

Chapter I

Tradition: Jewish Customs, Ceremonies & Holidays

Giving birth is a miraculous event. When a Jewish child is born or brought into the community through adoption, he or she becomes connected to a 4,000 year-old heritage that values the Jewish family and the uniqueness of each individual.

Judaism considers that each person is created "in the image of G-d" with the potential to positively effect the Jewish community and the world in numerous ways. The many Jewish laws, customs and ceremonies found within Jewish tradition are, therefore, especially poignant.

There are many ways in which people choose to express their connection to Judaism. In the interest of providing materials that will help guide you in your exploration of Judaism and raising children to be active and knowledgeable members of the Jewish community, we have provided a list of some customs and ceremonies that you may want to learn about. We have not, however, provided detailed explanations of each of them, as there are too many perspectives and subtleties to consider.

Instead, we offer a complete list of local rabbis and the movements and congregations that they represent. Each of these rabbis has offered to answer any questions you may have about Judaism or their religious movement's philosophy on these and other Jewish practices. Both congregation members and non-members are welcome to call any of the rabbis. Please let them know that you received their name through the "Shalom" program. Additionally, we offer a bibliography of Jewish books, and websites that you may want to explore.

We hope that this guide is helpful and inspires you to learn about as much information as possible. This will enable you to determine what is most meaningful to you and your family during this wonderful and miraculous time in your lives.

Here are some things to think about during the first few days after a baby is born; if you would like more specific information on any of these traditions or ceremonies, please call a Rabbi.

- *Brit Milah* is the ritual circumcision of a boy. Generally performed by a *mohel* (see list of *mohels* on page 2) on the 8th day of life
- *Simchat Bat* is a baby naming to celebrate the birth of a girl
- Choosing a Jewish/Hebrew name - Ashkenazi Jews sometimes name children after deceased relatives. Sephardi Jews sometimes name children after relatives that are still living
- Converting a child to Judaism if adopted; each movement differs in its interpretation of this issue
- Converting a child to Judaism if the mother is not Jewish but the child will be raised Jewish; each movement differs in its interpretation of this issue
- Jewish Godparents sometimes have responsibilities related to the *Brit Milah* or Baby Naming
- Hanging a hamsa on the crib; this is a Yemenite tradition of hanging a hand-shaped amulet on the crib
- Not setting up the baby's room until he/ she is born
- Feast on the *Shabbat* before the baby has a *Brit Milah* or *Simchat Bat* ceremony
- Saying the *Shehecheyanu* prayer. This prayer thanks G-d for bringing you to a happy occasion (season)

- The *Birkat HaGomel* is a blessing of thanks recited by the mother after recovering from the birth process
- Taking a traditional birthing card to the hospital when giving birth and placing it in the crib for the first few months
- *Shalom Zachar* is a celebration on the first Shabbat of a baby boy's life

Some other traditions to explore:

- *Pidyon HaBen* Ceremony for a first-born son. Literally means "Redemption of the first-born son"
- Affixing a *Mezuzah* to your child's bedroom door
- Singing *Mode Ani* (Morning Prayer) and *Shema* with your child
- Recite the *Birchat HaBanim*; a prayer said for one's children on *Shabbat*
- Lighting an additional *Shabbat* candle for each child

Mohels for Brit Milah (Ritual Circumcision)

Rabbi David Abramson

Home: 952-925-3021

Work: 952-927-7309

Dr. Robert Karasov

Home: 952-926-8873

Work: 952-993-3415

Dr. Frederick Kravitz

Work: 952-920-5139

Dr. Howard Bach

Work: 612-827-4055

Nissim Cohen

Home: 651-699-2347

"25 Jewish Things To Do With Your Children"

By Rabbi William Gershon
Beth El Synagogue
(Conservative)

The Week Day Ritual

1. Put a Mezuzah on your front door and the door to your child's room
2. Say or sing Mode Ani - the morning prayer
3. Watch Jewish videos and listen to Jewish/Israeli audiotapes

The Night Time Ritual

4. Read Jewish books with your children
5. Sing the *Shema* with your child
"Shema Israel Adonai Eloheinu, Adonai Ehad." "Hear O Israel, Adonai is our G-d, Adonai is one."
6. Sing your child to bed with *Nu-Mi Nu-Mi* or other Jewish songs

Hachanah L'Shabbat - Preparing for Shabbat

7. Clean up for *Shabbat* together
8. Have your child help set the table
9. Work on projects for *Shabbat* (flowers, place mats, centerpiece, etc.)
10. Show the importance of the day by choosing nice clothes to wear
11. Give *Tzedakah*: put money into a family *Pushka* (*Tzedakah* box) to be donated

Friday Night Ritual

12. Candle Lighting - have each child light his/her own candlesticks
13. *Birchat HaBanim* - say the blessing of the children
14. Review all the good things of the week
15. *Kiddush* (blessing of the wine) - each child has own *Kiddush* cup
16. *Hamotzi* (Blessing of the bread) - sing together as a family or let each child recite the *motzi* and then eat the *challah* together
17. Sing *Shabbat* songs with your child

Shabbat Day Ritual

18. Go to synagogue with your children
19. Eat *Shabbat* lunch together

Holiday Rituals (Just a few)

20. *Chanukah* - Buy or make special *menorahs*, say the *Chanukah* blessing, sing songs and cook *Chanukah* foods together
21. *Purim* - Make and deliver *Shalach manot* (*Purim* Gifts) to friends and family with your children, dress them in their *Purim* costumes
22. Make *Purim* costumes with your children
23. Have a *Purim Seudah* (Party/Meal) on *Purim* Day so both adults and children can dress in costumes
24. Make and eat *Hamantashen* (*Purim* cookies)
25. *Passover* - Include kids in preparations, crafts etc. Have fun with your children at the *Seder*.

"Don't do anything Jewish for your children. Do everything Jewish with your children!" Rabbi Gerson D. Cohen

Jewish Holidays

Shabbat

Sabbath begins every Friday evening at sundown and lasts until nightfall on Saturday. As written in the Bible, G-d created the heavens, the earth and all of its inhabitants in six days. On the evening of the sixth day and on the seventh day, G-d rested from this work. Some laws and customs related to *Shabbat* include: blessing of the candles, parents blessing their children, blessings said over the wine and *challah*. Synagogues hold services on Friday evenings and on Saturday mornings depending on the synagogue.

Rosh Hashanah

The Jewish New Year occurs in the early fall and ushers in the most solemn period of the Jewish year. It is the anniversary of the Creation, the beginning of a brand new year and a time for self-examination and repentance. In the synagogue, the *shofar* (or ram's horn) is sounded. It is a custom to dip *challah* or apples into honey wishing one another "a sweet New Year."

Yom Kippur

Yom Kippur falls exactly ten days after *Rosh Hashanah* and is the holiest of all High Holy Days. It is also known as the Day of Judgment when some Jews believe that the verdict is sealed on each person's fate for the coming year. *Yom Kippur* is a day of fasting. The synagogue service focuses on prayer, repentance and self-improvement.

Sukkot

Sukkot begins five days after *Yom Kippur* and refers to the annual Jewish Festival giving thanks for the fall harvest. When the Jews lived in the desert after their Exodus from Egypt, they dwelt in huts (*sukkot*). Some laws and customs include: eating in a *Sukkah*, saying a blessing over the *Etrog* (citeron) and *Lulav* (palm branch, myrtle, willow).

Simchat Torah

Simchat Torah, meaning rejoicing in the law, is celebrated immediately after *Sukkot* and is a festive Jewish holiday. On this day, the final portion of the *Torah* is read and the reading of the first book is immediately begun. Laws and customs include: dancing around the synagogue with the *Torah*. *Simchat Torah* is a holiday with special appeal for children.

Chanukah

The Festival of Lights is celebrated in late November or December. It symbolizes the recapture of the Temple during the days of the Macabbees and the miracle of the found oil, which burned for eight days. It commemorates the first struggle in recorded history for religious freedom and personal liberty. Some laws and customs include on each night of *Chanukah*: lighting the *menorah*, special prayers, singing *Chanukah* songs, using a spinning top called a *dreidel* eating *latkes* (potato pancakes) and giving *Chanukah gelt* (money).

Tu B'Shevat

The "New Year of the Trees," was originally an agricultural festival marking the emergence of spring in ancient Israel. Today, in modern Israel, it has become a national holiday - a tree planting festival. Some customs include: eating fruits grown in the land of Israel, and planting trees which can be done through the Jewish National Fund or on your own. This holiday usually occurs in the month of February.

Purim

Purim recalls Haman's plot to exterminate the Jews of Persia and celebrates the story of Queen Esther who intervened, along with her cousin Mordechai, to save her people. On *Purim*, the *Megillah*, or Scroll of Esther, is read. Some laws and customs include: every time the name Haman is mentioned, people stamp their feet and twirl noisemakers, dressing up in costumes, eating *Hamantashen* (special three-cornered cookies), sending gifts of food to friends and gifts of food and money to the poor.

Synagogues

The Minneapolis Jewish Community has 12 synagogues from which to choose the most comfortable and meaningful way for your family to experience Judaism, life cycle events and spirituality as a family. Below is a list of all Minneapolis synagogues, their affiliations and Rabbis. All local Rabbis are available to answer questions you have about Judaism, creating a Jewish home, raising Jewish children, life cycle events and more. If you are not already affiliated with a congregation, please contact one of the Rabbis listed if you would like to begin the process of affiliation or to have your specific questions answered. Please let the Rabbi know that you received his/her name through the Shalom Baby Program.

