

Kids' day your complete parenting guide

Lots of LAUGHS

Simple, silly, super games

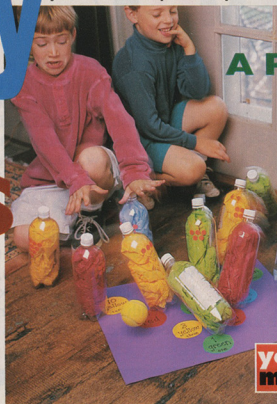
1 Kids say the funniest things. Encourage kids to finish famous quotes with their own creative endings. For example, you say, "You can lead a horse to water, but you can't make him _____."

The last word. Each player takes a turn singing "Row, Row, Row Your Boat." The first player leaves off the last word of the song, the second player leaves off the last two words of the song, and so on. The winner is the player who finds himself with no words left to sing.

Quite a hit. Kids love a good game of paddleball, and this make-your-own-equipment version is extra fun. Bend the top of a wire hanger into a closed handle and wrap it with masking tape to cover any sharp edges (this part calls for adult supervision). Next, reshape the bottom part of the hanger into an oval so it resembles a paddle. Tightly stretch a nylon stocking or pantyhose leg over it, tie at the base of the handle, and cut off extra material. Use a wad of aluminum foil for a ball, and send the kids into the yard to play.

Sock basketball. Have fun with freshly laundered socks before they're put away. Place an empty laundry basket within shooting distance, set aside a dozen or so pairs of socks rolled up in balls, and give everyone a turn at seeing how many baskets she can score in one minute.

ROBYN FREEDMAN
SPIZMAN



A Perfect 10

bowl 'em over with a colorful set of homemade pins that's just their size—and a lot quieter than any bowling alley ever was. Older kids can make this on their own. Help younger ones set it up, and

you can make it take advantage of the

opportunity to teach

children numbers and counting skills while they play.

TO MAKE PINS: Slit the backs of 10 clear plastic pop bottles and stuff them with different-colored tissue paper. Number bottles from 1 to 10 by applying small round stickers as shown.

TO MAKE BASE: Glue 10 construction-paper circles to a large piece of paper in the classic bowling triangle. Write the appropriate pin number on each circle.

SLEEP SOLUTION

My 7-year-old constantly argues that his bedtime should be the same as his 10-year-old brother's. What should I do?

Don't give in. Children of different ages should have different bedtimes, says David Fassler, M.D., clinical associate professor of psychiatry at the University of Vermont, Burlington. It's likely your little one is reacting this way because he's competitive with his big brother. But your 10-year-old needs to feel that, as the older sibling, he has a few more privileges.

"Explain to your younger son that when he gets older, there will be many more things he can do, including going to bed later," says Dr. Fassler. Don't vary bedtime or use staying up late as a reward. This will imply that adhering to the set time is a punishment. Instead, try to be consistent and stick to the rules.

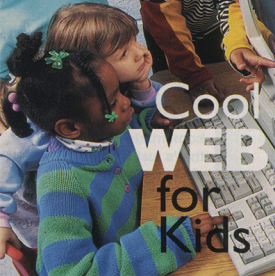


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KID SPEAK: My 7-year-old son had been having bad headaches, so out of concern I asked him, "Are you having trouble seeing the board at school?" His reply:

"I can see the board just fine. It's the writing I can't see."

STEPHANIE MCWHORTER, VICKSBURG, MISS.



Cool
WEB SITES
for Kids

On the Internet, surfing is a year-round sport. If your children like to spend their spare time in cyberspace, check out *Great Sites!*, the American Library Association's recommended list of Web sites (<http://www.ala.org/parents/greatsites>). Here's a sampling of the treasures you and your children will find:

The White House (<http://www.whitehouse.gov/WH/kids/html/home.html>). Take a tour of the Executive Mansion, with a delightfully animated version of Socks, the First Feline, as your guide.

Let's Go on a Dolphin Watch! (<http://www.whro.org/vmsm/watch.html>). Tag along on a vivid, virtual field trip with a group of children searching for the beautiful bottle-nosed dolphins that live in the waters off the Virginia shore.

Joseph Wu's Origami Page (<http://www.datt.com.jp/origami/>). Learn to make a variety of paper sculptures by following the Web site's easy, step-by-step, photographic instructions.

The Dinosaur Society (<http://www.dinosociety.org/>). Budding paleontologists can visit a dinosaur dig, view paintings by dinosaur artists, and check out the Pen Pal Network.

Exploratorium ExploraNet (<http://www.exploratorium.edu/>). Experience some of the innovative exhibits in this famed San Francisco museum. You'll view an eclipse from the island of Aruba, study the science of sports and more.

National Wildlife Federation (<http://www.nwf.org/kids/>). Play a game that challenges you to identify animal tracks, take a tour of wetlands, or attend an information session on endangered species.

Voices of Youth (<http://www.unicef.org/voy/>). Children from around the world learn about other cultures and weigh in on current events in this Web site's chat rooms.

TeenHoopla, An Internet Guide for Teens (<http://www.ala.org/teenhoopla>). This handy Web page provides links to more than 100 sites that children aged 12 to 18 will find super-cool.

ANDREA ATKINS

123 Agree!

Finding win-win solutions to family discord can be tricky, especially when time and patience are short. But reaching a true consensus is possible, says Jane Bluestein, Ph.D., author of *The Parent's Little Book of Lists: Do's & Don'ts of Effective Parenting*. Here's how to cool down these common family hot spots.

SITUATION

The house is a wreck and nobody's volunteering to do chores.

SOLUTION

Make a list of what needs to be done and let every family member pick jobs to do. If there's still a struggle, turn your threats into promises: "Of course you can play outside after you clean your room" is more effective than "No playtime unless you pick up your mess."

You want to go on a family vacation, or even a weekend outing, but can't agree on a destination or activity.

Start with a group discussion: What kinds of things would each family member like to do and see? What about weather? Account for budget and time constraints, then see if you or the kids can suggest a spot that has everything. If it comes down to a question of two locations, a coin toss is perfectly appropriate.

You're no short-order cook, but at dinner everyone wants something different.

Settle on one meal and, if someone really despises it, teach her to politely say, "No thank you," and then make herself a nutritious sandwich.

Your kids are fighting about whose turn it is to pick a TV program.

Encourage them to come up with their own rules about who watches what when. If their solution is fair, hand over the remote control. If they can't come to an agreement, the TV stays off; they can try again tomorrow. Your kids will reach a consensus soon enough—and you'll keep your sanity.

CRIS BEAM

Do you have a parenting question you'd like answered or a kid's quote to share?
Write to Kids' Day, Woman's Day, 1633 Broadway, New York, NY 10019.

KIDSPEAK: When I asked my 5-year-old if he had remembered to feed the dog, he answered,

"No, Mommy. I think my remember broke."

SANDI FILIBERTO, BULLHEAD CITY, AZ