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Free Family Fun in L.A. County • Discount Coupons • Resources for Parents • Activities for Kids

¡GUÍA bilingüe!
Hello spring!

Longer days and lots of sunshine are here, and there is no better way to welcome spring than to get outside and play!

Sure, many adults think exercise is a chore — but what we see as exercise, kids see as playing. So why not join them in some outside fun? Not only will your whole family get the healthy activity they need, but it’s also a great way to get fun, free quality time together!

We all know that exercise is important: It helps our hearts be healthy, reduces conditions such as Type 2 diabetes and high blood pressure and prevents obesity. But it has added value for kids: being outside and moving around helps develop motor skills, sparks their imaginations, gets them involved with other children and creates healthy habits that can last a lifetime.

Inside this Family Guide, you’ll discover wonderful places for the whole family, as well as fun things to do when you’re out with kids of all ages and healthy snacks to bring along. Hello spring! Now get outside and play!
Need some inspiration? See how families just like yours find ways to stay active, healthy and smart at www.ReadySetGrowLA.org/MovingFamiliesForward. There, you will discover fun ways to read with your child, learn the importance of early learning, find advice for new parents and much more. Pick your destination and take a ride to one of 10 short videos on each subject, along with tips and resources.

For example, when you arrive at the Keep Your Child Active page, you’ll see a family having fun by making physical activity part of their family time. You’ll get tips, too, such as walking with your family to the store instead of driving and setting aside one day every weekend for some active time.

About First 5 LA
First 5 LA is a unique child-advocacy organization created by California voters to invest tobacco tax revenues in programs for improving the lives of children in Los Angeles County, from prenatal through age 5. Our vision is to create a future throughout our communities where all young children are born healthy and raised in a loving and nurturing environment so that they grow up healthy, are eager to learn and reach their full potential.
Gary Liebsack is a regional recreation director for Los Angeles County. After more than 27 years working in the department, he knows everything about L.A. County’s 147 parks — from the shore to Pomona. He also knows what great places they are for the whole family!

At the end of a stressful day, parks offer a safe place for children to run, slide and swing to burn off all that energy, Liebsack said. Meanwhile, parks are great for adults who want to unwind with some fresh air and exercise. Liebsack said that more than 20 L.A. County parks feature adult-only exercise equipment (see next page), so parents don’t have to splurge on gym memberships or child care to get the healthy activity they need — all while their kids play within sight!

“You can come for 20 minutes to the park, be outside, take your mind off stresses — and then go home,” Liebsack said, “And everybody’s better off for that!”

Most young children spend their time on climbing structures. Encourage them to play and make new friends by suggesting they use their imaginations along with their bodies. Liebsack said he’s watched kids create games around pretending to be cats and dogs or astronauts on a spaceship.

“They’ll stay out there forever,” Liebsack said. “Hopefully, it starts a habit with them. They learn and it’s fun.”
The city of Los Angeles also has great parks where everyone, including children with disabilities, can play. The city’s Department of Recreation and Parks features Universally Accessible Playgrounds that accommodate children with limited movement, or who use wheelchairs or crutches, at some parks. They include:

- **Aidan’s Place at Westwood Recreation Center**, 1350 S. Sepulveda Blvd., Los Angeles
- **Lake Balboa/Anthony C. Beilenson Park** (formerly Balboa Park), 6300 Balboa Blvd., Van Nuys
- **Martin Luther King Therapeutic Center**, 3916 S. Western Ave., Los Angeles
- **Shane’s Inspiration – Griffith Park**, 4730 Crystal Springs Dr., Los Angeles
- **Lincoln Park**, 3600 N. Mission Rd., Los Angeles
- **Ken Malloy Harbor Regional Park**, 25820 S. Vermont Ave., Harbor City

To learn more about these city parks, including which locations have hiking trails, picnic tables and special events, visit www.laparks.org.

Did you know?
Many Los Angeles County parks offer adult exercise equipment, Tiny Tot programs and other recreational activities. For a full list of parks that have these services, visit www.ReadySetGrowLA.org/exercise. To learn more about county parks, visit www.lacountyparks.org.

To find more information, including parks near you, call the parent helpline at **1-888-FIRST5-LA** (1-888-347-7855)

Free. Easy.
For all Families.
**Parks: everyone gets in the game**

### 1-6 Months

Just because your baby isn’t crawling or walking yet doesn’t mean she won’t enjoy being outside. Put her in a stroller or carrier and take a walk. The fresh air and new sights will offer her a great distraction, and you’ll get some exercise, too! Be sure to show her the trees, wildlife and older kids playing. Babies love to see new things and hear your voice, which is one of the many ways to encourage them to talk!

