



Time to **RELAX!**

Enjoy free yoga —
outside!

**Sports develop
life skills**
PAGE 4

**National
Balloon Classic**
PAGE 8

**Take-out
to the rescue**
PAGE 14

Make the most of what is left of summer

By Erin Huiatt

Only a few weeks remain of summer vacation, and there is still so much to cross off our Summer Bucket List! Des Moines has been filled with fun activities and events all summer. This issue we are providing important details for the National Balloon Classic, National Night Out, our favorite places for takeout in Des Moines and much more.

I recently read an article by another mom that talked about how we only get 18 summers with our children. They grow up so quickly, and every day flashes by. I hope you soak up these last few weeks of summer vacation before your children head off to school. ■



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Before heading to any event or activity, please double check times and locations. We try hard to keep everything accurate, but things do change without notice.

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www.eventbrite.com/e/2018-kids-expo-and-educational-fair-tickets-47190614398



Early childhood sports develop life skills

By Erin Huiatt

Why is it important to introduce sports during the early childhood years? Being involved in a sport or dance, beginning at a young age, creates some important life skills for our young children. Of course, if my children were not interested and said they did not want to do it, then we would have respected that. But, you may have experienced, like I did, that sometimes it takes some trial and error.

Early childhood sports create important life skills that will stick with them off the field, court or mat and in their everyday lives. Here are just four important life skills to keep in mind.

TEAMWORK

An obvious for most, but during that young age, our children are just beginning to learn how to work and play with others. They may or may not be in preschool. This could be the very first organized sport or program they are involved in. Sometimes it comes easily, and sometimes it does not. As our children grow, they will learn to interact with their peers and listen to their coaches. This life skill will show up when they go to school, in their future careers and in relationships with others.

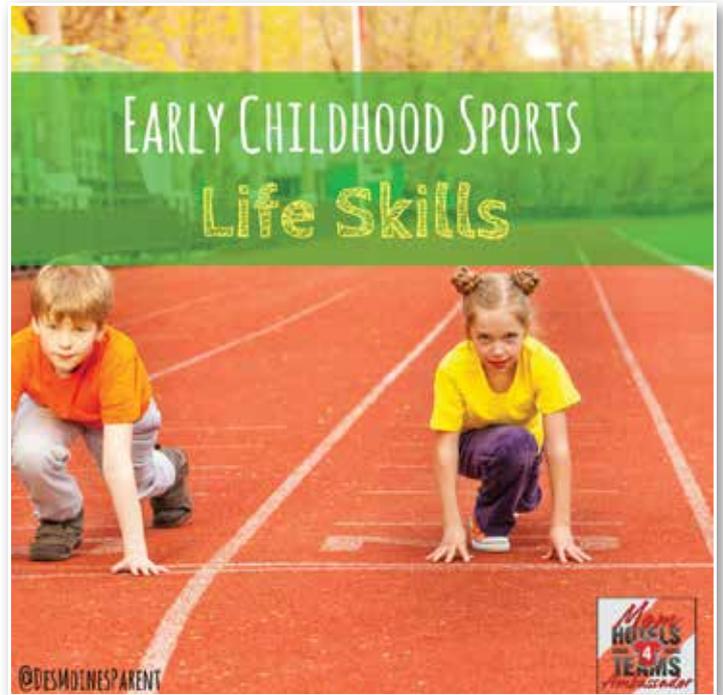
BEING ACTIVE

We are all aware of how technology is taking over our children's lives, and, as parents, it can be a struggle to keep them away from the computers, iPads, iPhones and televisions. When they are sitting and glued to their electronic devices, they are losing opportunities to be outside or inside running around, making friends and having fun being active. Help your child find a sport or activity that will get them running, jumping, sweaty and that heart rate up. Hopefully, they will realize how good they feel and will want to continue being active as an adult.



FOLLOWING RULES

We can probably all agree that the toddler age is a rough time for following rules. They are just being introduced to the concept, and who wants to follow rules anyway? I have quickly learned as a parent that my children tend to follow rules better for someone else than for me. Sports, dance and activities are filled with rules. Introducing this concept now is a great idea, and you start to see the difference at home as well. Of course, knowing what rules are, how to follow them and the consequences when they are not followed is another great life skill.