Adath Jeshurun Congregation

Conservative
10500 Hillside Lane West
Minnetonka, MN 55305
Phone: 952-545-2424
Rabbi Harold Kravitz,
Rabbi Yonaton Sadoff

Bais Yisroel

Orthodox
4221 Sunset Boulevard
St. Louis Park, MN 55416
Phone: 952-926-7867
Rabbi Yechezkel Tzvi
Greenberg

Bet Shalom Congregation

Reform
13613 Orchard Road
Minnetonka, MN 55305
Phone: 952-933-8525
Rabbi Norman Cohen,
Rabbi David Locketz

Beth El Congregation

Conservative
5224 West 26th Street
St. Louis Park, MN 55416
Phone: 952-920-3512
Rabbi Alexander Davis,
Rabbi Avi Olitzky

B'nai Emet Synagogue

Conservative
3115 Ottawa Avenue South
St. Louis Park, MN 55416
Phone: 952-927-7309
Rabbi Charni Flame Selch

Kenesseth Israel

Orthodox
4330 West 28th Street
St. Louis Park, MN 55416
Phone: 952-920-2183
Rabbi Chaim Goldberger

Mayim Rabim

Reconstructionist
44th & York Ave.
Minneapolis, MN 55408
Phone: 952-922-5983
Rabbi Renee Bauer

Mikvah Ritualarium of Minneapolis

4330 West 28th Street,
St Louis Park, MN

Or Emet

Humanistic
Phone: 651-699-6302
Contact Margo Fox, President
Madrikh, Harold Londer

Sharei Chesed

Conservative
1712 Hopkins Crossroad
Minnetonka, MN 55305
Phone: 763-545-8800 (office)
Rabbi Avraham Etedgui

Shir Tikvah

Reform
5000 Girard Avenue South
Minneapolis, MN 55419
Phone: 612-822-1440
Rabbi Michael Adam Latz

Shir Haneshamah - Song of the Soul

Jewish Renewal
2584 Upton Avenue South
Minneapolis, MN 55405
Phone: 612-374-4765

Temple Israel

Reform
2324 Emerson Avenue S.
Minneapolis, MN 55405
Phone: 612-377-8680
Rabbi Marcia Zimmerman,
Rabbi Simeon Glaser,
Rabbi Jared Saks

Jewish Daycare & Education Programs

Jewish Education Programs for Young Children

**Please note that the descriptions of each program were provided by each sponsoring organization.*

Adath Jeshurun Congregation

(Conservative)

10500 West Hillside Lane Minnetonka, MN 55305

Contact: Janice Schachtman, Gan Shelanu Preschool Director

Rabbi Lilly Kaufman, Director of Jewish Learning

Preschool Office - (952) 545-8694

Synagogue Office - (952) 545-2424

The Adath Jeshurun Congregation offers a wide variety of opportunities for families with young children and parents-to-be to learn and celebrate together.

Gan Shelanu Preschool

School Hours: Monday-Thursday, 7 a.m.-5:45 p.m.

Fridays, 7 a.m. - 4:30 or 5p.m.(depending on the time of year)

Gan Shelanu, Adath Jeshurun Congregation's award-winning preschool, provides flexible, high quality opportunities for children 6 weeks through pre-kindergarten. At the Gan, children receive a rich variety of learning experiences to stimulate cognitive and social development within a Jewish context. Fieldtrips, special holiday-centered events, parent-child activities, Shabbat dinners and more, foster a sense of community among Gan families. Tikkun Olam (Rep[airing the World]) continues to be an important part of the preschool curriculum as children participate in "kid-friendly" tzedakah (good deeds) projects from raising money to send to Haiti to purchase clean drinking water for the children following the recent earthquake to delivering holiday baskets to the homebound. Gan Shelanu's excellent staff provides a safe, stimulating and nurturing environment for our young students. Contact the Gan Shelanu preschool office for further information and a tour.

Camp Mishpacha

Mishpacha is a unique summer day camp for toddlers and preschoolers. The camp is divided into several sessions during the summer and each session is theme-based. The various camp themes are educational, diverse and most of all, lots of fun! The curriculum incorporates the natural environment, art, Judaism, and exciting camp activities for a rich summer experience. The highlight of the summer is the scarecrow the campers "build" to enter in the Minnesota State Fair. (We're the winners of several ribbons!)

Adath - Noah's Ark Services

Noah's Ark is a special Friday evening service designed specifically for families with young children. The brief service features singing, stories and prayers in a kid-friendly atmosphere. The service is usually preceded by an optional Shabbat dinner. Extended family is always welcome and encouraged to attend. Please refer to the synagogue's website for dates and times of Noah's Ark services. In the spring, there is a special Noah's Ark service welcoming all babies born during the previous year. (Reservations are needed for dinner, you need not RSVP for the service.)

Parenting Workshops

The Adath Jeshurun Congregation sponsors yearly workshops and get-togethers for the expectant parents and new parent and their babies as well as sessions in Jewish parenting and basic Jewish practice. The the coming year, the synagogue is also planning to conduct a parent-young child class. All these workshops are open to the community. Call the Gan Shelanu Preschool Office for further details.

B'Yachad Religious School Program

B'Yachad is the Sunday School of Adath Jeshurun Congregation, serving approximately 60 children in Grades K-12. It meets for two hours (9:15-11:15 a.m.) on 25 Sundays during the school year. We average 10 children per class, 2 classes per grade. With our wonderful music/tefillah specialist, we nurture a wonderful spirit among our teachers, children and parents and we have tefillah every Sunday. Our approach to Jewish education is substantive, experiential, structured yet informal...and fun!

Havaya K'tana and L'Dor v'Dor Program

Havaya K'tana is our Shabbat morning program for children in grades K-4.

Gimel Family Shabbat Service

Gimel Family Shabbat is a newly revamped family-friendly Shabbat morning service which is followed by adult discussion on contemporary issues while the kids enjoy an activity, concluding with Kiddush and snacks

Bet Shalom Congregation

(Reform)

13613 Orchard Road

Minnetonka, MN 55305

Phone: 952-933-8525

Contact: Education Director

Bet Shalom is a Reform Jewish Congregation founded in 1981. They are a congregation of young and old, singles and couples, parents and children. Bet Shalom welcomes participation in all aspects of congregational activity.

Shalom Yeladim Pre-School Program

Bet Shalom offers a two, three or five day pre-school program for your child ages 16 month to 5 years including afternoon enrichment classes and before and after care. Through this program pre-K students are introduced to the synagogue, Jewish holidays, customs and ceremonies, Hebrew reading readiness, and Bible stories. The curriculum is taught through many hands-on activities including, but not limited to, arts and crafts, cooking, music and movement and guest teachers. Class is from 9:15a.m. - 12 :45 a.m. and open to members and prospective members of Bet Shalom.

Tot Shabbat

They are for young children 5 years old and younger. Brief service followed by a shared Shabbat meal, a story, and an activity (last Friday of each month at 6:30p.m., followed by Shabbat Service at 8:00).

Beth El Synagogue

(Conservative)

5224 West 26th Street

St. Louis Park, MN 55416

952-920-3512

Contact: Education Director

Shirley R Abelson Aleph Pre-School

The school was founded in 1939 and is sponsored by the Beth El Women's League. It is open to the public for children ages 18 months - five years. There are two, three and five half-day sessions with extended day care available. Early morning and afternoon daycare is also available. Through both a secular and Judaic curriculum, children can develop intellectually, physically, socially, emotionally and spiritually. A summer day camp is also offered.

Tot Shabbat

Children, ages 2-5 are encouraged to come to Beth El with their parents on *Shabbat* mornings for "Tot's Shabbat." This program includes *Shabbat* songs and games, holiday observances, stories, and a short *Shabbat* service. Reservations are not required and there are no fees.

*Infants are welcome in services at Beth El Synagogue.

Apples and Honey Services

Apples and Honey Services are held on the first *Shabbat* of each month as well as the High Holidays. *Shabbat* services for young children are held in the Fitterman Chapel and features singing and dancing activities as well as stories.

Tiny Treasures

This program provides a ceremony to honor newborn children as part of a *Shabbat* morning service. It is a special *aliyah* with the parents.

B'nai Emet Synagogue - Early Childhood Department

(Conservative)

3115 Ottawa Avenue South

St. Louis Park, MN 55416

Contact: Education Director -952-927-7309

or Early Childhood Office - 952-927-8443

Pre-School

Ages 16 months to five years

An experience filled with diversity with full preschool curriculum and Jewish education. Field trips, guest speakers, special events and lots of loving, tender care. Recognized as one of the nation's finest early childhood Jewish educational programs.

Day Care

Full or part-time daycare is available year-round, 7:30 a.m. - 5:30 p.m.

(Friday to 4:00 p.m.)

Summer Camp Ahava

Ages 16 months to five years

Sunday School

Offered to kindergarten through second graders this program teaches Jewish values, holidays, customs, Midrash, Bible stories, plus singing and dancing.

Families Service

9:30 a.m. - 11:30 on Saturday mornings. Children and families participate.

The Shul at Chabad, *Chabad Lubavitch*,

2845 Hedberg Dr.

Minnetonka, MN 55305

952-929-9922

Rabbi Mordechai Grossbaum

www.Chabadminneapolis.com

Jewish Beginnings Chabad Preschool

11213 Minnetonka Blvd.

Minnetonka, MN

952-929-9922

www.MyJewishBeginnings.com

email: Rivka@ChabadMinneapolis.com

Jewish Beginnings preschool provides a remarkable preschool experience, intertwining Jewish tradition and academic development in a warm, friendly and nurturing environment. Highly experienced teachers, who recognize each child's individual talents, will guide them as they grow cognitively, socially, physically and spiritually.

Ages 18 months - 5 yrs.

Flexible schedules with optional morning and after care available at our licensed preschool. Children of all Jewish backgrounds and affiliations are welcome, no membership required.

Temple Israel

(Reform)

2324 Emerson Avenue South

Minneapolis, MN 55405

612-377-8680

Contact: Education Director

Religious School, Hebrew School, Early Childhood Education Center

Kids' Club (nap room) takes place from 12:30-3:00 p.m. one to five days per week. The Kids' Club program gives children a quiet place to unwind and nap. As children wake up from their naps, they spend time with their teachers, get diapers changed, have a snack and play until they are picked up.

Enrichment Classes for children ages 4-5: Each day of the week a different enrichment class is offered: Stories; Exploring Our World through Science; Cooking; and Sensory Exploration through Dance & Movement.

Tot Shabbat - 6:00p.m. First Friday of the month, October through May. Tot Shabbat is geared to infants, toddlers and children up to age 7 (older siblings, parents, grandparents and family friends also seem to enjoy this youthful celebration of Shabbat). The service is full of children's music, stories and prayers and followed by a pizza dinner at 6:30 p.m.

Family High Holy Day Services; Rosh HaShanah and Yom Kippur. Please call Trish Thelen, Membership Services Coordinator, at 612-374-0323 for more information.

Nursery School

Provides outstanding programming for toddlers, preschoolers, and kindergartners. The program adheres to the principles of Reform Judaism. This is a nationally accredited preschool by NAEYC and state licensed.

Nursery school is from 9:00 a.m. -12:30 p.m. for two, three, or five days per week for children who are 33 months old by December of that school year.

Early morning daycare

Daycare available from 7:30 - 9:00 a.m.

Toddler/Parent Education Programs

A two-day per week school for children who are two years old by December of that school year, and their parents or caregivers. It is designed to give toddlers group play experiences (both Tuesday and Thursday) while parents meet (on Tuesday or Thursday) with a Parent Facilitator to discuss common concerns, develop and expand talents, and learn new skills. The class meets Tuesday and Thursday from 9:00 - 11:00 a.m.

