



# Family Ties



## Tips for Eating Healthy When Eating Out

- ♥ As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- ♥ Ask for whole-wheat bread for sandwiches.
- ♥ In a restaurant, start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
- ♥ Ask for salad dressing to be served on the side. Then use only as much as you want.
- ♥ Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
- ♥ Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
- ♥ Choose a "small" or "medium" portion. This includes main dishes, side dishes, and beverages.
- ♥ Order an item from the menu instead heading for the "all-you-can-eat" buffet.
- ♥ If main portions at a restaurant are larger than you want, try one of these strategies to keep from overeating:
  - ✓ Order an appetizer-sized portion or a side dish instead of an entrée.
  - ✓ Share a main dish with a friend.
  - ✓ If you can chill the extra food right away, take leftovers home in a "doggy bag."
  - ✓ When your food is delivered, set aside or pack half of it to go immediately.
  - ✓ Resign from the "clean your plate club" - when you've eaten enough, leave the rest.
  - ✓ Use the tablespoon per age of child, to avoid overfilling their plate. This is especially good until children can fill their own plate. "Try it you might like it attitude"
- ♥ To keep your meal moderate in calories, fat, and sugars:
  - ✓ Ask for salad dressing to be served "on the side" so you can add only as much as you want, or dip fork in the dressing and then in the salad. Try Salsa as a no fat salad dressing, don't use tomatoes in the salad with this choice.
  - ✓ Order foods that do not have creamy sauces or gravies
  - ✓ Add little or no butter to your food.
  - ✓ Choose fruits for dessert most often.
- ♥ On long commutes, vacations or shopping trips, pack some fresh fruit, cut-up vegetables, low-fat string cheese sticks, or a handful of unsalted nuts to avoid stopping for sweet or fatty snacks.



## Top 10 Theme Park Safety Tips

Summer months bring on warm temperatures and vacations all across the States. School is out and families use the time to relax and enjoy time together. And there is a chance that you or someone you know will be visiting a Theme Park during summer vacation. Here are 10 Tips to help you have a more enjoyable trip.



### ➤ **Stay Cool, and don't get burned**

Water will help prevent heat related illnesses in theme parks. Stay away from sugary drinks as they will only add calories and not help with dehydration. Drinking water before your trip will also help keep you hydrated for when you'll be sweating outside at the theme park.

Put on waterproof sunscreen before you enter the park. Be sure to reapply it throughout the day. After a couple of water rides, sunscreen may be washed away. Bring a hat to help too.

Wear comfortable shoes and clean, dry socks. Feet can get tired easily in sandals. Or blisters can occur if you are not wearing socks. A good pair of shoes will give you the extra support since you will be on your feet most of the day.

### ➤ **Be aware of what is around you**

Be aware of where you are and what is around you. Don't stumble into someone else or trip over a stroller. And if you are the one pushing a stroller, be courteous. When walking, try not to just stop in a line of people who are walking. Step aside and let others by.

### ➤ **Stay away from where you don't belong**

Never enter a restricted area in a theme park. Don't climb or hop fences or walk through employee-only gates. If you drop a hat or other item that falls into a restricted area, ask a park employee for help.

### ➤ **Know your limits**

Read an attraction's boarding restrictions before you get in line. If you can't find the boarding restrictions at a particular ride, or have any questions about them, find a park employee and ask. Most parks issue special guidebooks for the rides.

### ➤ **Know your Health**

Too many incidents that occur in theme parks are the result of an undiagnosed medical condition. Know your health condition, and that of your children before you visit. Keep off the rides that could affect your condition.



### ➤ **Don't cheat**

Don't cheat or ignore the rules to get on a ride where you don't belong. Sometimes there are hidden drops, or turns, maybe a sudden stop. Don't use things to make your children look taller than they are. Height and safety restrictions are there for a reason.

Don't cut line. Nothing provokes more arguments than impatient people not waiting their turn. If you see line-jumping, report it to the nearest employee at the ride.

### ➤ **Stay in to stay safe**

On any theme park ride, it is best to stay seated, keep your hands on the grab bar, and feet and knees inside the car. If you are riding a ride with no floor, relax and let your feet dangle underneath you. Check to make sure your child is still securely fastened after the ride employee has checked. Do not get off the ride until you have been cleared by the attendant.

