

SAN DIEGO family

FREE
March 2019

SanDiegofamily.com

SPRING/SUMMER
CAMP DIRECTORY

BRINGING HOME
BABY

HOW TO
PREPARE A
CHILD FOR A
NEW SIBLING

EXPLORE
STEM AT
HOME

A DOZEN
ACTIVITIES
FOR KIDS
OF ALL
AGES

AND SIBLINGS
MULTIPLES

NAVIGATING JOYS AND CHALLENGES





EXPLORE STEM at Home A Dozen Activities for Kids of All Ages

Children are growing up surrounded by more technology than ever, which is great news when it comes to future career opportunities. According to a study from the U.S. Bureau of Labor Statistics, there were nearly 8.6 million STEM jobs in May 2015; seven out of the 10 largest occupations were computer related.

With the popularity of STEM (science, technology, engineering and math) education in school, you might wonder what you can do at home to boost a child's sense of curiosity and ability to problem-solve. Good news: Parents can plant "STEM seeds" early — and there's no need to be a math whiz or science buff to explore STEM topics with kids. Here are ideas for all ages:

1 Help build STEM language.

Encourage little ones to notice surroundings, ask questions and pay attention to details. Observation is a critical science skill, so challenge your child to think about what she's doing or seeing in the world around her.

2 Watch fun science videos together on YouTube. Some standouts include NatGeo Kids Cool Science Experiments (www.kids.nationalgeographic.com) and

Bayer's Making Science Make Sense videos. Visit www.makingsciencemakesense.com/science-library/answers for videos that give kids the low-down on topics such as What Makes a Curveball Curve?, Why Do Ice Cubes Float?, When Do Fish Sleep? and What Is a Shooting Star?

3 Encourage participation in STEM clubs. Find Lego Builders Clubs at elementary schools and local libraries. Many schools and organizations offer afterschool coding, web development, engineering, and robotics clubs for middle school and high school students. Check out Girls Who Code (www.girlswhocode.com), which offers afterschool and summer programs for girls in grades 3–12.

4 Challenge kids to teach themselves. Many online opportunities exist to help kids boost technology skills. They can learn to code at www.Code.org and www.Tynker.com; create games and animations at www.Scratch.mit.edu; build a website using WordPress, where they can upload photos and videos; and use the open-source MIT App Inventor to create software applications.

5 Read with your kids. Books open kids' eyes to new ideas and fresh perspectives, and introduce them to unsung heroes/heroines and unfamiliar places.

Find suggestions for awesome STEM-focused books and activities at www.sandiegofamily.com/for-the-kids/book-multimedia-reviews.

6 Tap into your personal and professional network.

Connect your kids with professionals you know who have STEM-related careers. Invite them over for casual conversation during a family dinner. Doing so gives your kids a better understanding of career possibilities, such as civil



Discover the possibilities of filmmaking and beyond!

Learn video editing, storyboarding, stop motion animation, green screen and more!

Register your kids today and get **\$40 OFF** with the promo code **SDFAMILY**

Sign up online: www.digitalgym.org/camps

Media Arts
MEDIA ARTS CENTER SAN DIEGO

Youth Media & Tech Camps
March 25 – April 26

Ages 6 – 14
8:30am – 3:00pm

Located at:
DIGITAL GYM
619.230.1938 x102 | info@mediaartscenter.org
2921 El Cajon Blvd, San Diego, CA 92104

engineering, computer programming, financial planning, environmental science or veterinary medicine.

7 Bring science to life with fun family outings. Visit Palomar College Planetarium in San Marcos, Maritime Museum of San Diego, The Fleet Science Center, San Diego Zoo, Mission Trails Regional Park or Palomar Observatory. Explore STEM concepts through hands-on exhibits, demonstrations and interactive experiences. While in nature, take a notebook to record observations or sketch pictures.

LITTLE FISH COMIC BOOK STUDIO

ART AND WRITING CLASSES ALL YEAR!

COSPLAY FIGURE DRAWING!
MARCH 8TH AT 7PM!
Only \$10!

SUMMER CAMP REGISTRATION NOW OPEN!

(619) 356.1103 • WWW.LILFISH.US • FOLLOW US ONLINE!   