Extended Day Care for Children enrolled in morning nursery school

Extended care is held from 12:30 - 3:00 p.m. one to five days per week. The school provides beverage and an afternoon snack. The curriculum offers health, science, numerous creative art activities, field trips and cooking projects to provide stimulating activities for the children.

After School Program (late afternoon daycare)

Is held from 3:00 - 6:00 p.m., Monday - Thursday, and to 5:00 p.m. on Friday. This is a time for the children to unwind and socialize. There may be a mixed age group, 33 months to five years at this time. A variety of projects and activities are offered.

Tot Shabbat

6:00p.m. First Friday of the month. This Shabbat service is for young families including extended family. It offers stories and music for young and old and is followed by a kid-friendly Shabbat dinner of pizza, salad and dessert. (No reservations necessary, contributions gladly accepted).

Mayim Rabim

The Mayim Rabim youth education program helps introduce children to the Reconstructionist tradition in a nurturing, small classroom setting. Classes are available for children age 3 and up and include learning about the prayerbook and the important points on the Jewish calendar, history, arts and crafts, basic Hebrew, and Jewish values.

Sabes JCC

Early Childhood Center
4330 South Cedar Lake Road
St. Louis Park, MN 55416
Contact: ECC Program Director, 952-381-3435

Full-day holiday programming on Jewish Festival Holidays is available for children enrolled in one of the ECC programs. The holidays to be included are both days of *Sukkot*, *Shimini Atzeret*, *Simchat Torah*, the 2nd, 7th, and 8th days of *Passover* and both days of *Shavout*. A Sabes JCC family or single parent membership must be maintained the entire time your child is enrolled in a Sabes JCC Early Childhood Center program.

Sabes JCC Infant Care

Monday – Thursday 7:00 a.m. - 6:00 p.m. Fridays 7:00 – 5:30

Ages 6 weeks - 16 months

Full-time daycare is available on a regular, year-round basis. The emphasis is on working with children at their developmental level, in a nurturing environment. The program takes place in the Sabes JCC's infant care room.

Sabes JCC Toddler Daycare

Monday - Friday 7:00 a.m. - 6:00 p.m.

Ages 16 - 33 months

This program is for toddlers needing daycare on a regular, year-round basis. Full-time and part-time hours are available. In a warm, nurturing environment, the children experience gym, music, art activities, circle time and free play. All activities are designed to promote large and small muscle development as well as verbal and cognitive growth.

Sabes JCC Pre-School

Monday- Friday 9:15 a.m. -12:45 p.m., three and five-day programs

Ages 33 months - 5 years

The primary goal of the Sabes JCC Early Childhood Center Pre-school is to encourage children to develop cooperative social skills, while discovering their own creativity and self worth. Through experiences in art, music, science, gym, swimming, readiness activities and field trips, the ECC promotes social, cognitive, emotional and physical development. The underlying theme of Jewish heritage is explored through preparing for and celebrating *Shabbat* and each holiday. Certified teachers teach all classes.

Sabes JCC Extended Daycare

Monday - Friday 7:00 - 9:15 a.m. and 12:30 - 6:00 p.m.

Ages 33 months - 5 years

The extended day program provides additional learning and play opportunities for children in need of a longer day. Under the direction of certified staff, children enjoy art, science, cooking, music, and games, large and small muscle activities in a "family grouping" of mixed ages. Also, available is the opportunity to enroll in afternoon classes offered by other JCC departments. Extended daycare can be used on a regular or occasional basis. Daylong care is available when pre-school is not in session.

Sabes JCC Summer Camp

Camp Kitanim 16 - 33 months (2,3, and 5 day programs)

Camp Machanon 33 months - 5 years (3 and 5 day programs)

Camp is offered for three 3-week sessions. The JCC offers a complete summer camping experience for young children. Activities include art, music, and swimming in the JCC indoor pools, nature projects, *Shabbat*. celebrations and special field trips for older campers.

Camp Vitakim 4-5 year olds (3 and 5 day programs)

A full day summer program, 9:30 a.m. - 4:00 p.m.

Sasha's Play Space

A JCC drop-off babysitting service. This service is in response members' needs to have drop-in care available to them while they work out, attend meetings or take classes at the Sabes JCC.

Reservations are required for infants 3 months to 1 year. For more information call number 952-381-3400

Shir Tikvah

Religious School and Hebrew School

<http://www.shirtikvah.net/education.php>

Shir Yeladim, a sub-committee of Youth Connections, is an effort to develop fun and educational programs for families with young children. Some activities include Children's Services twice a month, Holiday family programs and special events, drop-in playgroups and free childcare during every service.

Amos and Celia Heilicher Minneapolis Jewish Day School

Barry Family Campus

4330 Cedar Lake Road

St. Louis Park, MN 55416

(952) 381-3500

www.HeilicherJDS.org

The Amos and Celia Heilicher Minneapolis Jewish Day School (HMJDS) is an integrated, full-day kindergarten to grade 8 program in which children experience the power of their ideas, develop the tools and attitudes necessary to become learners, and nourish the understanding and connection to Jewish ideals, values, and community. Through individual attention and active participation in the learning process, each student attains their highest possible level of personal achievement.

Attendees engage the full range of academic subjects including language arts, math, social studies, science, Judaic Studies, Hebrew language, media, visual and performing arts, and physical education. Additional emphasis is placed on creative expression, critical thinking, public speaking, and leadership development.

The Day School fosters a respect for self, school, and community that prepare children to live in a complex and democratic society. Our students and alumni have a strong sense of pride in their Jewish heritage and identity. They carry with them the knowledge and values needed to become productive members of our global community.

HMJDS provides a pluralistic, egalitarian program that respects the diversity of Jewish life and

practice. The school, which is open to student mid-program, with little or no Hebrew language experience, is generously supported by the Minneapolis Jewish Federation.

The Talmud Torah of Minneapolis

(Conservative)

4330 Cedar Lake Road

St. Louis Park, MN 55416

(952) 381-3300

Contact: Education Director

Founded in 1894, The Talmud Torah of Minneapolis is the Jewish community's supplementary school, which prepares a child for Jewish life, through active and creative learning across denominational lines. The school operates afternoons and Sundays for 2nd grade through 12th and is located in the Sabes JCC.

The Talmud Torah strives to enrich the lives of Jewish youth, intellectually, spiritually, and aesthetically through the teaching of Torah, Hebrew language, history, current events, Jewish values and traditions. We provide an environment that encourages practice, involvement and commitment to the Jewish community. Numerous identity building and family education activities are incorporated into the program to provide Jewish living experiences.

Torah Academy

(Orthodox)

2800 Joppa Avenue South

St. Louis Park, MN 55416

952-920-6630

Contact Executive Director

Torah Academy is a coeducational Jewish Day School, grades Pre-K - 8, committed to excellence in learning, the development of moral and spiritual values, and a lively, nurturing Jewish experience for all of its students.

"We believe that every Jewish child is a precious resource of the Jewish people. Our goal is to develop creative, independent individuals educated for productive American citizenship and knowledgeable in the pleasure and challenges of Jewish life".

Chapter IV

Parenting Resources

Abbott Northwestern Hospital

612-863-4638

The Infant Feeding Program provides information and support to families during the first few weeks.

American Red Cross

612-871-7676

Various locations, call for the closest Infant/Child CPR and 1st Aid class near you.

Ask Barbara

952-542-4825 or askbarbara@jfcsmpls.org

A free confidential email service from **JFCS** to help parents with questions about their children. Barbara Rudnick, Supervisor of Family Life Education, Outreach and The Twin Cities Jewish Healing Program.

Breast-feeding Center and Support Group at Methodist Hospital

952-993-5124

Answers to breast-feeding questions are just a phone call away. Once a week the group meets with a lactation consultant. Free.

Children's - Minneapolis

612-813-6000

Formerly Minneapolis Children's Hospital and Children's Health Care has an Infant Loan-A-Seat program. For car seat rental and information call the Family Resource Center.

Consumer Product Safety Commission (CPSC)

Has prepared a brochure regarding Toy Safety. To receive a copy, send a post card with your name, address, and the publication title (Toy Safety) to:

Publication Request

Washington, DC 20207

Minnesota Child Care Resource and Referral Network

651-290-9704

Provides consultation and important information about childcare options in your area and assists parents in finding childcare.

Family and Parenting Center

952-417-2139

The Family and Parenting Center's goal is to strengthen, educate and support the diverse families in our Jewish community by providing Jewish family education programs, resources, and relationship building activities to families pre-birth to 2 years of age. It is a program of Jewish Family and Children's Service and is supported by the Minneapolis Jewish Federation.

Assistance & Counseling

The following is a list of providers that are available to young children and their families:

Washburn Center for Children Center
Fraser Child & Family Center
Chrysalis
Jewish Family and Children's Service
Pacer Center
Perspectives, Inc.
Pyramid Mental Health
Wilder Foundation's Wilder Child Guidance Center

Free Prescription Drug Program (PHRMA)

202-835-3400

Persons who are uninsured or underinsured, generally on a low, fixed income, and unable to purchase needed prescription drugs, may be eligible for a program sponsored by the Senate Special Committee on Aging (the program is not just for older persons!) For more information, call or write:

Program to Help Americans Obtain Prescription Drugs

Senate Special Committee on Aging
Dirkson Senate Office Building, Room G-31
Washington, DC 20510-6400

GLC - The Gay and Lesbian Community Action Council

The Gay and Lesbian Community Action Council (GLCAC) is a Minnesota agency, located in Minneapolis, and dedicated to advocating for the gay, lesbian, bisexual, transgender (GLBT), and allied communities. Among the resources available are:

Information and advocacy on a full range of legal issues faced by non-traditional families and parents.

The Workplace Alliance - A Twin Cities network of GLBT employees, who work on workplace issues including partner benefits within companies.

Rainbow Families - an organization of GLBT parents, which offers support and socializing opportunities for non-traditional families.

Contact **Jewish Family and Children's Services** for information about Jewish groups including:

Keshet Ga'avah (plan periodic programs)
Yachad (similar to PFLAG but with a Jewish emphasis).

Keshet Ga'avah at 612-374-8638 (e-mail keshetgaavah@mac.com)

Shir Tikvah Congregation (Reform) and Mayim Rabim Congregation (Reconstructionist) all have programming and are connected to the Jewish Gay and Lesbian community.