### 1-2 Years Old

Chances are your baby is on the move. You can keep active and your toddler can burn off some energy by chasing a ball — or each other! This is also a great time to let your baby explore the slides and baby-seat swings. Just be sure to keep an eye — and a hand — on her at all times!

### 7-12 Months

Your baby is becoming very curious about the world around him, and is likely crawling and maybe even taking a few steps! Give him a safe place to crawl and explore by setting out a blanket on the grass and sitting with him. Put out a few toys to give him incentives to keep moving, or roll a ball back and forth to each other – great practice for his developing motor skills!
3-4 Years Old
By now, your child has probably discovered the swings, slides and monkey bars and enjoys exploring her limits on the play structure. Now is the time for her to work on her developing hand-eye coordination and balance by kicking or throwing a ball. A game of tag, soccer or basketball will keep her moving and get her acquainted with concepts like rules and playing well with others. This is also a great time to introduce her to a bicycle or scooter. (Just make sure she wears a helmet and pads!)

5 Years Old
Preschoolers and kindergartners love active games. They provide fun ways for kids to get exercise, but are also opportunities to reinforce lessons, like playing fair and being a good sport. Set up a relay race where he has to run around a tree, crawl to a rock, skip to the fence and run back backwards to you. Get in the game yourself for more fun! Enlist other kids, friends or family members for an impromptu game of soccer, freeze tag or capture the flag.
Healthy picnic snacks
to take on the go

Keep in mind that some of these ingredients are not suitable for babies because of choking hazards or allergies

Trail Mix
The great thing about this snack is you can include whatever your kids like. Fill a reusable and sealable container or locking bag with any, all or some of the following:
• Nuts
• Raisins
• Craisins
• Dry cereal or granola
• Dried fruit
• Small pretzels
• Baked Goldfish crackers
• Oyster crackers
• Popcorn

Sandwich on a Stick
Food is just more fun when it comes on a stick! Use a plastic straw to make your own sandwich creations with lunch meat, cheese, fruits, veggies and bread. Here are some ideas:
• Turkey, cubed or sliced cheddar cheese, whole wheat bread squares and sliced pickles
• Roast beef, cubed or sliced Muenster cheese, rye bread squares and strawberries
• Chicken, cubed or sliced Monterey jack cheese, whole wheat bread squares and seedless grapes

Kid Tip: Kids love to help, and are more likely to be interested in healthy food if you let them help prepare it!
Rice Cake Stack

There are many great flavor combinations that could work in this stackable, healthy and crunchy snack. Think “sandwich,” but with rice cakes instead! Here are a few suggestions:

• NUTTER BUTTER: Spread peanut butter on an apple-cinnamon rice cake, top with banana slices and another apple-cinnamon rice cake.

• BERRY ‘LICIOUS: Choose a plain or berry-flavored rice cake and spread on cream cheese and top with strawberries or other fruit. Place a second rice cake on top.

• PIZZA PIZAZZ: Sandwich pizza sauce and cheese between two plain or ranch-flavored rice cakes.

It can get warm out there! Be sure to pack water and avoid sugary drinks like soda and sweetened juices.

A great place to buy fresh food for your picnics, and at home, is at your local farmers market. Visit www.ReadySetGrowLA.org/farmers-markets to find a farmers market near you.
Fun for families: places to go & things to do

**Annual Children’s Earth Day Celebration**
April 10, 2011 · 10 a.m. – 4 p.m.
**STAR ECO Station**
10101 W. Jefferson Blvd.
Culver City, CA · 310-842-8060
Cost: Free
[www.ecostation.org](http://www.ecostation.org)
Families can celebrate the planet with live performances, environmental booths, craft vendors, games, animals, face painting and celebrity appearances. Tours of the ECO Station are available during the festival for $5.

**The California Poppy Festival**
April 16 – 17, 2011
10 a.m. – 6 p.m., rain or shine
**Lancaster City Park**
43011 N. 10th St. West
Lancaster, CA
Cost: $8 adults, $5 seniors and children 6–12, children 5 and under are free.
[www.poppyfestival.com](http://www.poppyfestival.com)
Two days of music, art, food and celebration of the blooming of poppies in the Antelope Valley, which leave the hillsides awash in a sea of orange.

