

# Parent Connection

VOLUME 2, ISSUE 6

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## SPECIAL POINTS OF INTEREST:

- Happy Father's Day
- Memorable Ways to Celebrate Dad
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## Happy Father's Day

Father's Day is a festival to honor your father for everything he did for you. This festival is celebrated with immense enthusiasm and lot of charm across the globe. The date and style of

celebrating this festival differs from country to country but one thing that remains noticeably same is the spirit of this occasion. Everybody takes the opportunity to honor their father and tell them how much they are loved and appreciated. In



HAPPY FATHER'S DAY

today's world, people celebrate this occasion with their grand

from father must especially strive to spend the day with father and show gratitude for all their support and love. We must pamper father by spending the day in a manner he likes most. It could be going out for a picnic or indulging him with a gourmet meal. We can also express love with thoughtful gifts accompanied

dad, father-in-law, uncle, step-father or many other men who is caring and protective as a father.

We must make all efforts to celebrate Father's Day with our Dad. Children staying away

by a bouquet of his favorite flowers. The idea is to show our affection and tell Daddy how much he is loved and appreciated not just on Father's Day but every single day of our lives.

## Memorable Ways to Celebrate Dad

Spend a little quality time with dad this Father's Day! What better way to celebrate him, then by hanging out! Whether it's a fun day in the sun, or catching the latest summer blockbuster, check out a few ideas below to celebrate the day, together!

- Take a bike ride. Pack a backpack with a picnic, and ride to your favorite park. Spend some quality

time together, while enjoying the summer days.

- Go to a baseball game! Whether it's the major leagues or the minors, you're sure to have a blast with dad at the ballpark!
- Go to a local playground and let dad act like a kid again! Swing on swings, slide on slides, teeter on the teeter-totter, play on the jungle gym. Have some

fun as a family and just enjoy the playtime, together!

- Catch a film!
- Get the grill going! Cook up a smorgasbord of his favorites from the grill, and enjoy a day in the sun! Get out a soccer ball, football, baseball and mitts, and have your own sporting event too!

# In the Kitchen: Father's Day Meals



**Breakfast:** Hamburger Hash

**Ingredients:**

- 2 tablespoons olive oil, divided
- 1 pound ground beef
- 1 medium onion, cut into 1/2-inch cubes
- 1 small green pepper, seeded and chopped into 1/4-inch pieces
- 1 small red pepper, seeded and chopped into 1/4-inch pieces
- 1 (15 ounce) can diced potatoes, rinsed and drained well
- 1 garlic clove, minced

Salt and pepper to taste

**Cooking Instructions:**

1. Warm olive oil in medium pan; add ground beef until cooked through. Drain on paper towels and set aside.
2. Add another tablespoon of oil to the pan; sauté onion and green and red peppers

over medium-low heat until softened, about 5 minutes.

3. Add potatoes and garlic to the vegetables; mix well. Add salt and pepper to taste.
4. Add beef to hash mixture. Cook on one side until potatoes and onions caramelize (brown) on the edges, about 5 minutes. Flip over and brown the other side.
5. Remove from heat. Serve with eggs and ketchup for a filling brunch.

**Prep Time:** 5 min **Ready in:** 20 min **Servings:** 4

**Lunch:** Triple Decker BLT Sandwich

**Ingredients:**

- 2 slices white bread
- 1/4 cup mayonnaise
- 3 lettuce leaves
- 1 tomato, thinly sliced
- 3 slices turkey bacon, cooked
- 3 slices Cheddar cheese

**Cooking Instructions:**

1. Toast the bread slices.
2. Spread a thin layer of mayonnaise on each slice. Layer bottom slice with lettuce, tomato, turkey bacon, and cheese. Spread another thin layer of mayonnaise on the cheese; repeat layers twice. Top with second slice of bread. Heat in microwave for 45 seconds to 1 minute, or until cheese is melted.

**Prep Time:** 5 min **Ready in:** 7 min **Servings:** 1

**Dinner:** Best Ever BBQ Burgers

**Ingredients:**

- 1 sweet onion, chopped
- 1 green bell pepper, chopped
- 4 cloves garlic, peeled and crushed
- 1 tomato, chopped
- 2 tablespoons steak sauce
- 2 pounds ground beef
- 1/4 cup dry bread crumbs
- salt and pepper to taste

**Cooking Instructions:**

1. Preheat an outdoor grill for high heat and lightly oil grate.
2. In a blender or food processor, gradually place sweet onion, green bell pepper, garlic and tomato. Blend into a thick liquid. Mix steak sauce into the mixture.
3. Pour the blended mixture into a large bowl. Place ground beef into the bowl, and thoroughly mix together. Set aside approximately 15 minutes.
4. Mix again if liquid is present, then gradually introduce dry bread crumbs until the ground beef mixture is firm enough to form hamburger patties. Salt and pepper to taste.
5. Form the ground beef mixture into hamburger patties. Cook on the prepared grill to desired doneness.

As a special treat for Dad, here are 3 easy recipes for Father's Day Meals!

Don't forget dessert! Try heating up chocolate chip cookies in the microwave for around 30 seconds and scooping vanilla ice cream on the top! OOOEEYYYY GOOEEYYYY Deliciousness.

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We would like to wish a Special

**HAPPY BIRTHDAY**

to all of our Family and Friends who have Birthdays this month!

