



Summer Newsletter 2014



CITY OF NEW BEDFORD
JONATHAN F. MITCHELL, MAYOR



Help your kids sleep well!

Children ages 6-12 should get at least 10 hours of sleep per day. Here are some ways you can help your kids get a good night's rest:



- Turn off TVs, cell phones, video games, and music
- Limit caffeine intake throughout the day
- Put them to sleep around the same time each night
- Read a book or two before lights out
- Pick out a stuffed animal or blanket to snuggle

5 Summer Safety Tips

- 1 Always wear at least SPF 15 when you and your kids are outside, and try to avoid the sun during peak hours between 10am —3pm.
- 2 Wear a properly fit helmet when using anything with wheels—bikes, skateboards, scooters, rollerblades, and anything else!
- 3 Teach your children to always walk on sidewalks and how to properly cross the street. Always walk young children across the street.
- 4 Protect yourself and your children from tick and mosquito bites by wearing long sleeves, long pants, and tucking pants into socks; also always use insect/bug repellent.
- 5 Always watch your children when they are in or around water; it is best to be within arm's distance of them at all times



Free/Low-Cost Summer Activities!

YWCA Girls Exclusive Summer Program

July 7—August 15, 9am—4pm
Sliding Fee Scale | Scholarships available and encouraged
For more info contact Catherine at 508-999-3255

Community Boating

Summer Youth Sailing Program
Multiple age groups & weeks in July & August
Financial Aid & Scholarships available and encouraged
For more info call 508-992-6219

New Bedford House of Music

FREE & Open to all ages
Meets Saturdays 11am—3pm
593 Kempton Street, New Bedford
Dance, sing, step, do crafts
Lunch provided to everyone

Monthly Wellness Walk & Yoga

FREE & Open to all ages
First Saturday of each month at 10am
Buttonwood Park Zoo
Enjoy family yoga after each walk!

New Bedford Parks, Recreation & Beaches

FREE Swimming Lessons for Beginners
July 9—August 23 at Fort Taber Beach
Tuesdays & Thursdays: Level 1&2 9-9:45am; Level 3+
10-10:45am MUST PRE-REGISTER
For details call 508-961-3015

New Bedford YMCA

Camp Frederick Douglass
Ages 5-12 | Late June and August
Financial Aid is available and encouraged
For details call Maxine at 508-997-0734 x. 146

New Bedford Whaling Museum

FREE
Crafts and Activities
Tuesday—Friday (July 9—August 30)
10am—1pm

New Bedford Parks, Recreation & Beaches

Play in the Park | Food, Fitness & Games
Monday through Friday 10am—2pm
June 30—August 29
Various parks and housing in New Bedford
For details call 508-961-3015

AHA Night

FREE
2nd Thursday of every month
Downtown New Bedford
Art, dancing, music, children's activities

Kids can participate in the Mass in Motion Kids Parks Passport program and earn prizes!

Visit destinationnewbedford.org
to learn about even more activities and events in and around the city this summer!

Low-cost, simple & healthy snacks



Carrots



Yogurt



Watermelon



Sugar Snap Peas



Air-Popped Popcorn