### ➤ **Make a Plan**

Before you head to the park, review its layout on the Internet and make a plan about what rides and attractions you'll visit. Doing so will not only make better use of your time at the park, it will help you and your family stay safe by ensuring you know entry/exit locations, restrooms, food and drink stands and information booths. If you're travelling with children, discuss what they should do if they become lost and make sure young children have your name and cell number in their pocket or fastened to their clothing.

### ➤ **Buddy-up**

If you're travelling in a group (even a small one) it's a good idea to pair up members of the group as "buddies." During "buddy breaks," have members of the group make sure their buddy is still with the group, hydrating, eating a small snack, and seems to feel well.

### ➤ **Help the kids!**

If you are visiting with a child, take a moment to explain the ride to them, and tell them how they should behave. They are depending upon you to keep them safe. Set good example for them by following the rules above, and make sure that they know you expect them to follow those rules, too.



Never put a crying child on a ride. If your child starts to cry, let others pass you in line until your child is calmed. Or, gently exit the line and find something more relaxing to do. Young kids can't keep an adult's pace in a theme park. Let them take plenty of breaks.

If you're one of the millions of guests that will visit an American amusement park this year, plan properly and keep the top 10 safety tips in mind. A thrilling day of theme park fun can be the highlight of your summer!



Contributed by Rachel Erwin, UT Extension Agent II, Lauderdale County

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### Seven Layer Dip

- |  |  |
|--|--|
| 1 (1 ounce) package taco seasoning mix     | 1 (16 ounce) can refried beans               |
| 1 (8 ounce) package cream cheese, softened | 1 (16 ounce) container sour cream            |
| 1 (16 ounce) jar salsa                     | 1 large tomato, chopped                      |
| 1 green bell pepper, chopped               | 1 bunch chopped green onions                 |
| 1 small head iceberg lettuce, shredded     | 1 (6 ounce) can sliced black olives, drained |
| 2 cups shredded Cheddar cheese             |  |

### Directions

In a medium bowl, blend the taco seasoning mix and refried beans. Spread the mixture onto a large serving platter.

Mix the sour cream and cream cheese in a medium bowl. Spread over the refried beans.

Top the layers with salsa. Place a layer of tomato, green bell pepper, green onions and lettuce over the salsa, and top with Cheddar cheese. Garnish with black olives.

### Nutrition

Calories	66 kcal	Carbohydrates	3.5 g
Cholesterol	13 mg	Fat	4.9 g
Fiber	0.9 g	Protein	2.3 g
Sodium	178 mg		

Allrecipes.com

## Explore the Magic of Color

Fruits and vegetables may not sound very magical, but every day there are more reasons to add more color to your plate. By eating a variety of fruits and vegetables, you will not only create a beautiful meal, but you will provide nutritious foods that are loaded with vitamins, minerals, phytochemicals and fiber. All this means you get plenty of bang for your buck when you fill your grocery cart with colorful foods.

### What can colors do for you?

Take a look below to see what each color has to offer:

**Red** pigment offers powerful antioxidants that protect our cells from damage and keep our heart healthy.

**Orange and yellow** colors provide “carotenoids” that protect the eyes, skin, membranes and the heart. These colors help your immune system.

**Green** colors protect your vision, lower risks of some cancers and help build strong bones and teeth.

**Blue and purple** colors take care of you as you age by protecting your memory function and lowering your risk for some cancers.

**White** fruits and vegetables help to maintain heart health and lower cholesterol.

MyPlate.gov, the USDA website, recommends that preschoolers on the average need 1-1 ½ cups of fruit & 1 ½— 2 cups of vegetables daily. Of course, this can be consumed through snacks as well as meals. Eating a variety of colorful fruits and vegetables daily is often a challenge, but don't give up. Children's appetites vary. Some days children eat healthier than others. Remember you are the most important influence on the eating habits of your children . . . So enjoy the fresh colorful garden produce of the season.