612-331-9144
612-331-9144
612-331-9144
612-331-9144
952-546-0616
952-546-0616
952-828-8000
952-926-2600
763-746-2400

The synagogue numbers are listed in the first section of the book and you can get further

information through the www.jewishminnesota.org website. Offer unique programs.

6 Jewish Family and Children's Service

952-546-0616

JFCS is a not-for-profit agency that reaches out to individuals and families in our community :through counseling, case management services, Jewish Big Brother/Big Sister, family life education, older adult programs, and emergency financial services.

LaLeche League

952- 922-4996

LaLeche League provides breast-feeding information and support groups. Call to find a meeting in your area

Minneapolis Crisis Nursery

763-591-0100

24-hour-a-day help when you feel in need.

Minnesota Care

651-297 -3862

A state funded health insurance program for adults and children. The plan is administered by the Minnesota Department of Human Services. Call for more information. .

MNParentsknow.info

Trusted parenting information 24/7.

The MN Dept of Education (MDE) hosts an interactive website for parents which provides resources on child development, parent education, child care and consumer safety information.

Moms Club

<http://www.momsclub.org/links.html#Minnesota>

Mothers and Children (MAC)

651-484-8241

For children up to age 6, pregnant women, nursing mothers, women who have a baby under one year but aren't nursing. MAC provides the following foods: fruits, vegetables, juice, milk,

cheese, meat, egg mix, dry beans, peanut butter, cereal, rice, instant potatoes, macaroni, cornmeal, honey, and infant cereal and formula. MAC has a number of locations. Call Second Harvest Food Bank - St. Paul, at 651-484-5117 for information and the location nearest you.

The Parent Warmline

612-813-6336

The warmline is a free telephone consultation service for parental concerns. A warmline volunteer professional will listen, offer practical advice and encouragement for behavioral and developmental concerns, and help connect you with other resources. Their service is sponsored by Children's Hospitals and Clinics - Minneapolis.

United Way - First Call for Help

651-291-0211, 211 from a landline

Assists individuals in locating community resources/agencies. They are a wonderful resource! They also sell a First Call for Help Directory for Minneapolis and St. Paul.

Welcome Home

Welcome Home

8310A Old Courthouse Road

Vienna, VA 22182

A monthly journal for the mother who has actively chosen to devote her time and talents to nurturing her family.

WIC - Women, Infants and Children

952-348-6100

<http://www.health.state.mn.us/divs/fh/wic/>

This program is a federally funded nutrition education and food program. WIC provides eligible participants with free nutritious foods such as milk, cheese, eggs, juice, dried beans and iron-fortified cereals and infant formulas. Although income guidelines must be met, they are higher than most other programs. Many participants work and still qualify. WIC serves pregnant women, breast-feeding mothers and infants. Children 1-5 years old may also be eligible if there is a medical condition that may affect their nutrition status.

Working Mother Magazine

1-800-627-0690 (for subscription information)

Listing of the 100 best companies for working mothers/parents. Detailed descriptions are available for each company's benefits and plans for families. Minnesota has some of the best! Available at your library or their website: <http://www.womweb.com>

P.I.C.A Head Start

612-377-7422

A state/federally funded program for 3-5 year olds from income-eligible families. Head Start assists with the developmental component of basic preschool skills and health/nutrition.

Transportation is provided for eligible families.

Call Parents in Community Action for more information.

Poison Control Center of Hennepin County

800-222-1222

Trained poison information specialists provide information about poison exposure 24 hours a day, everyday.

Books:

The Blessing of a Skinned Knee: Using Jewish Teachings to Raise Self-Reliant Children
Written by Wendy Mogel P.h.D

Tapes and CD's

Legacy of Lullabies
Tanya Solnick

Lullabies and Love Songs
Tonya Solnik

Lullabies
Paul Zim

Shalom Chaverim
Paul Zim

Zimmy Zim's Zoo & Noah's Ark Too!
Paul Zim

Kookie, Cookie Kids
Paul Zim

Shanah Tovah
Debbie Friedman

Shirim Al Golim
Debbie Friedman

Aleph Bet Boogie
Rabbi Joe Black

Everybody's Got A Little Music
Rabbi Joe Black

Shalom Yeladim/Hello Children
Judy Caplan Ginsburgh

Boker Tov /Lila Tov
Judy Caplan Ginsburgh

Hag Sameach/Happy Holidays
Judy Caplan Ginsburgh

Lullabies and Quiet Time
Myrna Cohen

Special Days
Myrna Cohen

Kinder Songs
Deborah Zimmerman

A Part of a Chain
ROBBO - Blanket Kid Productions

Because We Love Shabbat
Leah Abrams

Latkes and Hamantashen
Fran Avni

Funky Punky Holidays
Mark Bloom

Jewish Holiday Songs for Children
Rachel Buchman

Chanukah at Home
Dan Crow, Marcia Berman

Miracles: Chanukah & Passover Songs for Kids
Jill Moskowitz

A Singing Seder
Cindy Paley

Around our Shabbat Table
Margie Rosenthal, Ilene Safyan

Sing and Celebrate
Elaine Serling

My Jewish Discovery
Craig Taubman

For Music Samples visit Tara Publications Web Site www.jewishmusic.com

Videos

Shalom Sesame:

Sesame Street Visits Israel

Land of Israel

Tel Aviv

Kibbutz

People of Israel

Jerusalem

Chanukah

Secret Places Seasons

Aleph Bet

Passover Kid's Sing Israel

Bible Stories for Children:

Creation

Tree of Knowledge

Noah's Ark

Tower of Babel

Written by, Meir Shalev

Original Animation by, Yossi Abulafia

Resources in this chapter may be found at many bookstores in the city as well as the following Jewish institutions; synagogue gift shops may carry them as well.

Brochin's

5808 West 36th Street

St. Louis Park, MN 55416

952-926-2011

Toll Free 877-827-7623

Torah Academy Bookstore

2800 Joppa Ave. S. (use the 28th Street entrance)

Minneapolis, MN, 55416

During the store hours call at 952-285-8618

*Note- during Jewish Holiday times, the below store hours may change

Elijah's Cup

4212 Minnetonka Blvd.

St. Louis Park

952-926-4433

Websites of Interest

familyandparentingctr.org — The Family and Parenting Center, which has brought you this Welcome to the World Resource Guide, provides programming and opportunities for networking for Jewish, interfaith and unaffiliated families who have children from newborn to age five.

jewishminnesota.org — This is The Minneapolis Jewish Federation's web site, which includes information on the following topics: families with children, education, synagogues, Jewish agencies, youth activities, a Jewish community calendar and much more.

torahview.com — Bris/Baby naming ceremonies.

jewishfamily.com — This web site includes information on Jewish holidays, lifecycle events, blessings, books, theater, plays, music and much more!

totallyjewish.com — Totally Jewish has a parenting section that includes a parenting guide, a questions and answers page, information on Jewish customs, baby fashions and much more!

kosherdeight.com/parenting.htm — An online Jewish parenting magazine.

Judaism101.org — A comprehensive information base of basic Jewish terms, concepts, and practices.

Mishpacha.org — *Mishpacha* is an introductory guide to Jewish life, for parents who find that what they learned as Jewish children isn't enough to build their own Jewish families. It is a starting point for a spiritual journey, and provides guideposts to Jewish belief, practice and community.

Interfaithfamily.com

parentsknow.state.mn.us — A helpful guide providing parenting useful and up to date resources, information and activities for families in Minneapolis.

Chapter V

Special Needs

The Disability Resource Guide from Jewish Family and Children's Service is the most comprehensive guide to date. Please check it out for information or services.

Disability Resource Guide

jfcsmpls.org/inclusionresources.html

School District

ECFE Brooklyn Center
ECFE Eden Prairie
ECFE Edina
ECFE Hopkins
ECFE Minnetonka
ECFE Minneapolis
ECFE Orono
ECFE Osseo
ECFE Robbinsdale
ECFE St. Louis Park
ECFE Wayzata
ECFE Westonka

ECSE

763-561-4480 x5002
952-975-6990
952-848-3980
952-988-5000
952-401-6812
612-668-2127
763-479-1530
763-391-8777
763-504-4170
952-928-6778
763-745-5290
952-491-8048

Handicapped Parking Privileges

The Department of Motor Vehicles
651-296-6911

Parents and guardians of children who have disabilities can apply for handicapped parking privileges on behalf of their child. A parking certificate is issued in the child's name which, when properly displayed enables you to park in spaces designated for persons who have disabilities.

St. David's Child Development and Family Services

952-939-0396

<http://www.stdavids.net/>

Home Based Family Support Services

These services are funded and authorized through Hennepin County and include:

Respite Foster Care

Funding: Grant for DHS

Ages: 0-18

Authorization: St. David's

Hours: One to three 24-hour periods per use.

Respite Foster Care Coordinator: 952-548-8713

Persona! Care Attendant Services

Funding: M.A. or TEFRA

Ages: 0-18 (TEFRA) or O-ongoing (MA)

Authorization: MA eligible, doctor's RX

Eligible: Children with diagnosed conditions resulting in developmental delays/disabilities.

PCA Program Director: 952-548-8718

Waivered Services

Funding: Hennepin County

Ages: O-young adult

Authorization: Hennepin County (waivered slot)

Waivered Services Coordinator at 952-548-8740

Sabes JCC

952-381-3400

Houses a nursery school, child and infant care, indoor/outdoor swimming pools, gymnasiums, playgrounds and day camp. All social and recreational programs are inclusive and welcoming of individuals of all abilities. Contact the Special Needs Director.

Jewish Community Center of St. Paul

651-698-0751

In addition to regular community center services, the St. Paul JCC also offers a non-profit social work group agency serving the entire family with a variety of social, cultural, educational, and recreational activities. Special needs programs invite persons with disabilities to participate in inclusive settings at all center programs. Inclusion made possible through an individualized program and support system. Wide range of social, cultural, educational and recreational services. Contact the Special Needs Director.

Jewish Family and Children's Services of Minneapolis

952-546-0616

A multi-service agency providing counseling, case management, vocational services, doctor referral, and refugee resettlement and family life education. Programs for persons with special needs and their families include:

Lech Lecha - Monthly discussion and support groups for parents raising a Jewish child with special needs.

Parentlink - Experienced parent volunteers are available to talk to with parents of newly diagnosed children on a one-to-one basis.

Minneapolis Jewish Community Inclusion Program for Special Needs

Coordinator: 952-542-4835

This program assists the community in removing barriers that prevent Jews with special needs from taking part in Jewish life. This is accomplished through education, advocacy, referral and consultation with families, professionals and persons with special needs. Resource and educational/ training coordination is also available.

