

# family news

CUES YOU CAN USE FOR TIME TOGETHER

by WENDY STRAKER HAUSER

## WALK THE TALK

Stop telling your kids about how you used to walk to school and start showing them. **Safe Routes to School** encourages children to walk or bike to class, giving them a head start on the recommended daily 60 minutes of activity. We love the “walking school buses” concept: Kids (and parents) go house to house picking others up along the way. Find out how to start your own local chapter at [saferoutesinfo.org](http://saferoutesinfo.org) and hit the sidewalk.



## GET COOKING

Kids' culinary site **Sticky Fingers Cooking** has a recipe-of-the-month club, and membership comes complete with recipe box, a mixing bowl, and measuring spoons, *below*. Each month one recipe (on spill-proof paper) arrives in the mail addressed to your child—and it even includes allergy-minded substitutions and variations so your young chef doesn't get bored. \$36 a year, [stickyfingerscooking.com](http://stickyfingerscooking.com)



## game on

LEGO introduces five new board games (from \$14.99 to \$34.99) this month, including **Creationary**, a hands-on take on Pictionary, in which players guess what you've built.

Roll the dice and pick your project: nature, buildings, things, or vehicles. Start working on your dinosaur now.



## MILEY'S SONG

Set aside an evening now for the film **The Last Song**, out April 2. Kids will go for **Miley Cyrus**, moms for **Greg Kinnear**. Based on Nicholas Sparks' novel about first love, teen angst, and the importance of family, the PG-13 film is set in a small Southern beach town where an estranged father (Kinnear) spends the summer with his teenage daughter (Cyrus), who'd rather be home in New York. They reconnect through the only thing they have in common—music. Post-flick follow-up: Trade tunes with your teen for a playlist you can share.

## [ DIY BUBBLY ]

## Bottle Service

According to the U.S. Recycling Institute, more than 80 percent of soda cans in the U.S. end up in landfills. With **SodaStream**, a blender-size appliance that turns water into soda, your kids can be eco-friendly and still enjoy their favorite soft drink. The device (starting at \$90 at [sodastream.com](http://sodastream.com)) comes with plastic bottles made from reusable materials. Bonus: SodaStream's flavors have two-thirds fewer carbs, calories, and sugar than retail sodas, and they save money, too. Packets cost less than \$5 and make 33 cans' worth of soda.

