

FREE

South Jersey

MARCH

2018

MOM

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Top

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Reasons
Why Your
Kid Needs
**SUMMER
CAMP**

Fun
**TODDLER
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How to
Tell if
Your Child
**BROKE A
BONE**

BIRTHDAY PARTIES FOR EVERY BUDGET

a letter from the **EDITOR**



Photo credit JCPenney Portrait Studios

Welcome to the annual Birthday Party issue! While we always hope our pages are inspirational, this month we're featuring South Jersey locations to throw your kid a perfect birthday extravaganza (page 16). Birthdays are meant to be fun, but with busy lives for today's super moms, make the day hassle free and hand over the details to enjoy the day with family and friends. And, need I remind you that the clock is ticking to find the right camp for your kids this summer. This month be sure to check out "Why Children Need Camp Today More Than Ever", (page 22). There are so many positive reasons to send your kids to camp, but the way I see it, resilience is the best skill for kids to obtain.

Jess Michaels, Director of Communications at the NJ and NY divisions of the American Camp Association says, "It's important for children to develop resilience for coping with the obstacles and stressors that inevitably will happen in their lives. At camp, children are often problem solving, adapting to change, and building confidence. These are all tools that help children to cope with hurdles they may encounter and therefore build resiliency." I love this concept! In addition to Editor of South Jersey MOM, I am also a licensed psychotherapist (page 15) and work with teens through adults that need help with problem solving skills. So often, kids and teens are isolated in the summer on social media instead of navigating social situations in person. Attending Summer Camp allows kids of all ages to connect, navigate and make autonomous decisions every day. This month is National Nutrition Month and be sure to look for Lisa Ann's healthy breakfast ideas (page 29) to get your kids eating more berries. Today's generation spend so much time with a device in their hand instead of a ball. I challenge you this month to play with your kids outside: take a walk, play soccer, throw a football, collect sticks. Be adventurous! The possibilities are endless.*

Your friend & fellow MOM,

Karen Ognibene,
Executive Editor
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some of my **FAVES**

CLARISONIC GLOW GETTER BRUSH HEAD

Start the spring season right with a customized skin-care regimen with Clarisonic's comforting brush heads and a luxurious cleanser that leaves skin more

radiant. Brush head set includes 2 Radiance Brush Heads with plush bristles to comfortably cleanse skin while improving dullness. Let your beauty, ambition, and self-confidence glow this spring.

Clarisonic.com; \$80



ZOUP! CHICKEN BROTH

Bursting with comforting chicken flavor that tastes homemade, Zoup! Low in calories, paleo-friendly, zero carbs, and completely free of hormones, gluten, GMO's, fat, trans fat and saturated fat. It really is good enough to drink!

ZoupBroth.com; \$7



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Jeremiah is a vibrant and energetic child who loves his mom, dad, big sister, and dog Tony. He is also a huge fan of anything that has wheels.



BADGER CHAMOMILE & CALENDULA CALMING BABY OIL

Gentle and great for sensitive skin. Care for your loved ones with 100% natural, safe and soothing Badger Baby Oil. Formulated with moisturizing oils and calming herbs to nurture and protect delicate baby skin and moms too! Organic extra virgin olive and jojoba oils gently soften and moisturize even the most delicate skin.

Amazon.com; \$14