CONFIDENCE

Having confidence is a great life skill and characteristic we should all have. Building that confidence in your children at a young age will set them up to have that all through life. Finding a sport or activity that they love is a great way to build that confidence, and cheering them on is another great way to boost that confidence level in every child.

Teaching your children life skills through sports is great, but always listen to them. You never want to burn them out or overschedule them with a crazy amount of sports and activities. Watch for their cues and make sure it is always enjoyable for them. ■



➔ [Link to original post: https://desmoinesparent.com/early-childhood-sports-life-skills/](https://desmoinesparent.com/early-childhood-sports-life-skills/)



Fam Jam at Cowles Commons

By Erin Huiatt

Fam Jam at Cowles Commons is the perfect opportunity to get outdoors and enjoy live music with your family. Fam Jam is created specifically for families with younger children but provides something for all ages. Families can enjoy live music, art making and activity stations with community partners, bounce houses, and food trucks. The entire event is free and open to the public. Take a look at the three upcoming Fam Jams scheduled at Cowles Commons.



JUSTIN ROBERTS & THE NOT READY FOR NAPTIME PLAYERS

Sunday, July 22

1-5 p.m.

Justin Roberts has been nominated for a Grammy three times. For about 20 years, he has been creating songs for kids and parents that focus on the ups and downs of growing up. The entire family will enjoy rocking out with Justin and his band, The Not Ready for Naptime Players.



Justin Roberts Promo Photography for his upcoming album "Lemonade" © Todd Rosenberg Photography 2016

TIM KUBART & THE SPACE CADETS

Sunday, Aug. 19

1-5 p.m.

Tim and his band are engaging and interactive as they sing about iconic childhood experiences. The songwriters, Tim Kubart and Matt Puckett, enjoy creating music that bridges the gap between innocence and wisdom, which allows all age levels to appreciate their fun music.



THE OKEE DOKEE BROTHERS

Sunday, Sept. 16

1-5 p.m.

The brothers Joe Mailander and Justin Lansing grew up together exploring the outdoors. They took their passion for outdoors and created fun, American folk music singing about their adventures. Now Grammy award winners, they love to share their love for the outdoors and inspire families to get creative and motivated to spend more time playing outside. ■



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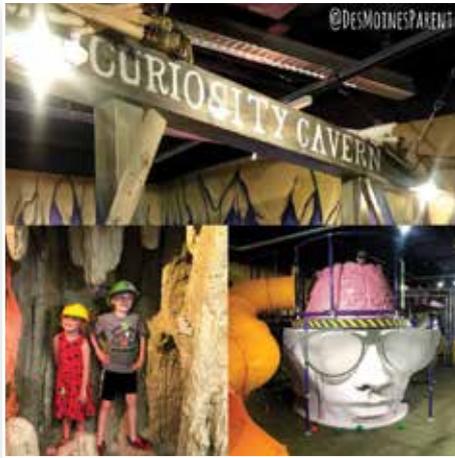
Omaha Children's Museum's new exhibits

By Erin Huiatt

Des Moines is a pretty amazing city that offers so much to do, but do you know what else makes Des Moines so awesome? How close it is to other major cities in the Midwest.

If you have been following Des Moines Parent for awhile, you may know we love to travel and explore. One of our favorite places to visit, not too far west from us, is Omaha. Omaha offers plenty to do.

The Omaha Children's Museum is filled with things to see and do all day long, including camps, events and rotating exhibits. We visited at the beginning of April and just made another trip a couple of weeks ago, and I was amazed at how much the museum had changed and offers even more educational and fun things to do.



S.T.E.A.M. Cave

When we visited in April, this portion was under construction, and I wondered what they were doing behind the scenes. They were renovating their science area and have created something even more fun!

The S.T.E.A.M. Cave is a hands-on science learning lab designed to simulate the environment of an underground cave with steam pipes flowing through it. The Omaha Children's Museum has partnered with NASA and presents NASA-created programs that have been modified to target children between the ages of 4 and 8. Some fun examples of programs include Mars rover races, learning about space volcanoes and astronaut training.

In the same area of the museum, you will find other exhibits that are geared

toward S.T.E.A.M. principles including the Glowworm Cavern, where you can explore bioluminescence; Giga Guitar Table; and one of my kids' favorites, Grace Hopper's Brain.

