge.

Event Sponsorship:

The following Moms Group events are available for sponsorship: The Spring Fling, The Luau, The Halloween Extravaganza, or The Sunday with Santa. There are different levels of sponsorship available and the details of each level are listed below. They are:

1. Platinum Sponsorship (\$600 minimum)

- Half page advertisement for 6 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 6 months after the event date). [\$450.00 value]
- If the sponsor wishes to do so, they may write an article for the LWR Moms Group newsletter. The article must be family friendly. The LWR Moms Group reserves the right to not use any article which is deemed not so.
- Recognition as a Platinum Sponsor on all promotional pieces and registration materials for the event (both on website and our monthly newsletter).
- Sponsor may provide a table and/or a banner at the event for increased exposure! Sponsor is also provided the opportunity to raffle a door prize. All materials and door prizes must be suitable for viewing by children whom attend all of our events.

2. Gold Sponsorship (\$350 minimum)

- Quarter page advertisement for 3 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 3 months after the event date). [\$150.00 value]
- If the sponsor wishes to do so, they may write an article for the LWR Moms Group newsletter. The article must be family friendly. The LWR Moms Group reserves the right to not use any article which is deemed not so.
- Recognition as a Gold Sponsor on all promotional pieces and registration materials for the event (both on website and our monthly newsletter).
- Sponsor may provide a table and/or a banner at the event for increased exposure. Sponsor is also provided the opportunity to raffle a door prize. All materials and door prizes must be suitable for viewing by children whom attend all of our events.

3. Silver Sponsorship (\$150 minimum)

- Quarter page advertisement for 2 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 2 months after the event date). [\$100.00 value]
- Recognition as a Silver Sponsor on all promotional pieces and registration materials for the event (both on website and our monthly newsletter).

4. Bronze Sponsorship (\$75 minimum)

- Business Card advertisement for 2 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 2 months after the event date). [\$60.00 value]
- Recognition as a Bronze Sponsor on all promotional pieces and registration materials for the event (both on website and our monthly newsletter).

Payment arrangements and newsletter ad artwork should be submitted in .jpeg or .pdf file format to the LWR Mom's Group President at: lwrmgpresident@yahoo.com. Please make sure to specify the size of the ad when you email payment and the ad artwork. Ad submissions are due by the 10th of the month prior to publication. For example, materials for an ad placed in the August newsletter must be received by July 10th.

We look forward to working with you! If you have any questions, or need any further information, please feel free to contact us:

Victoria Cobb, President: lwrmgpresident@yahoo.com
Kristen Raniere, Newsletter Editor: lwrmgnewsletter@yahoo.com

mom's

night out

Carmel Cafe and Wine Bar

When: Thu, July 24, 6:30pm – 9:00pm

Where: Carmel Cafe Sarasota

Description: Carmel Cafe and Wine Bar July's MNO! For those who haven't been, its a cute wine bar with "Modern Mediterranean Cuisine". Thursdays they offer \$5 Martini's! Hope to see you there! Karen Moore



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www.PlayAwayKids.com
10% off any class or party with this ad.
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PlayAway
Lakewood Ranch 11538 Palmbrush Trail - 755-1070



Kid's Outing

When: Wed, July 16, 10:30am – 1:30pm

Where: Sun N Fun RV Resort Inc.

Description: Cost is \$6/ person, children 2 & under are free. There is a kiddie splash area for younger children. No outside food allowed but you can purchase food from their cafe.

Mom Cleaning Tips

- Have kids that like to write on the walls with pen? Need a room makeover? Head on over to Lowe's and visit the miss matched paint section. I just repainted the kid's bathroom - \$10 for the gallon.
- What do you do when the kids spill that \$10 gallon of paint all over your floor? Clean up the bulk with paper towels, then clean the grout with a toothbrush and Bissell Spot Clean Oxygen Boost.
- Want to clean your outdoor stainless steal mini fridge that has rust and tarnish? Bar Keepers friend is the answer. www.barkeepersfriend.com
- Have rust or reclaimed water stains on your house? Use Goof Off Rust and Stain Remover for Outdoors. Just make sure you have your hose handy. You will see immediate results, but need to rinse off afterwards.

-by Kristen Raniere