

spring 2018



Mother's Day is Coming Sunday, May 13th

Let your mom know how much she means to you this Mother's Day. I make my mom a card every year. She always loves it. Or you can try the Mom's Day Craft in this Cub Club newsletter.

Ask your mom to take a photo of your creation and email it to me at buddybear@shcu.org.

Have a super spring,

BUDDY BEAR

Buddy Bear
Cub Club President



Flower Maze

Can you find your way through the flower maze?



Parents' Corner

We all need a night off from cooking and cleaning, but American families are eating more fast food than ever before. If you'd like to curb the amount of processed and calorie-rich food your kids eat, we've put together some advice from choosemyplate.gov, where you'll find easy recipes and ideas for healthy and fun foods.

- 1. Give Your Family Veggies:** All too often kids get most of their veggies from French fries and potato chips. Buy real vegetables and serve them with lunch, dinner and as snacks.
- 2. Keep Fruits in Focus:** Keep fresh fruit in plain sight in a bowl on the counter. You and your family will be more likely to eat them if they are not hidden.
- 3. Be a Healthy Role Model:** Your kids get their eating habits from you. If you eat more veggies and fruit, your kids will too.
- 4. All Things in Moderation:** By weighing and measuring meals as you prepare them, you can help your family eat less and stick to single servings. Try using smaller plates and watch your family eat less right away.
- 5. Be Extra Active:** Take your family and the dog for a walk or long hike every day.

Mother's Day Close Up

Can you identify what these moms do for a living in these close-up images?





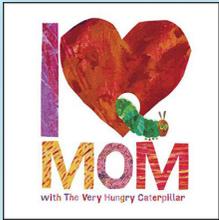
Buddy's World Records

Mom Runs Marathon Pushing Her Kids in a Stroller

A Montana mother of three set a new Guinness World Record when she pushed her young children in a stroller while running the Missoula Marathon. She crossed the finish line at 4 hours, 25 minutes. The three kids and stroller weighed 145 pounds. Now that's a super mom!

Buddy's Books

Stop by your local library where you'll find thousands of wonderful books.



Ages 3-6

I Love Mom with The Very Hungry Caterpillar

by Eric Carle

Kids are invited to celebrate moms everywhere with this colorful book featuring the Very Hungry Caterpillar.



Ages 12-18

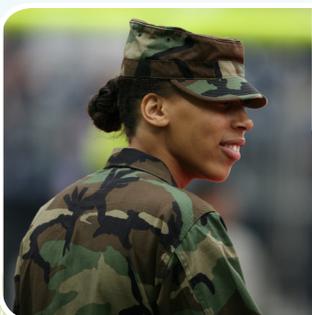
Dark Star

by Bethany Frenette

Audrey Whitticomb's mom is a super mom. But not just because she does almost everything for her family. It's because she is quite literally a superhero, protecting the Twin Cities from crime. One day Audrey realizes she also has super powers. That's when her adventure begins.

Mother's Day Close Up

Did you guess soldier, doctor and chef? If so, you're correct!



Mom's Day Salt Vase

Make your mom this wonderful, homemade vase for all the flowers you'll bring her this spring and summer. You'll need a parent's help for this project!

Supplies:

- Epsom salt
- Food coloring (any color)
- Recycled water bottle
- Regular school glue
- Paintbrush
- Wax paper
- Ribbon



Instructions:

1. Ask your parents for help!
2. Put 3 cups of Epsom salt into a bowl.
3. Add food coloring until you get the color you want.
4. Pour the colored salt onto a sheet of wax paper.
5. Remove any labels from your bottle.
6. Paint your water bottle with glue.
7. Roll the glue-covered bottle over the salt.
8. Be sure all areas of the bottle are covered (Use your hands to sprinkle colored salt on to the bottle)
9. Allow to dry for 24-hours.
10. Add a colorful ribbon to the neck of the bottle.
11. Fill with water and flowers.

Moms Like Laughter

Do you have any fun jokes you would like to share with me? Send them to buddybear@shcu.org.

Q: Why is a computer so smart?

A: Because it listens to its 'mother' board

Q: Why do mother kangaroos hate rainy days?

A: Because their kids have to play inside.

Q: What did the mother broom say to her baby?

A: It's time to go to sweep.