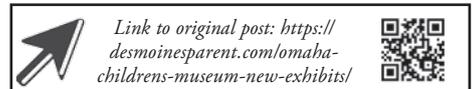
Nickelodeon's Teenage Mutant Ninja Turtles: Secrets of the Sewer

When I heard there was a Teenage Mutant Ninja Turtle exhibit, I knew my kids would be excited, but I was not sure what to expect. I was amazed at how much there was for the kids to do — all centered on the four funny turtles. You can check out live turtles and rats or even watch the Radical Rats Animal Show. Dress up as the Ninja Turtles, design and build a spy bot, do some ninja training, or test your knowledge of the Teenage Mutant Ninja Turtles and answer some trivia questions. This exhibit will be at the Omaha Children's Museum now until Sept. 2.

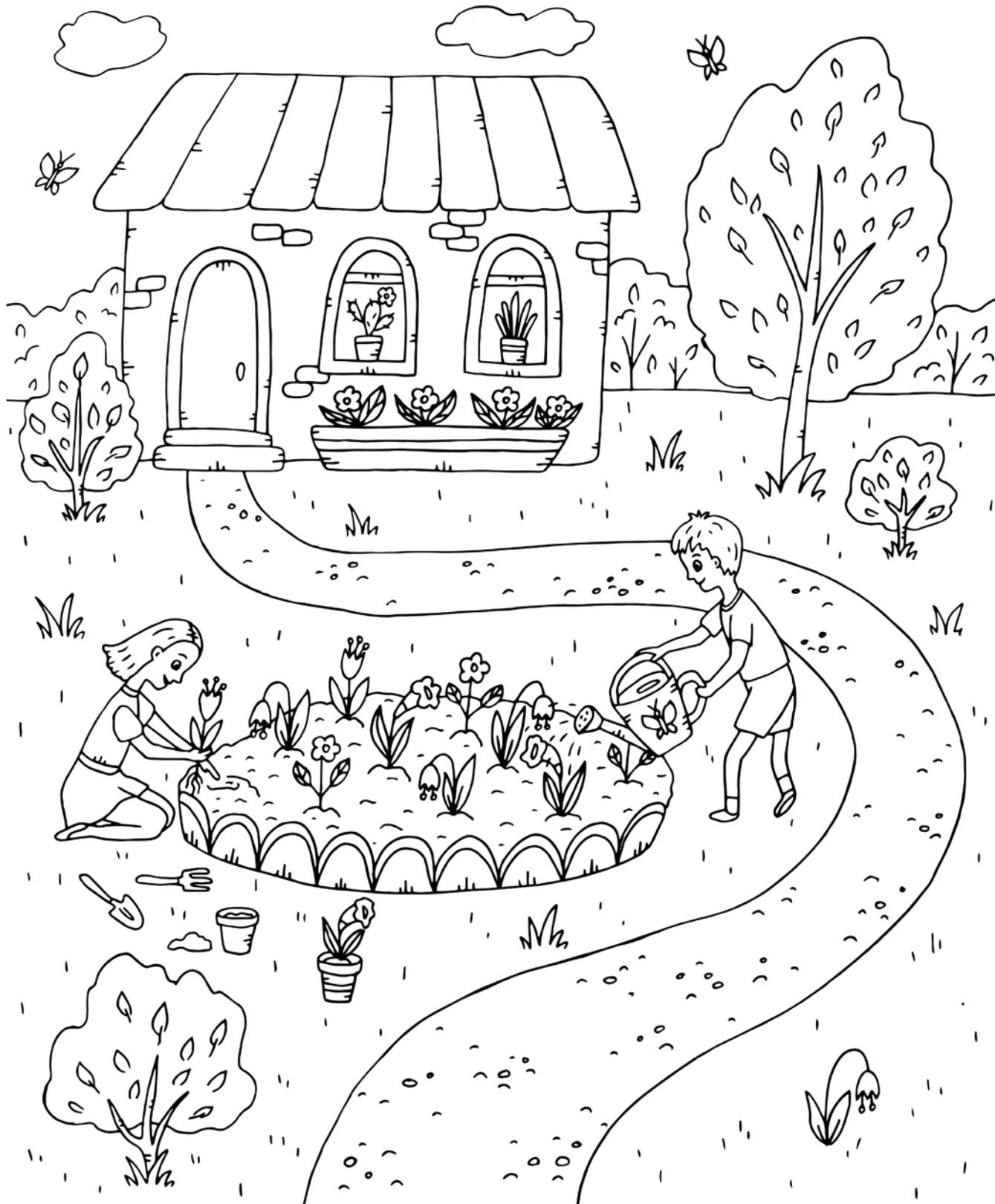
Children's China: Celebrating Culture, Character and Confucius

We enjoyed walking through this cultural exhibit and experiencing common things in China. Not only did the kids enjoy all of the activities in this exhibit, I also learned a ton about children in China. It was very interesting. The pictures and videos of the cute pandas were an added bonus. This exhibit will be at the Omaha Children's Museum until Aug. 19.