Life Planning for Persons with Disabilities

651-228-0914

Offers educational seminars to assist families in planning for the financial future of their children with special needs. Please call for more information.

PACER Center

952-838-9000

<http://www.pacer.org>

Pacer Center is a non-profit organization representing 20 disability organizations. It is the main training facility in the Midwest. PACER serves children and their families from birth through transition. It provides advocacy, information on the laws and responsibilities of school districts and hospitals. There are support groups and a resource center. Many of the PACER Center staff members have children of their own with disabilities. PACER also provides a statewide list of services and resources for children and adults with disabilities.

United Way 211 First Call for Help

Dial 2-1-1

<http://www.unitedwaytwincities.org/home/index.cfm>

2-1-1 is an easy to remember telephone number that connects callers to information about critical health and human services available in their community. This includes connections to basic human needs; physical and mental health resources; employment support; support for older Americans and persons with disabilities; support for children, youth, and families; and volunteer opportunities and donations. They also sell a First Call for Help directory for Minneapolis and St. Paul.

Chapter VI

Adoption Resources

Adoptive Families of America Inc.

2309 Como Avenue
St. Paul, MN 55108 .
612-645-9955

A private, non-profit membership organization of families and individuals, AFA provides problem-solving assistance and information about the challenges of adoption to members of adoptive and prospective adoptive families. Located at the AFA is an excellent bookstore and gift shop that includes books, videos and tapes on adoption for both adults and children, resources on parenting, self-esteem, special needs and cultural understanding, and a variety of adoption-related gifts. For a free catalog, call the number listed above.

Adoptive Families

800-372-3300

Published by Adoptive Families of America, the bimonthly national magazine is devoted to adoption. Every issue includes AFA Bookstore Favorites that are available to order. Call for a subscription. This is a wonderful magazine and book source.

Children's Home Society of Minnesota

2230 Como Avenue
St. Paul, MN 55108
651-646-6393

This well-established agency offers domestic and foreign adoption programs, as well as programs that seek to place older children and children with special needs. Comprehensive support services surrounding the adoption process are also provided to birthparents and adoptive parents.

European Children Adoption Services

6050 Cheshire Lane North, Plymouth, MN 55446

Phone: (763) 694-6131 / **Fax:** (763) 694-6104 / **E-mail:** info@ecasus.org

We work with adoptive families throughout the United States. We provide Minnesota residents, including families adopting domestically or working with another agency for international portion of the adoption, with expedient home studies, adoption training, dossier preparation, networking with agency of choice, and post-placement supervision.

Independent Adoption Resource Center, Inc.

612-333-0489

111 3rd Avenue South Mill Place, Third Floor, Suite 370
Minneapolis, MN 55401

IARC was established to provide support for both birthparents and adoptive parents pursuing independent (private) adoption. Support services include counseling, group support, education, networking, strategies, and attorney referrals. Adoption studies are provided through an agreement with Wellspring, a licensed agency.

International Adoption Clinic

612-624-1164

A medical and research clinic affiliated with the University of Minnesota, it evaluates the medical needs of children before and after arrival in the United States.

Minnesota Adoption Resource Network (MARS)

2409 West 66th Street

Richfield, MN 55423

612-861-7115

MARS supplies information for those interested in learning about the adoption process or in adopting one of Minnesota's Waiting Children.

RESOLVE

651-659-0333

RESOLVE provides support and information on infertility issues, medical and technological advances, and adoption.

Adoption - Resources for Children

A Mother for Choco, Keiko Kasza

Did My First Mother Love Me? Kathryn Ann Miller

Growing Up Adopted, Maxine B. Rosenberg

Mama, If You Had a Wish, Jeanne Modesitt

Mr. Rogers' Neighborhood Adoption Video

Susan and Gordon Adopt a Baby (Sesame Street), Judy Freudberg and Tony Geiss

Tell Me Again About the Night I was Born, Jamie Lee Curtis

The Day We Met You, Phoebe Koehler

Through Moon and Stars and Night Skies, Ann Turner

We're Different, We're the Same (Sesame Street), Bobbie Jane Kates

When You Were Born in Korea: A Memory Book for Children Adopted from Korea, Brian Boyd

Why Was I Adopted? Carole Livingston

Adoption - Books for Adults

There are many books on adoption. These are just a few. . .

And Hannah Wept: Infertility, Adoption, and the Jewish Couple, Michael Gold

Being Adopted: The Lifelong Search for Self, David M. Brodzinsky, Ph.D.; Marshall D. Schechter, MD.; and Robin Marantz Henig

Dear Birthmother: Thank You for Our Baby, Kathlene Silber and Phylis Speedlin

Making Sense of Adoption, A Parent's Guide, Lois Ruskai Melina

Raising Adopted Children, Lois Ruskai Melina

Real Parents, Real Children: Parenting the Adopted Child, Holly Van Gulden and Lisa M. Bartels- Rabb

Talking with Young Children about Adoption, Mary Watkins and Susan Fisher

With Eyes Wide Open: A Workbook for Parents Adopting International Children Over Age One

Chapter VIII

Early Childhood Classes, Activities & Story Hours

Abbott Northwestern Hospital Birthing Center

612-262-3333

http://www.allina.com/ahs/anw.nsf/page/bc_home

Brest Feeding Preparation, All About Babies, Infant Massage, Infant & Child CPR, New Brother New Sisters

Amma Maternity

952-926-2229(BABY)

www.ammamaternity.com

Come see why Amma Maternity is the Twin Cities' best place for moms! Take a class, get help with your newborn, get expert product advice, or join a new mom's group. Our center is the premier resource for expecting and new parents.

Early Childhood Family Education (ECFE) offers classes and special events for parents and their infants, toddlers, and preschoolers. For information on the program nearest you, log on to www.mnparentsknow.info, and class on find a program.

ECFE Brooklyn Center	763-561-4480 x5002
ECFE Eden Prairie	952-975-6990
ECFE Edina	952-848-3980
ECFE Hopkins	952-988-5000
ECFE Minnetonka	952-401-6812
ECFE Minneapolis	612-668-2127
ECFE Orono	763-479-1530
ECFE Osseo	763-391-8777
ECFE Robbinsdale	763-504-4170
ECFE St. Louis Park	952-928-6778
ECFE Wayzata	763-745-5290
ECFE Westonka	952-491-8048
JECFE- Saint Louis Park	952-920-4169

This 10 week session provides a young family community with a parent education component in a safe, supportive, and nurturing **Jewish** environment.

Class offers Participants:

- Opportunity to meet other Jewish families
- Trained Instructor facilitation
- Instant support system
- Open forum to share parenting celebrations and challenges
- Safe and social play place for your young children
- Exciting ways to integrate Judaism into your family and MUCH more!!!

Classes to be held at B'nai Emet Synagogue (Our temporary home during Beth El construction)

The Fairview Network of Hospitals

612-672-7272

www.fairview.org

Fairview Ridges, Fairview Riverside Medical Center, and Fairview Southdale offer classes in:

Caring for a Newborn Baby, Infant CPR, Maternal Fitness, Mom and Baby. Call for their resource guide and class registration.

Family and Parenting Center

952-417-2139

www.familyandparentingctr.org

A Program of Jewish Family and Children's Service of Minneapolis in partnership with the Minneapolis Jewish Federation.

The Family and Parenting Center provides programming and opportunities for networking for Jewish, interfaith and unaffiliated families who have children from newborn to age five. Programs are created around Jewish themes and are developed to encourage families to bring Judaism into their lives in a variety of ways. The Center works in collaboration with Jewish pre-schools, synagogues, and community agencies to keep families informed regarding Jewish family education.

The mission statement of the Family and Parenting Center is to strengthen, educate, and support the diverse families in our Jewish community by providing Jewish family education programs, resources, and relationship building activities.

HealthEast Hospitals

651-326-2273

www.healtheast.org

Health East, Midway Hospital, also includes St. Joseph, St. Johns, Bethesda Hospitals.

Sign Language For Hearing Babies and Toddlers, Daddy and Me, Caring for Newborn, New Brother New Sister. Call for schedules.

MacPhail Center for the Arts

612-321-0100

www.macphail.org

Early hands-on exposure to music helps develop motor skills, emotional control, vocabulary, language skills, math, logic and a general love of music. For children ages six weeks to six years.

Morning Star Touch O'Health - Maggie Wille

612- 866-1475

<http://infantmassageinstitute.com/2010%20MN%20SpN.html>

Plymouth infant massage - a wonderful way to connect with your infant or toddler

North Memorial Medical Center

763-520-5484

<http://www.northmemorial.com/OnlineRegistration/>

Caring for You Newborn, Breastfeeding, Sibling Silly, Infant Massage, New Dads, Infant Safety and CPR
Call for schedules

United and Children's Hospitals

651-220-6000

http://www.unitedhospital.com/ahs/united.nsf/page/Birth_Center_Classes

Infant CPR, Infant Massage, New Brother New Sister, Father Baby Classes Call Medformation to register.

Parent/Child Activities**The Children's Museum of Minnesota**

651-225-6000

The museum offers a multi sensory approach and provides ample opportunities for children to interact with and enjoy the exhibits. Activities are geared toward children ages six months to 12 years. Call for specific pricing and hours.

Como Zoo / Como Zoological Society

651-487-8200

www.comozooconservatory.org

Historic Como Zoo is home to over 350 animals, many of which are threatened or endangered species. The zoo features primates, African hoofed stock, large cats, and aquatic animals. Zoodale, the gift shop is open daily. Midway Parkway and Kaufman Drive in St. Paul. The admission cost is FREE.

Courage Center

763-520-0375

http://www.couragecenter.org/ContentPages/aquatics_classes.aspx

Year-round 10 week swimming with the Water Babies program. Classes for children six to 36 months.

Edinborough Park

952-893-9540

www.edinboroughpark.org

A unique community park under glass, run and operated by the City of Edina's Parks and Recreation Department. The park features a waterfall, waterway, paths and walkways lined with seasonal flowering plants and trees; a tot lot play area; small ice skating rink; small art gallery with monthly art exhibits; indoor heated pool; exercise area with track, and a delicatessen. Children's special events Tuesday and Thursday at noon include musical concerts, clowns, artists, puppet shows and more. Children's special events move outside in the summer to Centennial Lakes Park. Call for details and schedule of events.

Minnesota Landscape Arboretum

952-443-1400

www.arboretum.umn.edu

Located in Chaska off State Highway 5. They have beautiful, relaxing scenery and great paths for strolling. Call for specific pricing and hours.