More STEM

Bring Science Home

www.scientificamerican.com/education/bring-science-home
At-home science activities for ages 6-12

Curiosity Machine Challenges

www.curiositymachine.org/challenges
Hands-on engineering challenges for ages 10 & up

Exploratorium

www.exploratorium.edu/explore/activities
Hands-on science and math activities for ages 12 & up

Science News for Students

www.sciencenewsforstudents.org
Teen-friendly science articles and resources

Young Scientist Lab

www.youngscientistlab.com
Family activities from 3M and Discovery Education

URBAN DISCOVERY ACADEMY
Limited Spaces Available Now | Transitional Kinder + K-8

Urban Discovery Academy is a FREE public award winning charter school, we've added a few spots and hope you will join our welcoming community! We are receiving national attention for our innovative approach to learning; integrating design thinking, technology, STEAM programming along with PE and the Visual and Performing Arts. We are located in beautiful state-of-the-art facility in the heart of downtown's East Village. Come for a visit!
URBANSAND.COM | JOIN TODAY 619.788.4668



URBAN
discovery academy

NOW ENROLLING!

Ages 2-Kindergarten | Private Kindergarten
M-F 6 A.M. - 6 P.M. | M-F 8:30 A.M.- 3:00 P.M.

- Garden Exploration
- Literacy
- Math
- Music
- Science
- Social & Emotional Development
- Spanish
- Taekwondo
- Tech Time

 **E.R.I.L.P.**
EVANGELINE ROBERTS
INSTITUTE OF LEARNING PRESCHOOL

Evangeline Roberts Institute of Learning Preschool, llc
1012 Derby Street Building #4 • San Diego, CA 92114
619-487-0409 • ERILPreschool@gmail.com
www.erilpreschool.com • License # 376701295

Southern California is rich with educational micro-adventures! Find "8 Fun Spots that Expose Kids to STEM Learning" at www.sandiegofamily.com/things-to-do/out-about.

8 Encourage your child's interests. Does she enjoy building model rockets or playing with gears?

cont. on p. 40



Digital Media Academy
Tech Camps

Project-based Tech Education for Kids & Teens

Learn 3D Modeling, Coding, Artificial Intelligence, Robotics, Game Design, Filmmaking and more at prestigious universities in the US and Canada like Stanford, Harvard and UC San Diego.

Register today at www.digitalmediaacademy.org

(866) 656-3342



Buy a science kit for her birthday. Does she love to cook? Dig into the chemistry of cooking by researching culinary questions such as, why do apples turn brown after they're cut?

9 Participate in STEM events.

Your child's school might hold family math night, science fairs or tech nights. Make it a point to go together, participate in activities and ask questions to help connect your child with STEM concepts. Gaze at the stars at Fleet Science Center with members of the San Diego Astronomy Association. Check the schedule at www.rhfleet.org.

Don't miss the **San Diego Festival of Science & Engineering Expo Day** on Sat., March 2. See page 42 for details.

10 Create a "maker box." Stock up on supplies that encourage creativity, building and invention. Some ideas: small cardboard boxes and tubes, PlayDoh, PVC plastic pipes and connectors, Lego bricks, string, wooden building blocks, Duct Tape, Lincoln Logs, pipe cleaners, etc. Learn how to make a box oven or pizza box solar cooker at www.sandiegofamily.com/for-the-kids/family-science.

11 Assign a tech role. If your child has a knack for technology, ask for her help with your smartphone or to demonstrate how to download photos to your laptop. Dub her your family's tech guru to instill confidence.

12 Plant a garden. Get down and dirty with your kids as they learn about science and math from gardening. They can calculate how big the garden plot should be, measure the planting depth of seeds, chart the growth of a tomato plant, record the weekly rainfall and predict which plants will yield the most produce. Talk about the life cycle of a plant, discuss photosynthesis and identify parts of a plant from seed to stem. No space for a garden? Learn how to plant a patio garden at www.sandiegofamily.com/for-the-kids/family-science. ❖

NOW OFFERING KINDERGARTEN!

Lic# 376701139

Little Language Ambassadors

San Diego's Premier Language Immersion
Preschool | Summer Camp | Afterschool Enrichment Program
We are committed to inspiring and educating the next generation through our

100% SPANISH IMMERSION PROGRAM

- ✓ Classes taught by certified, native-Spanish speaking teachers
- ✓ Low student/teacher ratios
- ✓ Music, art, academics, outdoor play and much more!

REGISTRATION FOR SUMMER AND FALL 2019 BEGINS MARCH 1ST

Contact us for more information and to schedule a tour.
(760)510.9639
WWW.LITTLELANGUAGEAMBASSADORS.COM

1635 LAKE SAN MARCOS DRIVE, STE 101 SAN MARCOS 92078

Lisa Beach is a freelance journalist.