### Sunrise Smoothie

1 cup pineapple juice  
1 cup vanilla low-fat yogurt or frozen yogurt  
1 cup frozen strawberries, partially thawed  
2 ripe, medium bananas, peeled



Combine pineapple juice, yogurt, strawberries and bananas in blender container. Cover; blend

## Everyday Words to Boost Your Child's Self-Esteem

- ✚ **You can do it**—As your child grows older, there will be many times when your encouragement will mean the difference between giving up or going on.
- ✚ **Thank you & Please**—Manners promote respect. These not only teach children kind words, but also acknowledges children's efforts when they help with a task.
- ✚ **How about a Hug**—Research indicates that children deprived of physical touch and displays of affection often fail to thrive in society.
- ✚ **Good job!** - Self-respect and self-confidence grows when a child hears these words from their parents. Be honest and specific, focusing on your child's efforts and progress.

- ✚ **It's time to**—Structure in a child's daily life gives them security. Children benefit from regular mealtimes and bedtimes.
- ✚ **Let's all pitch in**—A child is never too young to learn that cooperation and team effort make many jobs easier—and more fun.
- ✚ **I love you**—Hearing these three words daily is essential to building self-esteem, and belonging. We can't assume that children know & understand our love for them unless we tell them.
- ✚ **Tell me more**—Shows you are listening and encourages conversation.

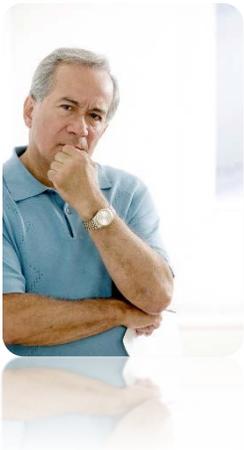
(From: Family Education.com)

## Sunscreen Safety Tips:

Because infants have thinner skin and underdeveloped melanin, their skin burns more easily than that of older kids. But sunscreen should not be applied to babies under 6 months of age, so they absolutely must be kept out of the sun as much as possible.



- ♥ For kids age 6 months and older, select an SPF of 30 or higher to prevent both sunburn and tanning. Choose a sunscreen that states on the label that it protects against both UVA and UVB rays (referred to as "broad-spectrum" sunscreen). To avoid possible skin allergy, don't use sunscreens with PABA; if your child has sensitive skin, look for a product with the active ingredient titanium dioxide. Also check medications for possible reactions from sunlight.
- ♥ Reapply sunscreen often, approximately every 2 hours, as recommended by the American Academy of Dermatology. Reapply after a child has been sweating or swimming. Be protective of children being over exposed to sun's rays.
- ♥ Sun exposure can damage eyes of children, as well as adults'. Not all sunglasses provide the same level of ultraviolet protection. Purchase sunglasses with labels ensuring that they provide 100% UV protection.
- ♥ Check the date of the sunscreen lotion to be certain it has not expired. (From: KidsHealth.org)



## Understanding Your New Health Insurance

After the hoopla about the implementation of the Affordable Care Act last winter, many people never want to think about health insurance again. But others who have health insurance for the first time are just learning to use their new policies and services. In case you are in the latter category, you may still be confused by the health insurance landscape, which can be very complex.

The better you understand your health insurance, the more you can benefit.

With so many ever changing rules and guidelines about healthcare, individuals are overwhelmed and confused. It can be easy to get caught up in the rush of signing up. When consumers rush they risk getting plans that aren't quite right or didn't exactly fill their needs like they were hoping. Here are some easy suggestions and then some definitions!

- ! **Research** – look into your different options and see what is available to you
- ! **Ask** – see what other consumers are getting, what they like, what they don't, if there's anything they would have asked differently before signing up for that plan.
- ! **Seek the Professional** – each area of the U.S. has Health Care and Insurance counsellors that can provide you with in-depth information about the plans open for your selection. Ask about benefits of the plans, as well as negatives to the plans.
- ! **Remember** – there is no such thing as a stupid question!! If you don't know...ask! You never want to get signed into a plan that you aren't sure exactly how it works. Any questions you have about plans available, how something works, or if you're covered...ask these questions before signing into a plan. Once in a plan, there are only select times a year when changing your enrollment is open. It's much easier on the front end to prevent the errors than trying to fix them once you're locked in.

Health insurance is essentially a contract between you and an insurance company designed to protect you from health care expenses exceeding what you might be able to pay out of your pocket. In the contract, the health insurance company specifies the percentages or amounts of charges they will pay and how much will be your responsibility for different health care services.

