

Kid's Day Events Provide Time for Families to Bond

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Research has shown that spending quality family time is among the most critical factors in strengthening family bonds and promoting positive youth development. To encourage a local commitment to nurturing and appreciating children, Care Partnership, Centre County *Communities That Care*®, and Penn State Cooperative Extension have sponsored Centre County Kid's Day for the last 7 years. A day of free fun, Centre County Kid's Day has been modeled after National KidsDay. This national celebration of childhood was created in 1994 by KidsPeace, a 125 year old children's crisis charity, and has been elevated in national recognition by the Boys and Girls Clubs of America, 4-H, and YMCA. The intent has been to encourage adults to spend meaningful time with children to prepare them for healthy, happy, successful futures - whether it's with their sons, daughters, nieces, nephews, grandchildren, or any child in need of mentoring.

This year, events will be held in State College on Saturday, September 22nd from 11 a.m. to 3 p.m. at Central Parklet and on Allen Street and in downtown Bellefonte on Sunday, September 23rd from noon to 4 p.m. The State College events, coordinated by Care Partnership: Centre Region *Communities That Care*® and the State College Downtown Improvement District, will include a rock climbing wall, Moon Bounce, Giant slide, tunnel maze, face painting, food, crafts, games, nutrition and animal displays, a reading booth, music, a magician, Tae Kwon Do demonstrations, a musical instrument 'petting zoo', the Penn State Master Gardeners and BugMobile, free family photos, sidewalk sales by local businesses, and more. In Bellefonte, volunteers Jeff Steiner, Wendy Whitesell, and Lynne Bradley are coordinating *An Old-Fashioned Sunday in Bellefonte*, which will be reminiscent of days gone by with free activities and treats, such as hot dogs, shaved ice, candy, and ice cream, costing only a few cents. Families will relish the fun and the feeling of simpler, less hectic times while enjoying music, theatre, gardening, the Tumblebus, arts and crafts, the BugMobile, magic, and much more.

The demands of daily life often make spending meaningful time a challenge, but this year's Centre County Kid's Day promises to offer opportunities for adults to give children focused time, to promote togetherness, and to create memories. **To learn more about Kid's Day, to volunteer, or to become involved in your local *Communities That Care*®, visit www.centrecares.org. Giving of one's time and attention is a valuable gift, so this year, take the National KidsDay Pledge with a special child in your life and remember it throughout the year: "WE PLAN TO SPEND MEANINGFUL TIME TOGETHER - TO TALK - TO LISTEN - TO LEARN AND PLAY - TO SHARE A MOMENT, CREATE A MEMORY, AND MAKE A KID'S DAY!"**