



# PERSPECTIVES IN PARENTING

Winter 2010

## PLAY IS THE UNIVERSAL LANGUAGE OF LOVE

Avoid Feeling Trapped Indoors. Winter weather can limit physical activity outdoors, which leads to trouble indoors. Keep your children's minds stimulated and their behaviors connected to you.

In any culture, the most important thing to children is their relationship with their parents. It doesn't matter how much money you spend or where you live, what children remember is how their parents made them feel.

- Creating fun opportunities for activity so children have an appropriate way to use all of their energy without getting in trouble, like dancing to your favorite songs or hide and seek

- Making time for calm activities, such as reading books and singing songs, to practice working together

Loved

These feelings come from consistent experiences problem solving and feeling successful with their parents. This means removing the barriers between children and their parents:

- Turning off TVs and computers for uninterrupted one-on-one time

- Playing on the children's level with toys on the floor & games at the table

- Making eye contact to show children that adults are listening



Important



Understood

Appreciated

Center for  
Alexandria's Children  
1900 N Beauregard St Suite 200  
Alexandria, VA 22314  
703-838-4381



The Alexandria Community Services Board is a group of 16 citizen volunteers appointed by the Alexandria City Council. Board policies and programs are implemented and managed by the Department of Mental Health, Mental Retardation, and Substance Abuse. It is a Board policy not to discriminate in the admission to its programs and activities on the basis of race, gender, handicap, religion, or national and ethnic origin. Please contact us if you require special accommodations, have any questions or complaints.



# WONDERFUL WINTER ACTIVITIES

## EVENTS AROUND TOWN...

### Holiday Concert Series at Market Square

Date(s): 12/05/2010 ,12/12/2010 at 2 p.m. & 3 p.m.  
12/11/2010 at 2 p.m.

Location: City of Alexandria Market Square,  
301 King Street, Alexandria, VA

Phone: (703) 746-5592

Admission: Free!

Enjoy the festive sounds of the season in Alexandria.

### Christmas in Camp Open House

Date(s): 12/11/2010 at 5 p.m.

Location: Ft. Ward Museum and Historic Site,  
4301 W. Braddock Road, Alexandria

Phone: Susan Cumbey at (703)838-4848

This family-fun holiday event interprets how Christmas was observed during the Civil War. The program features living-history interpreters, a Victorian Christmas tree, period music, refreshments, readings of "The Night Before Christmas" and a patriotic Santa Claus.

### Alexandria Holiday Cheerleading Invitational

Date(s): 12/11/2010 at 11 a.m

Location: T.C. Williams High School, 3330 King St.

Phone: (703)746-5407

### Colonial Handbell Ringers

Date(s): 12/19/2010 from 2p.m.to 5p.m.

Location: Alexandria's History Museum The Lyceum,  
201 South Washington Street, Alexandria

Phone: (703) 746-4994

Admission: Free

Join the Colonial Handbell Ringers as they present their festive holiday musical show!

### George Washington Birthday Parade

Date(s): February 21, 2011 at 11am

Location: King Street, Alexandria, VA

Enjoy the annual George Washington parade and tour Gadsby's Tavern, the Apothecary Museum, and Friendship Firehouse for free!

## ONGOING INDOOR ACTIVITIES...

### Chinquapin Rec Center

3210 King Street

703.746.5553

### Alexandria Soft Playroom

Parents, guardians and their kids can share play zones loaded with soft toys and activities, while meeting with existing playgroups and making new friends.

**Hours:** 9 am to one-half hour prior to closing

Just call to confirm open play times!

**Drop In Fee:** \$4 per child, per half hour. Chaperones free

### Rixse Pool

Hours of Operation:

Monday - Thursday: 6 am - 8:45pm

Friday 6 am - 5:45 pm

Saturday & Sunday: 8 am - 5:45 pm

Call for more info about classes and open swim times!

### "Buddie" Ford Nature Center

5750 Sanger Ave.

703.746.5559

At the Nature Center, you can see live animals up close and learn about the cultural and natural history of Dora Kelley Nature Park. The Naturalists on staff are here to help you and your family explore and enjoy Alexandria's wild side! **For more information, or to make program reservations, please call the Nature Center at 703.746.5559.**

**Hours of Operation:** Wednesday - Saturday: 10 am - 5 pm

Sunday: 1 - 5 pm

### Alexandria Libraries

Each branch offers free regular story programs for different age groups. Call or visit the branch closest to you for more information or to reserve a space in a group!

#### Charles E. Beatley, Jr. Central Library

5005 Duke Street

703-519-5900

#### Kate Waller Barrett Branch

717 Queen Street

703-838-4555

#### Ellen Coolidge Burke Branch

4701 Seminary Road

703-519-6000

#### James M. Duncan Branch Library

2501 Commonwealth Avenue

703-838-4566

### Landmark Mall

5801 Duke Street

703-354-8405

#### Children's Soft Play Area

Hours: 10am-9pm Monday thru Saturday