These are some of the terms and definitions associated with health insurance:

- ✓ The amount the insurance company charges you for a policy is called the **premium**. The premium is determined by the level of coverage you have—generally, the more medical expenses that are covered by the insurance company, the higher the premium. (The Affordable Care Act requires that all policies now cover at least 60 percent of expenses.)
- ✓ The **deductible** is the amount that you must pay for expenses other than preventive services each policy year before any insurance coverage kicks in. The Affordable Care Act designates which basic preventive services are covered by your premium with no deductible. Preventive services may include annual physicals, immunizations and screenings that can keep you from getting sick.

- ✓ For every medical service not a part of your preventive care, you will be charged a **co-pay** (co-payment). A co-pay is a fixed fee (such as \$15) that you are asked to pay, usually at the time of service. The co-pay is subtracted from the amount filed with your insurance company. The amount may vary from doctor to doctor.



- ✓ **Co-insurance** is the percent of the cost of covered health care services paid by consumers. The level of coverage you have determines your coinsurance. For example, your coinsurance at different levels might be 10, 20, 30 or 40 percent. Obviously, a policy with 10 percent coinsurance would have a higher premium than a policy with 40 percent coinsurance.
- ✓ The Affordable Care Act places a **cap**, or limit, on your out-of-pocket expenses, currently at \$6,350 for one person and \$12,700 for a family. If you reach that amount, then deductibles and coinsurance will no longer be charged, although you will continue to pay co-payments.
- ✓ A **claim** is a request for payment that a consumer or healthcare provider submits to the health insurance company for items or services rendered. For example, once you have completed a doctor's appointment, the doctor's office will submit the information to your health insurance company to process (if the doctor is an out of network provider you may be responsible for submitting the paperwork to the insurance company yourself).

The health insurance company will make a determination and send payment to your healthcare provider if applicable. The insurance company will also send a claim statement to you for your records explaining what services were covered.

- ✓ An **allowed amount** is the maximum amount allowed to be paid for covered health services by a health insurance company. This may also be called "eligible expense," "payment allowance," or "negotiated rate." In most cases your doctor will accept the allowed (maximum) amount paid by the health insurance company as 'paid in full' and you will not be responsible for the difference.
- ✓ **Balance billing** is when the provider bills the consumer for the difference between the provider's charge and the amount allowed by the health plan. For example, if your doctor does not accept the maximum allowed then you may receive a bill from them charging you the difference between the doctor's charge and the maximum allowed by your health insurance company. You will then be responsible for making this payment.

Find a more complete glossary of health insurance terms at <https://www.healthcare.gov/glossary/>.

**Other resources:** Insurance Marketplace. (n.d.). United States Department of Health and Human Services. Retrieved May 22, 2014, from <http://www.hhs.gov/healthcare/insurance/index.html>

Key Features of the Affordable Care Act. (n.d.). United States Department of Health and Human Services. Retrieved May 22, 2014, from <http://www.hhs.gov/healthcare/facts/timeline/index.html>

Why should I have health coverage? (n.d.). HealthCare.gov. Retrieved May 22, 2014, from <https://www.healthcare.gov/why-should-i-have-health-coverage/>

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## **The Good, The Bad and The Ugly or Humor, Appreciate and Respect**

We hear a lot of talk about how to keep our heart healthy. Eat right, exercise, take one aspirin a day, eat foods low in cholesterol, get plenty of rest and the list goes on. Just as we have information to help us keep our heart healthy, there are also certain things that we know about relationships that keep them "heart healthy."



Today, people are so busy with work, children, extracurricular activities and who knows what else, that family members are like ships passing in the night. Our relationships pay the price for such a busy lifestyle.

In order to build healthy relationships one has to be intentional and committed. That is hard, sometimes we just let words fly out of our mouths without thinking.

Heart healthy relationships have certain characteristics, which include:

### **Humor**



Humor when used appropriately can help defuse a potentially volatile situation. It has been said that laughter is good for the soul and good medicine. It is also good for relationships. In today's culture many people have unrealistic expectations of their mate and their children. Pushing children to excel, stressful jobs, competitive sports and life in general contribute to problems. Learning to keep things in perspective and asking the question, what is important in the long run? The answer to that question can help shed light on what really matters in your life. Most would agree that the relationship

between child and parent or spouse is much more important than straight A's or a spotless house. Grades are important, but help children by teaching rather than "Tolding". Encourage them to try new things and/or food, but don't force something they really don't like or have a fear, example "green beans", not the most nutritious, but baked beans are better for us, more fiber and nutrients and if prepared with lots of ingredients, they "taste far better", tried making BarBQ Green Beans once, still green beans.