**Big Bunny’s Spring Fling**
April 22 – 24, 2011
10 a.m. – 4 p.m.
**Los Angeles Zoo**
5333 Zoo Dr.
Los Angeles, CA · 323-644-4211
Cost: Free with zoo admission
[www.lazoo.org](http://www.lazoo.org)
Head to the Zoo for bunny ear crafts and bunny face painting. Families can plant carrots, pet bunnies, visit the Egg-ucation Station, enjoy music and puppet shows and more. The Easter Bunny will be in residence.

**Los Angeles Earthfest 2011**
April 23, 2011 · Expo begins at 10 a.m.
**Kenneth Hahn State Recreation Area**
4100 S. La Cienega Blvd.
Los Angeles, CA
Cost: Free (Expo only)
[www.earthfestla.org](http://www.earthfestla.org)
Eco-friendly fun for kids and parents, with music, education, contests and a Green Kids Kamp.
Kid’s Club at Sagebrush Cantina
Every Tuesday · 4:30 – 7:30 p.m.
Sagebrush Cantina
23527 Calabasas Rd.
Calabasas, CA · 818-222-6062
Ages: 10 & under
Cost: Free
www.sagebrushcantina.com/kids.htm
The weekly Tuesday family night offers activities such as face painting, gymnastics and disco dancing with a variety of featured entertainment. Kids eat free with paid adult entree or can choose from the special $3 kids menu.

Southern California Live Steamers — Free Train Rides
First Sunday of every month
11 a.m. – 3 p.m.
Wilson Park
2100 Washington Ave.
Torrance, CA
Cost: Free
www.southerncalifornialivesteamers.com
Climb aboard a miniature train for free ride the entire family will enjoy.

Bird Watch Walk for Young Kids
Last Sunday of every month · 10 a.m.
Adamson House and Malibu Lagoon Museum & Beach
23200 Pacific Coast Highway
Malibu, CA · 310-457-2240
Cost: Free
www.parks.ca.gov/?page_id=835
Join a special bird-watching walk for young children and their parents at Malibu Lagoon State Beach. Binoculars are provided. The meeting point is at the first foot bridge, just beyond the parking lot.

Los Angeles Times Festival of Books
April 30 – May 1, 2011
University of Southern California Exposition Blvd. and South Figueroa St.
Los Angeles, CA
Cost: Free
events.latimes.com/festivalofbooks
Celebrate literacy at this two-day festival featuring hundreds of books and authors from all over the world, as well as performances and storytelling for children.

Fiesta Broadway
Sunday, May 8, 2011 · 11 a.m. – 6 p.m.
Downtown Los Angeles
Broadway, from 1st St. to Olympic Blvd.
Cost: Free
www.fiestabroadway.la
The largest Cinco de Mayo celebration in the world with food, fun and games for the entire family.

Even more for you and your family.
Visit www.ReadySetGrowLA.org for additional resources, tips, games and activities for the whole family.
PACK A HEALTHY PICNIC!
Cross out foods that are NOT HEALTHY!
MATCH THE SPORTS EQUIPMENT

Sports are fun!
Great DEALS!

Save $2 off adult, $1 off child IMAX admission tickets.

Present this coupon at the California Science Center IMAX Theater box office to receive this Ready.Set.Grow! discount. Discount for children ages 3-11 (free admission for children under 3). This coupon is valid until 12/31/11 for a maximum of six tickets per coupon. Not valid with any other discounts, multi-show purchases or special presentations. For more information about Ready.Set.Grow! visit www.ReadySetGrowLA.org or call 1-888-First5-LA.

For information and show times visit our website www.californiasciencecenter.org or call (323) SCI-ENCE

CODE: F-LA

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Visit Noah’s Ark, one of Southern California’s most family-friendly and inspiring destinations.

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(310) 546-7708
www.adventureplex.org

Monday – Friday 9 am to 7 pm
Saturday 10 am to 7 pm
Sunday 10 am to 6 pm

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At Kidspace, children can unleash an earthquake, feed giant bugs or make art from nature. With endless possibilities to create, discover and explore, Kidspace is where play and learning are one.

Kidspace Children’s Museum
480 N. Arroyo Blvd.,
Pasadena, CA 91103
(Next to the Rose Bowl Stadium. Park in Lot I.)

For more information: kidspacemuseum.org or call (626) 449-9144

Expires: 12/31/11

Enjoy 50% OFF

Sign up to receive more great deals at www.ReadySetGrowLA.org.