

SMART PARENTING

RAISING KIDS
0 TO 6
YEARS OLD

MARCH 2009 • P100

Summer Splash!

- * Cheap Boredom Busters
- * Sun Safety Tips & Tricks
- * Stress-Free Road Trips

30+

Cool Toys, Games, and Puzzles

RAISE A HAPPY CHILD

Delicious Picnic Treats

Claudine Barretto and Santino

“Education and nutrition are equal.
When your kids aren’t healthy, neither are
their minds and everything else.”



smart feature | setting up camp

DIFFERENT STROKES

You're not exactly looking to train an Olympic champ; you simply want your child to learn the basics.

● Aqualogic Swim Co.

"We teach safety skills and encourage children's love of water. Through games, songs, humor, and lots of colorful toys, we help develop age-appropriate skills," says Ria Mackay, swim instructor and founder. The Aqua Babes program is open to babies 6 to 36 months old; Aqua Kids for three- to 12-year-olds.

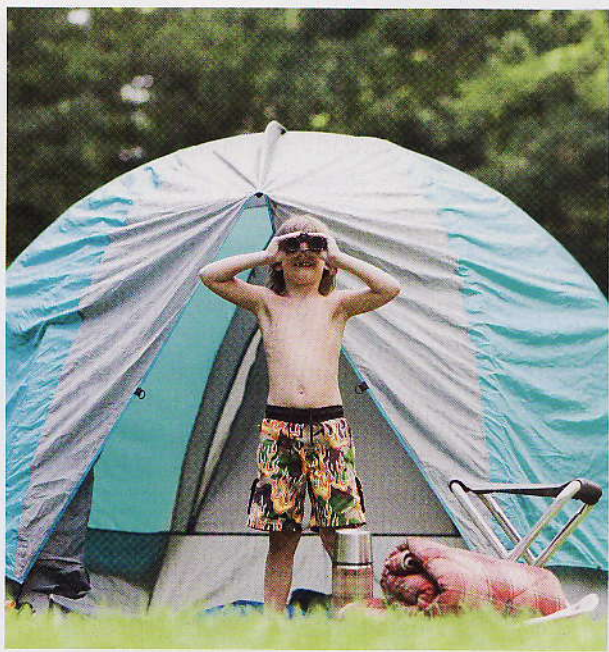
The perks "Anyone can learn at any age. We want to help children enjoy the water to set the stage for a lifetime of swimming fun." Mackay believes swimming is not just a sport, but also a source of health and wellbeing.

Sign up! Registration is ongoing; the program is available in Makati, Alabang, and Pasig City; tel. 837-1716; aqualogicswimco@gmail.com; www.aqualogicswimco.com

● Little Presidents Learning Palace's Early Childhood Swimming Program

Features an indoor pool with child-friendly facilities. Sandra Co, vice-president, says, "We want to make kids feel good about swimming so they get to learn naturally." The program aims to build children's confidence and sociability while making them healthy and strong through fun games and structured water play.

The perks Head swim instructor Ernest Ungoco



lets his young swimmers ride in inflatable kiddie boats to stimulate their interest in water. Kids eventually learn about survival and water skills (such as buoyancy and balance), making them more confident.

Sign up! Registration is ongoing at J.P. Laurel cor. Matienza Sts., San Miguel, Manila; tel. 735-5757; littlepresidents@yahoo.com



DAY CAMPS

For parents who are not keen on letting their little ones go to a stay-in camp, early childhood specialists have cooked up age-appropriate campsites for children ages 6 and below.

● Candent Learning Haus's Summer Fun, Nature Fun, and Camp LIFE

Summer Fun offers a range of activities from arts and crafts and cooking to kite flying, swimming, hiking, and snorkeling. Nature Fun teaches kids survival skills via camping and hiking trips. Camp LIFE is a stay-in summer camp for older kids.

The perks "Joining a camp with well planned activities allows kids to learn to make practical decisions," says program director Joji Reynes-Santos. These camps provide fun and practical activities to boost