Fun Fact: If you have a Science Center of Iowa or Tri membership, your admission is free at the Omaha Children's Museum. ■



HOW MANY?



Into the blue: National Balloon Classic 2018

By Erin Huiatt

It's that time of year, and you will see lots of hot air balloons being released. The National Balloon Classic begins Friday, July 27, and goes on every day until Saturday, Aug. 4.

Not only are balloons released every day (depending on weather conditions), but there is live entertainment, kids' activities, food, fireworks and more. Below you will find an outline of what you can expect each day. You can view the entire schedule at www.nationalballoonclassic.com.

ADMISSION

Morning admission (gates open at 5 a.m.): free

Evening admission (gates open at 4 p.m.) ages 6 and over: \$5

Ages 5 and younger: free

Parking: free

FRIDAY, JULY 27

6:30 p.m. Balloon Flight

On Stage: The Nadas

SATURDAY, JULY 28

5:15 a.m. Dawn Patrol

6:30 a.m. Balloon Flight

11 a.m. Wacky Classic Parade on the Indianola City Square

6:30 p.m. Mass Ascension Balloon Flight

Dark: Fireworks

On Stage: Dirty Rotten Scoundrels

SUNDAY, JULY 29

6:30 a.m. Competition Balloon Flight

6:30 p.m. Balloon Flight

Dark: Nite Glow

On Stage: Damon Dotson Band



MONDAY, JULY 30

6:30 a.m. Competition Balloon Flight

6:30 p.m. Open the Skies, Mass Ascension Balloon Flight

On Stage: Royce Johns

TUESDAY, JULY 31

6:30 a.m. Competition Balloon Flight

6:30 p.m. Balloon Flight

On Stage: Dueling Guitars, featuring Brian Congdon and Brad Seidenfeld

WEDNESDAY, AUG. 1

6:30 a.m. Competition Balloon Flight

6:30 p.m. Balloon Flight

Dark: Nite Glow Extravaganza

On Stage: Son of Gladys Kravitz

THURSDAY, AUG. 2

6:30 a.m. Competition Balloon Flight

6:30 p.m. Balloon Flight

On Stage: Joshua and Nicholas Sinclair

FRIDAY, AUG. 3

6:30 a.m. Competition Balloon Flight

6:30 p.m. Balloon Flight

Dusk: Nite Glow

On Stage: B2twins



SATURDAY, AUG. 4

5:15 a.m. Dawn Patrol

6:30 a.m. Competition Balloon Flight

5:30 p.m. Des Moines Skydivers/Skydive 515

6:30 p.m. Balloon Flight

Dark: Fireworks

On Stage: Jason Brown

WHAT IS NITE GLOW?