**Enrique Midobuche 6/4**

**Mckayla Cervantez 6/6**

**Mckynzie Cervantez 6/11**

**Matthew Ydurarte 6/11**

**Gabriel Torres 6/12**

**Jordy Ellis 6/15**

**Cesar Solozano 6/19**

**Miracle Patterson 6/20**

**Aubrey Hodges 6/24**

**Jessica Gutierrez 6/25**

**Jesus Castro 6/26**

**Alana Ayala 6/26**

**Tony Richline 6/27**

**Janessa Ellis 6/27**

**Karely Castro 6/27**

**Jessica Esparza 6/28**

*If we missed your Birthday we are sorry! It just means we don't have it! Please contact us to give us that information!*



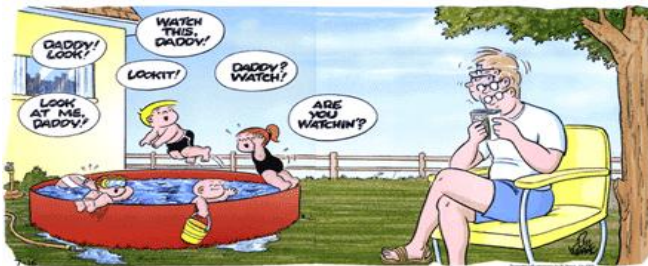
**Kids around water need your undivided attention!**

The Children's Safety Zone collaborates with local fire departments, hospitals and media together statistics and stories on water related incidents and fatalities in Arizona. Check out their website for facts!

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

Drownings happen to the best of families. Don't let yours be one of them.

**DON'T BE A PART-TIME LIFEGUARD**



**5 Tips for New Dad's**

According to a recent study by the Families and Work Institute, today's dads are putting in 75 percent of the time moms spend on childcare and household chores, up from 30 percent in 1977. But for first-time fathers, parenting can feel overwhelming. Here are some ideas from Greg Bishop, founder of Boot Camp for New Dads, that will help dads get a good start:

**Warm and Secure.** Learn to swaddle or "burrito-wrap" your baby just like they do in the hospital nursery. It makes the baby feel warm and secure.

**Burping Guru.** Become your

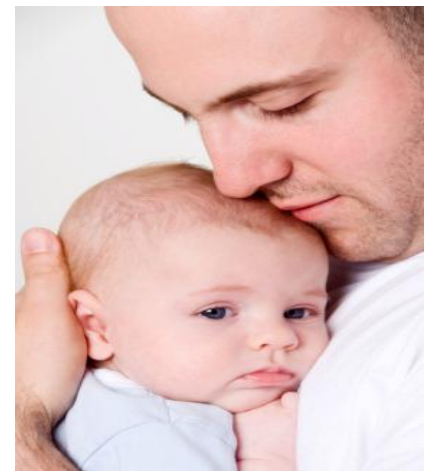
baby's burping expert by trying different techniques to see what works best. Also, babies love to suckle, and your clean finger can be the perfect pacifier. Try it with the soft side of your finger on the roof of your baby's mouth.

**Tour de Child.** Slowly bicycle your baby's legs to help him handle gas. Many babies and dads also find this a fun way to play together.

**Don't Forget Mom.** As tough as being a new parent is on fathers, it's even tougher on the mothers. Try to do things to make it easier for your wife. Constantly remind her how great she is doing and how much you love her. Arrange to take care of your baby alone for a few hours one day during

the first month. When Mom asks how it went, reassure her that you handled everything just fine.

**Be Involved.** Don't let others (usually parents or in-laws) push you to the side and take over your baby's care during the first months. Stand your ground and be involved in everything from the feeding to changing and every detail that comes up.



## Parenting Arizona

6741 N. 7th Street  
Phoenix, AZ 85014

### Safe Children.

Strong Families.

[www.parentingaz.org](http://www.parentingaz.org)

# Within the Community

## Lakeshore Learning

Every Saturday from 11-3 pm

**4727 E. Bell Rd, 602-482-7900**

June 5, Summer Sunglasses; June 12, Portable Storage Pouch; June 19, Father's Day Notepad Holder; June 26, Summer Fruit Baskets

## Cabela's Canyon Country Wildlife Museum and Aquarium

**9380 W Glendale Ave, 623-872-6700**

Store Hours: Monday—Friday 9 am—9 pm, Saturday 8 am-9 pm, Sunday 10 am-6 pm

Cabela's has more than 400 animals on display all with educational plaques as well as descriptions of the animals. They also offer free seminars on hunting/ fishing related topics. They also have a shooting range for a nominal fee and a Café. A great way to spend Father's Day for a relatively inexpensive amount of money.

## Arizona Mining and Mineral Museum

**1502 W Washington St, 602-255-3795**

Hours: Monday—Friday 8 am—5 pm,  
Saturday 11 am—4 pm

The collection includes over 19,000 minerals, rocks, fossils and artifacts. Included are mineral specimens, lapidary material, faceted stones, rocks, mining related artifacts, and a Tognini sculpture. **Admission is Free!**

## Glendale Aquatic Playground

**83rd Ave and Bethany Home Rd  
623-930-2820 for information**

Open Daily from Memorial Day to Labor Day from 9 am—Sunset

The 8,500-square-foot aquatic playground "features nearly 30 different nozzles and buckets, from cattails to ground geysers..."

## Rio Vista Splash Park

**89th Ave and Thunderbird Rd.**

**623-773-8600**

April 15—October 15th, 10 am—8 pm

## Altadena Park Spray Pad

**36th St and Cactus**

**602-262-6696**

## Hollyhock Community Pool

**15808 N Hollyhock St**

**623-222-2530**

Open June 1—August 6, Hours, Daily noon—3 pm

Admission Fee: Surprise Resident Under 17—\$1.00; Over 18 \$2, Non-Surprise Resident \$5.00