### **Appreciate**

Sometimes people get so involved in "doing" life that they forget to appreciate the people they care about the most. When is the last time you sent a card to a friend for no reason or told your spouse you appreciate him/her for all he/she does for your marriage and family without adding "I only wish . . ." Have you ever told your child you are honored to be their parent? If you have grandchildren, maybe you want to say to them you have such good parents or maybe you should tell your adult children they are being good parents.



## Respect

Experts suggest that you never second-guess your spouse in front of the children or anyone else. If you want your children to learn how to treat others with respect you must model it for them. That means talking to each other appropriately and not talking bad about your spouse to a third party. Try asking yourself-"Is what I am about to do or say going to build up this person or tear them down?" This is also true for clubs and organizations, church groups. Self-esteem and self-worth are always in our day of activities, self-worth how valuable am I to a situation and self-esteem, how good do I feel about what I do. We can work really hard on FCE meeting minutes or dinner for our family and the very minute they are read or people look and smell the food, people find fault and say it out loud. We have to fix our self-esteem with the self-worth we have remembering we are an extremely valuable person to the organization, group or family.

We have to be able to take things in stride and not let the good, bad, ugly or indifferent get to our self-esteem. We are respected for our value as a person and to the group and our family.

Contributed by Judy Kovach, Extension Agent, Robertson County

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### Gluten-Free Snack Mix Recipe

#### Ingredients:

8 cups popped popcorn  
2 cups Chex cereal  
1 package (5 ounces) dried cranberries  
1/3 cup butter, cubed  
1/3 cup honey  
1/2 teaspoon ground cinnamon

TOTAL TIME: Prep: 15 min. Bake: 10 min. + cooling

MAKES: 20 servings

#### Nutritional Facts

1/2 cup equals 110 calories, 5 g fat (2 g saturated fat), 8 mg cholesterol, 89 mg sodium, 16 g carbohydrate, 1 g fiber, 1 g protein. Diabetic Exchanges: 1 starch, 1 fat.

#### Directions

In a large ungreased roasting pan, combine the popcorn, cereal and cherries.

In a small saucepan, melt butter. Add honey and cinnamon; cook and stir until heated through. Pour over popcorn mixture and toss to coat.

Bake at 325° for 15 minutes, stirring every 5 minutes. Cool completely. Store in airtight containers. Yield: 10 cups.

Editor's Note: Read all ingredient labels for possible gluten content prior to use. Ingredient formulas can change, and production facilities vary among brands. If you're concerned that your brand may contain gluten, contact the company.





## **Kids and Summer Camp**

How do kids benefit from summer camp? There are countless reasons why summer camp is great for children. It helps them grow and develop in ways that a classroom can't provide. Summer is an opportunity for a child to explore their special interests or discover what that interest may be. There are countless options for youth these days. As an adult we want them to discover their passion whether it be arts, athletics, or the outdoors. Sending a child to camp gives those opportunities to discover and learn at their own pace.

At camp children usually spend their day being active and unplugged from technology which is something we all need to do from time to time. They are constantly moving from activity to activity, staying busy throughout the day instead of sitting in a classroom or at home. They are more in tune to the people and environment around them versus immersed in an electronic device. Kids who may have difficulty in the structured environments of classrooms may thrive at camp. We could all benefit from being more active and taking a break from technology.



Athletic camps are plentiful, helping young people explore or improve in their sport of choice. Arts camps provide experiences for youth to discover acting, singing, dancing or try their hand at visual arts like painting, sculpting, or even heritage skills like sewing, weaving, crocheting, and knitting. Outdoor skills like swimming, canoeing, kayaking, fishing, hiking, camping, horseback riding, and shooting sports are found at traditional campgrounds. It could be the first time a young person has had an opportunity to try one of these things, so it will spark a memory and perhaps a hobby or skill that may last their lifetime.



Camp builds confidence. Youth grow in responsibility and independence. They are in charge of their belongings and managing their own time and money. They choose what they eat. What activities they will do. How they will spend their money. They make decisions for themselves and this is empowering to them. Lessons are learned from trial and error or logical consequences.