The Minnesota Zoo

952-431-9200

www.mnzoo.com

The Minnesota Zoo exists to strengthen the bond between people and the living earth. The zoo provides award-winning recreational, educational, and conservation programs to the public. Children are always wide-eyed over their encounters with a large variety of native and exotic animals. A new underwater exhibit called Discovery Bay amazes all. Imation Imax Theater - a 600-seat theater shows films on the largest screen in the Upper Midwest. Call for specific pricing and hours.

The Red Balloon Bookshop

651-224-8320

www.redballoonbookshore.com

The Red Balloon Bookshop is a popular children's bookstore offering over 20,000 book titles, toys, videos and tapes. Give them a call to see what special events are scheduled.

Wild Rumpus Bookstore

612-920-5005

Offers a variety of events. Enjoy family workshops and visits from authors. Most events require pre-registration. Located in the Linden Hills area of South Minneapolis. Call for specific information.

Story Hours

Let someone else do the reading for you. Story Hours are offered at the following bookstores and libraries. All are free and open to the public. Be sure to call for days and times:

Barnes & Noble Bookstores

Highland	651-690-9443	Calhoun	612-922-3238
Downtown Mpls	612-371-4443	Roseville	651-631-1125
Woodbury	651-739-7274	Ridgehaven/Mtka	952-546-2006
Burnsville	952-892-9280	Edina	952-920-0633
		Maple Grove	763-420-4517

Red Balloon Bookshop 891 Grand Ave., St. Paul 651-224-8320

Wild Rumpus 2720 W. 43rd St., Mpls. 612-920-5005

The Hungry Mind 1648 Grand Ave., St. Paul 651-699-0587

Border Bookshops

Minneapolis 612-339-4859
Minnetonka 952-595-0977

Most Libraries offer free reading hours for all age groups. Following are general telephone numbers for the main branches. Call for specific branches nearest you and for the schedule for your child's age group.

Minneapolis Public Library 612-630-6000

Hennepin County Libraries 952-847-8500

St. Paul Public Libraries 651-588-2223

Chapter IX

Outdoor Parks, Pools & Beaches

Brookview Park

763-512-2345

Off Winnetka and Highway 55, it has adapted play equipment for children with special needs. Call for details.

Coon Rapids Dam Visitors Center

763-757-4700

Brooklyn Park

Eastman Nature Center

763-694-7700

Maple Grove

French Regional Park

763-559-6721

Plymouth

Hennepin Parks

Hennepin Parks can plan special birthday celebrations. Ideas include naturalist led activities. Season parking passes are available covering parks and activities.

Lake Harriet

612 230-6475

Minneapolis, playground, picnic area, trolley rides, and band shell.

Lake Minnetonka Regional Park

763.694.7754

Minnetrista

This 292-acre park contains picnic area, a visitor center, a play area, a fishing pier, a boat launch and a 1.75-acre upland swimming pond. The park is north of Highway 7 off County Road 44 in Minnetrista on the southwest shore of Lake Minnetonka.

Linden Hills

3100 W. 43rd Street (near 44th and Xerxes) in south Minneapolis

Playground and wading pool.

Lynhurst

50th and Minnehaha Parkway, Minneapolis

Playground, picnic area, and wading pool.

Meadow Park

2725 Oakland Road, Minnetonka

1.3 miles behind Best Buy, off Hwy 394 and Essex Road near Stone Road, Minnetonka. Playground and walking paths.

Oak Hill Park

34th and Rhode Island Avenue, St. Louis Park

Playground, picnic area, wading pool, summer concerts and activities.

St. Louis Park's largest park has a splash pad in the summer and skating rinks and sliding in the winter.

Richardson Nature Center
763.694.7676
Bloomington

Westwood Hills Nature Center
8300 West Franklin
St. Louis Park
952-924-2544

This nature center has 3 miles of hiking trails, a marsh area, floating boardwalk, picnic area, outdoor honeybee exhibit and indoor educational exhibits of both live and taxidermy animals. Free.

Minneapolis Sculpture Garden
612 230-6400
Vineland Place, Minneapolis, MN

Located across from the Walker Art Center, the 11-acre Sculpture Garden is one of the largest urban sculpture parks in the U.S. and features more than 40 works of 20th century sculpture. For group tours of 10 or more call 612-375-7609.

Minnesota State Parks

Offers winter programs geared for family fun. These parks are handicapped accessible, but call ahead for special instructions and general information.

Parkers Lake

763-509-5200 Located at County Road 6 and Niagra, Plymouth. Playground, paved walking paths, swimming beach, outdoor activities and concerts. Call Plymouth Parks and Recreation for more details.

Plymouth Creek 763-509-5820

3625 Fembrook Lane (off Hwy 55) Plymouth.

Playground, paved walking paths, outdoor ice-skating and hockey rinks, call the city of Plymouth for their special outdoor Summer Concert Series schedule.

If you have any general questions, please call the Hennepin Park Headquarters at 763-559-9000.

There is free admission to all Hennepin Parks on the first Tuesday of each month. Free park stickers are available for the public assistance recipients. You may also request a free copy of the current Seasons magazine. This magazine offers outdoor education and recreation programs.

Outdoor Pools and Beaches

East Medicine Lake Beach

763-509-5200

1740 E. Medicine Lake Boulevard, Plymouth

Swimming beach with lifeguards, play equipment, trails and picnic sites with grills, bathrooms and changing areas.

Linden Hills Park

612-661-4800

3100 W. 43rd Street (near 44th and Xerxes)

Minneapolis

Wading pool and great park equipment.

Sabes JCC

952-381-3400

4330 South Cedar Lake Road, Minneapolis

Large pool and wading pool for children. Lifeguard on duty at all times.

Call for times and fee for non-members. Infant swimming classes are available.

Shady Oak Beach

952-908-7083

5200 Shady Oak Road, Minnetonka

Shady Oak Park is located in Minnetonka, owned by the City of Hopkins. In 1998, the two Cities completed a 1.68 million beach renovation project. Amenities at Shady Oak Beach include two sand play areas, water play area, sand volleyball court, concession stand, and restroom/changing areas. Season pass or daily permit needed.

St. Louis Park Aquatic Park

St. Louis Park Rec Center

952-924-2567

3700 Monterey Drive, St. Louis Park

SLP Aquatic Park is the hottest place to stay cool in the summer! Wade into the pool from the zero depth entry or hit the water from the four-story water slide. The summertime fun facility features a sand-and-water play area, tot whale slide, spray arches, water geysers, drop slides, lap swim lanes, diving boards and sun decks. They also offer a picnic area, full service concession stand and locker rooms. Daily admission or season passes available. Parent and Tot Time (M – F 10 a.m. – 11 a.m.) - The shallow area of the pool is reserved for exclusive use by tots (6 years old and younger). An adult must accompany tots. Families participating in Tot Time must arrive before 10:45 a.m. After that time, families must take their turn in line with others waiting for general admission.

Note: Consult Parks and Recreation Department for listing of additional beaches.

Chapter X

Specialty Shops

Clothing

Animal Crackers

952-928-1680
5101 Vernon Ave. S., Edina

Bananas

952-473-3383
Colonial Square (near Lund's), Wayzata

Bébé Babble Boutique

952 922 2020
3904 Sunnyside Road, Edina

Children Place

952-922-6836
Southdale
Ridgedale

Echo Field Cottons (Clothes & Blankets)

612-396-7779
6070 Lake Linden Drive, Shorewood

The Enchanted Tree House

651-426-7551
4766 Banning Avenue, Saint Paul

Gap Baby Gap

952-542-1711
Ridgedale Mall

Gap Kids

952-922-3818
Southdale

Goodnight Moon

952 285 5252
5051 France Avenue, Minneapolis

Gymboree

Mall of America
952-854-2815
Ridgedale
952-591-9598
Southdale
952-920-5513

Jack & Jill

952-927-6778
3939 West 50th Street (50th & France)

Oh Baby

952-928-9119
Galleria

Olily

952-929-3660
Galleria

Shoe Zoo

612-823-3988
3146 Hennepin Ave. S. Minneapolis

Stride Rite Shoes

952-926-1358
Southdale

Wild Child (Cotton Play Clothes)

952-926-5675
3827 West 50th Street, Edina

Baby Furniture, Equipment, Toys

Babies R-Us

763-494-5747
12750 Elm Creek Blvd. N., Maple Grove

612-861-2249
900 W. 78th, Richfield

Baby Depot at Burlington Coat Factory

952-929-6850
Hwy 100 & 36th Street St. Louis Park

Baby Grand

651-224-4414
1137 Grand Ave., St. Paul

Creative Kid Stuff

612-927-0653
4313 Upton Ave. S., Minneapolis

651-222-2472
1074 Grand Avenue S., St. Paul

952-540-0022
Ridge Square, Minnetonka

651-735-4060
Valley Creek Road, Woodbury

763-424-2576
11647 Fountains Drive, Maple Grove

Kaybee Toys

952-858-8049
352 N Garden, Minneapolis

Room and Board

952-927-8835
7010 France Ave. S., Edina

651-639-0591
2875 Snelling Ave. N., Roseville

The Great Big Toy Box

952-835-2627
7525 France Ave. S., Edina

Toys R Us

763-525-1697
14100 W. Wayzata Blvd, Minnetonka

Toy World

952 831-50317
7525 France Ave S
Edina

952-249-1707
1135 Wayzata Boulevard E., Wayzata

Zany Brainy

952-920-0410
3533 W. 70th Street, Edina

763-416-2798
12865 Elm Creek Blvd. N., Maple Grove

Handpainted Personalized Gifts

Hillary's Handpainted & Personalized Gifts
952-933-8365
914 Main Street Hopkins

The Name Game
ON LINE ONLY
www.namegamegifts.com

Stationary, Announcements & Invitations

Babies R-Us
612-861-2249
900 W. 78th, Richfield

763-494-5751
12750 Elm Creek Blvd., Maple Grove

Epitome
952-920-2978
The Galleria, Edina

Amy Zaroff Events + Design

Phone: (952) 941-3371
Fax: (952) 941-3372
[Email us](#)

Studio:
7179 Washington Avenue South
Edina, Minnesota 55439

S. Clein
952-920-7297
4200 Minnetonka Boulevard, Minneapolis

Exercise Resources:

Enercise Gym

<http://www.enercisegym.com/index.html>

12981 Ridgedale Drive Suite 103 Minnetonka

952- 405-9471

Gleason's Gymnastic Gyms - (open gym time)

www.gleasons.com

2015 Silver Bell Rd. Suite 180, Eagan: 651-454-6203

9775 85th Ave N., Maple Grove: 763-493-2526

Minnesota Valley Gymnastics Center

<http://www.mnvalleygymnastics.com/>

8103 W. 126th Street Savage, MN 55738

952-746-5222

My Gym

<http://www.my-gym.com/>

956 Prairie Center Dr. Eden Prairie: 952.906.0028

Tags Gymnastics

<http://www.tagsgym.com/>

5880 149th St. West Apple Valley: 952-431- 6445

10300 West 70th St. Eden Prairie: 952- 920- 5342

The Little Gym of Edina

www.tlgedinamn.com

8223 State Highway 7 St. Louis Park: 952-924-0083

Farm Tours:

Brooklyn Park Historical Farm

<http://www.brooklynpark.org/sitepages/pid70.php>

4345 101st Ave. N Brooklyn Park 763.493.4604

This is a ten-acre living record of farm life in Minnesota during the years of 1890 to 1910. The farm recreates the physical surroundings in which the Eidem family lived their daily lives. Interpreters at the homestead carry out the tasks of farming and related household activities using the tools and techniques of the late 1800's. The barn and barnyard have horses, cows, sheep, goats, chickens, ducks, geese and cats. The purpose of this restored farmstead is to preserve and portray 19th century farm life through guided tours, displays, pioneer craft demonstrations and hands-on activities. Every visit encourages a hands-on approach whether it be woodcutting, cracking corn or sampling baked goods. Adults: \$5.00 Children 12 and under are \$3.00. Call for special events.