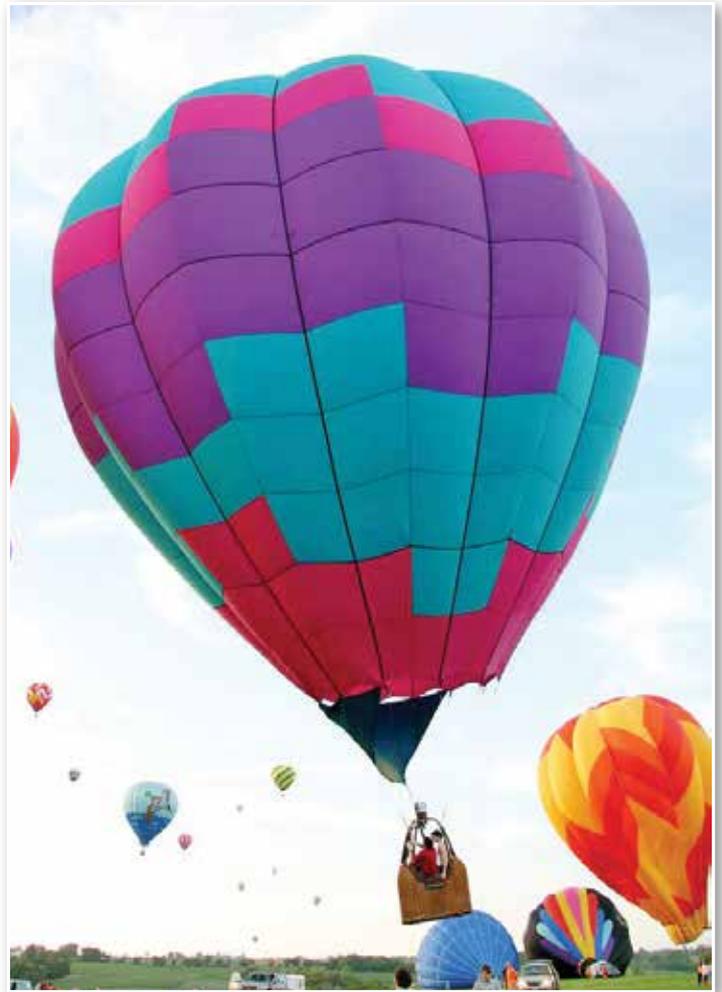
This is when inflated balloons light up the sky! The pilots fire their burners and the balloons glow up in the air. The night of the Nite Glow Extravaganza, guests are invited to come out to the launch field for an even closer view.

WHAT IS DAWN PATROL?

Pilots launch early in the morning prior to sunrise and fly around until it is light enough to land. It is very rare for balloons to fly in the dark. Grab a flashlight and look for them up in the sky.

BALLOON FLIGHT OVER DES MOINES!

On Monday, July 23, The National Balloon Classic will kick off this year's event by having hot air balloons fly over Des Moines. Rain date Tuesday, July 24.



SOME TIPS

- No outside food and drink are allowed.
 - Make sure you bring cash. Only cash is accepted. There are ATMs on the grounds.
 - No pets.
 - If a balloon flight is canceled due to weather, you can use that ticket anytime during the 2018 National Balloon Classic only. There are no refunds.
 - There is a special area for kids to play called Kids Land Activities.
 - Purchase your tickets ahead of time at www.nationalballoonclassic.com.
 - Bring lawn chairs and blankets. If you forget your chair, you can rent one \$2 per chair.

WARREN COUNTY FAIR

Do not miss the Warren County Fair going on July 25-30, not far from the Balloon Classic. Learn more at www.warrencofair.com.

All dates, times and events have been added to our event calendar. Download our free app to have easy access to what is going on. ■



Link to original post:
[https://desmoinesparent.com/
into-the-blue-national-balloon-classic-2018](https://desmoinesparent.com/into-the-blue-national-balloon-classic-2018)



Free outdoor yoga in Des Moines

By Erin Huiatt

As a parent, we need a little “me” time. Yoga is the perfect way to relax, meditate, stretch, meet other people and have fun. We are lucky to have so many opportunities to enjoy some free outdoor yoga in Des Moines. I have collected an awesome list of places and dates where you can enjoy some “me” time.

YOGA BY THE LAKE

Terra Lake Park in Johnston

8-9 a.m.

June 30, July 7, July 21 and Aug. 4

Bring your yoga mat and join professional Power Life Yoga instructors

YOGA IN THE PARK ANKENY

Ankeny Bandshell, 4120 West First St.

8-9 a.m.

Saturdays, May 5 – Sept. 29

YOGA IN THE PARK DES MOINES

Gray's Lake on the southeast lawn

9-10 a.m.

Classes are taught each Saturday by volunteer instructors from around the metro area.

YOGA IN THE PARK INDIANOLA

Buxton Park, 210 W.

Girard Ave.

9 a.m.

Saturdays now through Sept. 29

For men and women ages 18 and older

HEARTLAND CHIROPRACTIC AND WELLNESS CENTER

9 a.m.

Aug. 18

Bring a friend and enjoy a smoothie after



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WHEN: First Thursday of every month from 5-7 p.m.



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YOGA ON THE LAWN WEST DES MOINES

North Lawn at West Des Moines City Hall

9 a.m.

Sundays now through Aug. 26

For ages 6 and older

WELLNESS WEDNESDAYS

Cowles Commons

Noon to 1 p.m.