Most importantly to kids, camp is fun! New, exciting activities, exploring and learning new things, talking, singing, laughing, spending 24/7 with friends can be a truly bonding experience. Friendships and memories can be made and kept for a lifetime. Any child could benefit from true, caring friends and camp provides time for relationships to thrive.

There are so many unmeasurable benefits from sending your child to a camp. Countless opportunities for them to learn and grow are provided. They develop skills, character and mature on their own. All you have to do is encourage and allow it.

## Summer Fun! Ten Easy Ways to Find Free Family Activities.



Well, it's summer time again, it happens every year, and though the kids are thrilled with the freedom summer brings, they can also become easily frustrated with the amount of unstructured time they suddenly have to fill. Shrieks of joy and celebration quickly turn into "I'm so bored!" and "I can't find anything to do around here!" Often parents become frustrated as well because providing engaging activities for kids can be tough, especially when dealing with a tight budget.

Since summer camp and other activities can be quite expensive, parents are sometimes forced to find other alternatives. Fortunately, most communities provide opportunities for free and inexpensive activities kids and parents can enjoy during the summer months if you know where to look.



### **Splash pads, spray parks, and interactive fountains.**

Many communities offer water features in which kids are allowed and even encouraged to play. From splash pads, specifically designed for kids, to downtown fountains and sprays that are available for kids to run through, communities are increasingly becoming aware of the appeal of these types of water features. Kids will spend hours playing in water! Check your city or county website or your community's Parks and Recreation department to see what facilities are available.

**Summer movies.** Some theaters offer free summer movies for parents and kids in the summer. Generally, the theater will open early one or two mornings of the week and offer G and PG rated movies. These movies are usually a couple of years old and concessions will not be free (this is how the theater generates the most revenue), but on a tight budget a snack can wait until after the movie. Contact your local theater to find out if there is a free summer movie program near you and be sure to contact them early in the summer to ask for a schedule.

**Concerts in the park.** Parks often offer space to musicians and musical groups in the summer to provide free public concerts. From Beethoven to Jazz to Classic Rock, almost every type of music is welcome. Bring some bubbles, some sidewalk chalk, a blanket, and snack and you have a perfectly entertaining evening for your kids and yourself. For a schedule of events, check with your local Parks and Recreation department.

**Radio station events.** Though concerts are often sponsored or cosponsored by local radio stations, many other special events and contests may be promoted during the summer. Local radio stations often sponsor events at fairs and festivals in the summer from contests and concerts to fireworks displays. Check your local newspaper and call or listen to your favorite radio stations to take advantage of any free special events or promotions.

**The library.** Always check out the library! Libraries do a great job of providing free summer programming for children. Summer reading contests, puppet shows, plays, story time, arts and crafts, and parent-child make and take projects; libraries do it better than anybody else! Often community businesses will sponsor a free children's activity at the library. Just contact the library system or the local library in your area and ask for a schedule of children's summer activities.



**Animal shelter events.** If you have a Humane Society or animal rescue group in your area be sure to watch your local newspaper, pet store bulletin board, or call them to inquire about special summer events. Pet walks, fairs, and special events are particularly common in the summer. Having a pet makes it more fun, but you don't always have to have a pet to participate.



**Senior center.** If you have a senior center in your community be sure to ask if they have any special events that include children. Some centers host events such as family movies or story time at the center meant to include both grandparents and their grandchildren.

**Take a trip downtown.** Downtown areas often offer many sites of interest including self-guided historical tours, small free museums, historical cemeteries or ornate buildings and churches.

Make it an event by adding a trip to the ice cream shop or lunch counter if your budget allows.

**Community garden.** Children love to watch things grow! If you have a community garden, consider joining. Gardening is a fun and educational activity for kids and can provide your family with fresh produce throughout the summer. If you don't have access to a community garden, consider planting one yourself. Even a small garden can keep the kids occupied.

**Picnics, hikes, and bikes.** Free old fashioned outdoor fun! Dust off the bikes or go for a walk...add some snacks and make it a picnic! Quality time with your kids doesn't get any better than this!

So load up Fido, the kids, and grandma and check out your community resources. Be sure to bring your snacks instead of purchasing them; bring a blanket, outdoor toys, and books to the park; and, remember, great memories don't have to be expensive!