Hugo Animal Farm

www.hugoanimalfarm.com

9441 180th St N Hugo, MN 55038 (651) 433-4455

Spring tours are offered Monday through Saturday April through June 23. Fall tours are also available. All tours include touching or holding animals, and a hayride. Price per person is about \$7.25.

Oliver H. Kelley Farm

www.mnhs.org/kelleyfarm

15788 Kelley Farm Rd. Elk River, MN 55330 763-441-6896

“Step onto a working 1860s farm. Pick heirloom vegetables from the garden, visit the farmhands and animals at the barn, or churn butter and see what's cooking in the farmhouse. Costumed guides work the fields with oxen and horses. In the house, try your hand at domestic crafts like making straw hats and soap.” Adults are \$8.,Children

6-17 are \$5 and children under 6 are FREE! The farm has MANY special events like baby animal days, barn dances, festivals, etc...Check out their site!

Poplar Hills Goat Farm

www.poplarhillfarm.com

12521 Mayberry Tr. N. Scandia, MN 651-442-2506

Take a tour of a family run goat farm business, see baby goats and pet them, too! You can also observe staff milking the goats, and you can sample and purchase their products afterward. They sell goat milk and chevre cheese as well as some other products.

Orchards: Apple, Berry and Pumpkin Patches:

Aamodt's Apple Farm, Inc. – Apples

www.aamodtsapplefarm.com

6428 Manning Avenue Stillwater, MN. Phone: 651-439-3127.

Seasonal hours, Aug - Dec. Throughout the season Aamodt's takes on a festive atmosphere. They have pony rides and a petting farm with an occasional fiddler

strolling the grounds. Hay ride and hot air balloon ride are available. Pick your own apples or buy pre-picked. Visit their website for info & coupons.

Afton Apple Orchards Afton Raspberry Company -Raspberries, Strawberries and Apple in Season

www.aftonapple.com

14421 So. 90th St. · Hastings, MN. Phone: 651-436-8385

Open daily 8am - dark. Apple season starts early August to end of October. Pick-your-own raspberries end of Aug 'til frost (first part of Oct).

It's a great orchard to enjoy a picnic lunch. Hayrides and a petting zoo are available in the fall. They also have a great playground and hay bales that the kids can climb on. They charge a nominal admission fee on weekends. They also have a corn maze in the fall and a pumpkin patch.

Pine Tree Apple Orchard – Strawberries

www.pinetreeappleorchard.com

651-429-7202. 450 Apple Orchard Road, White Bear Lake, MN 55110.

Strawberry Season - Mid-June through Mid-July, PYO Berry Line, 651-429-8026. Pre-picked and Strawberry Bakery 651-429-7202. Apple Season. August through February, Weekends in March, Seasonal Hours. See the website for Tours or Schedule of Events or Maps and Directions.

Withrow Berry Farm - Strawberries

Withrow, MN. Phone: 651-439-4481.

Open 7am until picked out. Mid-June through Mid-July. They're located between White Bear Lake & Stillwater on Keller Avenue North. From St. Paul: East on Hwy 36 to Washington County 15 (Manning Ave). North on 15 to Washington County 7 (122nd St N). Follow signs to farm. Call for daily information.

Indoor Playgrounds

The Blast: Indoor Playground

<http://www.cityofeagan.com/live/page.asp?menu=2785>

(Eagan Community Center)

1501 Central Parkway

(651) 675-5552

This 2-story indoor children's play area is painted like a gigantic galaxy, adding to this one-of-a-kind play odyssey. Kids can burn energy and get exercise while pretending to be astronauts on their very own International Space Station. Socks are required to play in The Blast and no outside food or beverages are allowed. Snack bar on site. Admission is \$5 for children ages 18 months-15years. All others are free (including adults). *Preschool Open Gym (ages 1-5) runs every Tuesday and Thursday from 9:30 to 11:30 a.m. through the school year. The cost is \$3 per child.*

Eagle's Nest Indoor Park

Family Service Center of New Brighton

http://www.ci.new-brighton.mn.us/index.asp?Type=B_BASIC&SEC={12AE7B32-840E-4AD2-A9AA-F1285B4B6A01}

400 10th Street NW, New Brighton, 651-638-2130

Call for hours, directions, typically \$5.00 per kid, no charge for adult or under age two

Eden Prairie Center

lower level by Kohls

www.edenprairiecenter.com

125 Eden Prairie Center, Eden Prairie 952-941-7650

Edinborough Indoor Park

www.edinboroughpark.com

7700 York Avenue S., Edina 952-833-9540

Child's admission is \$6.00, adults and children under 12 months are free.

Lookout Ridge Indoor Playground – Central Park Building

<http://www.ci.woodbury.mn.us/parks/cpplay.html>

8301 Valley Creek Road ., Woodbury,

(651) 714-3500

Admission for youth ages 1 – 12 is \$4.50 and adults and children under the age of 12 months are free

Maple Maze Indoor Park

Maple Grove Community Center

<http://www.ci.maple-grove.mn.us/content/149/293/default.aspx>

12951 Weaver Lake Road, Maple Grove 763-494-6500

\$5.00 non-resident (adults and children under the age of 12 months are free)

Northwoods Play Area - Rosedale Mall

Lower level by Herberger's

<http://www.myrosedale.com/info/playarea.cfm>

10 Rosedale Center, Roseville 651-633-0872

Outdoor Parks with Pools, Aquatic Centers and Water Parks:

For Public Swimming Venues in St. Paul:

www.ci.stpaul.mn.us/depts/parks/

(Check the website for hours and rates under Parks and Recreation)

Como Pool (open during the summer)

http://www.comozooconservatory.org/como_park/amenities/pool.shtml

N. Lexington Pkwy. and Horton Ave 651-489-2811

Highland Pool (open during the summer)

<http://www.stpaul.gov/index.aspx?nid=2665>

1840 Edgcumbe Road 651-695-3773

For Public Swimming Venues in Minneapolis:

Wading Pools in Minneapolis

<http://www.minneapolisparcs.org>

Minneapolis has an abundance of FREE wading pools that are GREAT for small kiddos (wish we had them in St. Paul). Check the website for specific directions, pictures and a complete list of amenities offered at each park. Our favorites are Longfellow and Linden Hills.

[Armatage Park](#) 2500 W. 57th Street Southwest Minneapolis
[Audubon Park](#) 1320 29th Ave. NE Northeast Minneapolis
[Beltrami Park](#) 1111 Summer St. NE Northeast Minneapolis
[Bethune Park](#) 1301 10th Ave. N. Northside
[Bohanon Park](#) 4917 Bryant Ave. N. Northside
[Bossen Park](#) 5601 28th Ave. S. Longfellow/Nokomis
[Bottineau Park](#) 2000 2nd St. NE Northeast Minneapolis
[Brackett Park](#) 2728 39th Ave. S Central/Phillips
[Bryant Square Park](#) 3101 Bryant Ave. S. Southwest Minneapolis
[Bryn Mawr Park](#) 601 Morgan Ave. S
[Cleveland Park](#) 3232 Queen Ave. N
[Corcoran Park](#) 3334 20th Ave. S. Powderhorn/Pearl
[Currie Park](#) 500 15th Ave. S
[Dickman Park](#) 636 2nd St. NE
[East Phillips Park](#) 2307 17th Ave. S

[Elliot Park](#) 1000 14th St. East Central/Phillips
[Farview Park](#) 621 29th Ave N. Northside
[Folwell Park](#) 1615 Dowling Ave N Northside
[Franklin Steele Square](#) 1600 Portland Ave. S
[Fuller Park](#) 4800 Grand Ave S Powderhorn/Pearl
[Hall Park](#) 1524 Aldrich Ave. N
[Harrison Park](#) 503 Irving Ave N Northside
[Hi-View Park](#) 3474 2nd St. NE
[Hiawatha Lake Park](#) 2701 E. 44th St. Longfellow/Nokomis
[Hiawatha Park - School](#) 4305 42nd St. E. Longfellow/Nokomis
[Holmes Park](#) 301 4th St. SE
[Jackson Square Park](#) 2212 Jackson St. NE
[Jordan Park](#) 2927 Irving Ave. N
[Keewaydin Park](#) 3030 53rd Street East Longfellow/Nokomis
[Kenny Park](#) 1328 W. 58th St. Southwest Minneapolis
[Logan Park](#) 690-13th Ave NE Northeast Minneapolis
[Longfellow Park](#) 3435 36th Ave S Longfellow/Nokomis
[Loring Park](#) 1382 Willow St. Northside
[Luxton Park](#) 112 Williams Ave SE Northeast Minneapolis

[Lynnhurst Park](#) 1345 W. Minnehaha Parkway Southwest Minneapolis
[Marshall Terrace Park](#) 2740 Marshall St. NE
[Martin Luther King Park](#) 4055 Nicollet Avenue South Central/Phillips
[Matthews Park](#) 2318 29th Ave S Central/Phillips
[McRae Park](#) 906 E. 47th Street Longfellow/Nokomis
[Morris Park](#) 5531 39th Ave S Longfellow/Nokomis
[North Commons Park](#) 1801 James Ave N Northside
[North Commons Water Park](#) 1701 Golden Valley Road Northside
[North Mississippi Park](#) 5114 N Mississippi Ct Northside
[Pearl Park](#) 414 E. Diamond Lake Rd. Powderhorn/Pearl
[Peavey Park](#) 730 East 22nd St. Central/Phillips
[Pershing Park](#) 3523 W. 48th St. Southwest Minneapolis
[Phelps Park](#) 701 E 39th St. Powderhorn/Pearl
[Powderhorn Park](#) 3400 15th Ave S Powderhorn/Pearl
[Riverside Park](#) 2700 8th St. S
[Sibley Park](#) 1900-40th St. E Longfellow/Nokomis
[Stewart Park](#) 2700 12th Ave So Central/Phillips
[Van Cleve Park](#) 901 15th Ave SE Northeast Minneapolis
[Victory Park](#) 4414 Upton Avenue North Northside

[Waite Park](#) 1810 34th Ave NE Northeast Minneapolis

[Webber Park](#) 4400 Dupont Ave N Northside

[Whittier Park](#) 425 26th Street West Central/Phillips

[Windom Park](#) 2251 Hayes St. NE Northeast Minneapolis

Other Wet Venues:

Apple Valley Family Outdoor Aquatic Center

http://www.ci.apple-valley.mn.us/parks/Facilities/Aquatic_Center/main.html

[14421 Johnny Cake Ridge Road](#)

(952) 953-2399 Weather Hotline: (952) 953-8701, for public open swim information.

The pool has 18,000 square feet of pools and slides (some that are 3 stories high)! They also have a sand and water playground and volleyball courts. The pool is zero entry, so great for little kiddos. Admission is \$8.50 per person and \$6.00 after 5:00pm. Children 1 year and younger are free. Concessions are also available.

BattleCreek Waterworks Family Aquatic Center

<http://www.co.ramsey.mn.us/parks/waterpark/index.htm>

2401 Upper Afton Road, Maplewood, 651-501-6340

Admission for adults and children is \$6.50, Children under the age of 1 are free

Bunker Beach Water Park and Wave Pool

<http://www.bunkerbeach.com/>

Parkway Road A Bunker Hills Regional Park

Coon Rapids 763-767-2895 info line & group reservations

This outdoor park has a wave pool and adventure pool. Tube rental is available at the Wave Pool. The Adventure pool is great for tots, as it is zero entry with a maximum depth of 2 feet. It also has a large play structure. A sand/picnic area (no outdoor food beverage allowed) is also present. Admission is \$14.00 for adults and \$11.00 for 48 inches and under. Children under 1 are free.

Cascade Bay Outdoor Water Park

<http://www.cityofeagan.com/live/page.asp?menu=8891>

1360 Civic Center Drive Eagan, MN 55122

Hotline: (651) 675-5577

This huge park has admission fees that range from \$4.50-\$9.00 per person depending on the time of day and your height. Kids 18 months and younger are free

The Depot

<http://www.thedepotminneapolis.com/waterpark/>

225 Third Avenue S., Minneapolis
612-375-1700

This hotel has an indoor water park and skating rink.

Edina Outdoor Aquatic Center at Rosland Park

http://www.ci.edina.mn.us/content/facilities/aquatic_center/index.htm

4300 W. 66th St. Edina 612-928-4582

Outdoor Pool with water slides, kiddie pool, playground, concessions.

Daily admission is \$10.00 per person and \$8.00 after 5:00 pm

Jim Lupient Water Park

<http://www.minneapolisparcs.org/default.asp?PageID=4&parkid=364>

1520 Johnson Street N.E. Minneapolis 612-370-8900

\$6.00 - 48" inches tall and over \$5.00 - Less than 48" inches tall Free - Under the age of One

This Minneapolis water park features three large water slides, including a tube slide. Additional features include a log water walk, many interactive spray features, water volleyball, lap swimming lanes, and zero depth entry at one end for accessibility. The park theme is a rock quarry and featured items are designed to look like a quarry by incorporating stone, foam play

quarry equipment and foam logs. There is also a separate spray pool for the younger kids.,.
Covered shelters are available for reservation.

North Commons Water Park

<http://www.minneapolisparcs.org/default.asp?PageID=4&parkid=365>

1701 Golden Valley Road, Minneapolis 612 370-4945

Regular Admission is \$5.00

This awesome water park features speed and loop slides that are three stories tall. They also have a shallow water pool, with water playground features, geysers and gadgets that will thrill any toddler! Funbrellas let you escape the sun and stay cool on warm summer days

Oak Hill Park Splash Pad

3400 Rhode Island Avenue, St. Louis Park

<http://www.stlouispark.org/neighborhood-parks/oak-hill-splash-pad.html>

St. Louis Park's FREE splash pad offers tots the equivalent of running through the sprinkler and playing with the garden hose on a grand scale. Kids can activate bubbling hoses, water nozzles and sprinkler arches. The pad is open from 10am-8pm daily from the end of May through the end of September. For specific dates see the website.

Soak City Water Park at Valley Fair

<http://www.valleyfair.com/public/attractions/rides/soakcity.cfm>

The 3.5 acre waterpark is free with general admission. Adults \$39.99, Juniors \$18.99, and children two and under are free.

Parking is an additional \$10.

St. Louis Park's Outdoor Aquatic Park

<http://www.stlouispark.org/aquatic-park.html>

3700 Monterey Dr., St. Louis Park 952-924-2540

(952) 924-2567 (daily recorded messages about rain or crowd capacity-related closings)

The pool is open from early June to late August and features: 20,000 square feet of water, A water playground with geysers and splash toys, a 25-meter lap pool, a zero-depth entry to allow visitors to wade into the water, two drop slides, two winding water slides that are nearly four-stories high, a wet sand playground area and a picnic gazebo. Admission rates range from \$4.50 - \$8.50. Kiddos under 1 are free.

Tropics Indoor Water Park

<http://www.shoreviewcommunitycenter.com/facilities/tropics-indoor-waterpark/>

4600 Victoria Street N., Shoreview 651. 490-4700

This indoor pool with water slides is great for tots and has a zero entry area. Concessions available.

Water Park of America

www.waterparkofamerica.com

Bloomington

The Water Park of America is one of the country's biggest indoor water park hotel resorts. Located across from the Mall of America, it houses a 70,000-sq.-ft. indoor water park with a 10-story tall water slide complex which guests access via an elevator. Clear acrylic tubes send riders zooming down 100 feet outside a lighthouse and back into the indoor park. In addition to typical water park attractions (water play structure with tipping bucket, lazy river, activity pool, etc.), the huge facility features some unique attractions like a kayak course and a current channel. The resort also features over 400 rooms, many of them suites, plus an arcade and restaurants. Admission is open to the general public if space is available. Water passes range from 15.95 to 34.95 per person the package chosen.

Wild Mountain Outdoor Water Park

http://www.wildmountain.com/waterpark/waterpark_groupPicnics.html

Taylors Falls 651-465-6315 800-447-4958

A full service water park for all ages. Prices range from \$10-\$30 per person depending on the package you choose.

Hotels w/Water Parks:

Grand Rios Hotel and Indoor Water Park

www.grandrios.com Brooklyn Park

This is currently Minnesota's largest indoor water park. Rooms start at \$159 per night but daily admission is also available. Check the site for rates and availability.

The Depot (Hotel, Indoor Pool, Skating Rink)

www.thedepotminneapolis.com

225 Third Avenue S., Minneapolis

612-375-1700

Owatonna Holiday Inn

2365 43rd Street NW, I-35 Exit 45, OWATONNA, MN 55060

1-507-4468900

At the Owatonna Holiday Inn: The Great Serengeti Indoor Water Park with 2 waterslides, one tube slide, 1 body slide, lazy river, activity pool with water basketball and waterfall spa. Also has "Kid Suites."

Water Park of America

www.waterparkofamerica.com

Bloomington (See info in previous section)

Book Store Favorites and Local Story Hours:

Auntie Em's Book Shop for Young Readers

5 West Diamond Lake Road, Mpls 612.798.1827

Story times on Monday and Wednesdays at 10:30am

Books and gifts, as well as coffee, smoothies and baked goods. Yum!

Barnes & Noble Bookstores

Go to www.barnesandnoble.com to find a store near you and click on Store Locator.

Galleria Location has a very large children's area with tables and a stage for story time. Story times at the Galleria are on Wednesdays and Fridays at 11:00am.

They also have costumed characters once a month. If you are a Barnes and Noble member, your discount applies on coffee purchases as well!

Bookstore of the Americas

http://www.americas.org/item_643#storytimes

3020 27th Avenue S. Minneapolis (in the Resource Center building) 612-276-0801.

Explore the myths, stories and songs of the Americas through stories and singing in both Spanish and English. This free event for children and their parents happens the first and third Saturday of the month at 11:00 a.m.

– The first Saturday of each month is a story selected for children ages 5–9.

Children of all ages welcome.

– The third Saturday of each month is a story selected for children ages 2–6.

Children of all ages welcome.

Red Balloon Bookstore

www.redballoonbookshop.com

891 Grand Ave St. Paul, MN 55105 651-224-8320

Baby story time is every Tuesday at 10:30 am and toddler story time is every Thursday at 10:30 and Pre-school Story time is on Wednesdays at 10:30 AM. It is great fun and super crowded...get there early...the store opens at 10:00am.

Stories are read, but the woman who runs the 30 minute session also has puppets, plays the violin and sings all kinds of songs.

St. Paul Public Libraries

www.stpaul.lib.mn.us/programs/storytimes

A treasure! Story time, great selections of board books and baby music on tapes and CD's!

The Highland Park Library has a wonderful collection of board books that are perfect for small kids. Story times as follows:
Fridays at 10:30: Pre School Story Time

The St. Anthony Park Library gets the award for the most beautiful children's wing.
Tuesdays at 10:30 : Baby Lap sit
Fridays at 10:30 ; Preschool Story time read and play

The Central Library
Story times are on Tuesdays and Wednesdays at 10:30 a.m and Sundays at 3:00 pm

Merriam Park Library
Story time is every Friday at 10:30 a.m

Rondo Community Outreach Library

Daily story times and tons of books in foreign languages. Underground indoor parking, too!

Mon: 3:30 pm, Tues: 10:30 am , Wed:6:00 pm, Thurs:10:30 am and 7:00 pm,
Fri:11:00

Wild Rumpus Book Store

www.wildrumpusbooks.com

2720 West 43rd St. Mpls 612-920-5005

Story time is on Mondays at 10:30am they have all kinds of animals that roam the store, including real chickens that lay eggs. It's a hoot! Be prepared for cats to sleep in your empty infant seats!