Wednesdays now through Sept. 26

All levels and abilities welcome. In case of inclement weather, the session will move indoors if possible. Please bring a yoga mat, water, towel and a friend to join!

POP UP YOGA DSM

- July 29 at 12 p.m. at Jasper Winery
- Aug. 8 at 5:30 p.m. at Cowles Commons
- Aug. 22 at 5:30 p.m. at Colby Park ■



Link to original article:
<https://desmoinesparent.com/free-outdoor-yoga-in-des-moines-2018/>



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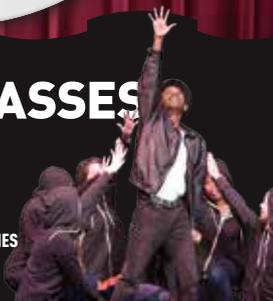
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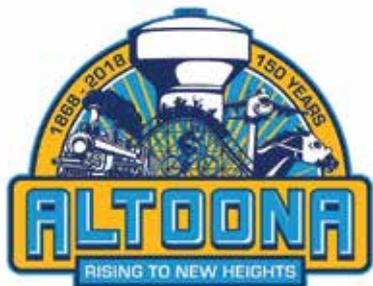
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Can't-miss events around Des Moines



**Thursday, July 26 -
Sunday, July 29**
Altoona's 150th birthday
Celebrate with events, activities and more scheduled all weekend long. Fun for the entire family. Learn more at <http://altoona150.org>.



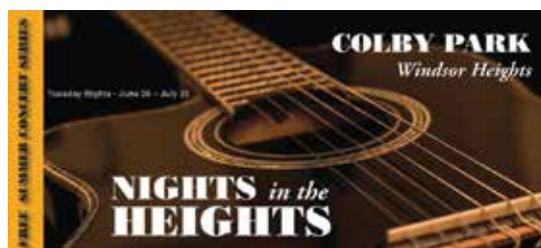
Saturday, July 28
Camp Hantesa's 100th birthday
Several activities will be open to the public including rock climbing, swimming, archery, pony rides and more. Guests will also have the opportunity to meet the staff, take a guided tour of camp, bid in the silent auction and enjoy a free lunch! The event will conclude with a special council fire ceremony starting at 1:30 p.m. The celebration starts at 11 a.m. Learn more at www.campfireiowa.org.



Sunday, July 29
Cardboard boat races
Join Indianola Parks and Recreation for this annual event! Build your boat using only cardboard and duct tape, then arrive at the Indianola Aquatic Center ready for the most unique race of your life! Wear your swimsuit — you'll be getting wet! Paddles/oars will be provided. Spectators are invited to cheer on the fun! Admission is free for everyone. Starts at 7:15 p.m. Learn more at Indianola Parks and Recreation.



Sundays, July 1 - Sept. 5
**Live at the Creek at
Jordan Creek Town Center**
Enjoy free live music from 5-8 p.m. at the Jordan Creek Town Center Amphitheater. A beer and wine garden will be available as well. Take a look at the list of live music at www.jordancreektowncenter.com.



Tuesday, July 31
Music in the park
Enjoy live music outdoors at Colby Park. There will be food trucks and local vendors. The concerts are free. The Windsor Heights Lions Club will serve free snow cones and the Windsor Heights Foundation will be popping fresh popcorn. Concert starts at 7 p.m. with Brother Trucker performing. Learn more at www.windsorheights.org.



Monday, Aug. 6 - Friday, Aug. 10 Romp 'N Read Summer Style

This program, offered at the Clive Public Library, is the perfect option for children ages 4 and younger if it is too hot outside. Enjoy indoor movement activities and a book nook that you and your child can explore together. Adults need to accompany their children at all times. Older siblings may also enjoy the book nook. This is a drop-in program, 9:45-11:45 a.m.

Thursday, Aug. 9 Storytime at the park

Meet at the Pappajohn Sculpture Park for a storytime featuring stories, songs and movement. Located on the east side of the sculpture park near the large white Nomade sculpture. In case of rain, the storytime will be held at the Central Library. Preschool groups and daycares will meet at 9:30 a.m. and families will meet at 10:15 a.m. Learn more at www.dmpl.org.



Saturday, Aug. 11 Adel Sweet Corn Festival

Mark your calendars for the Adel Sweet Corn Festival! The Adel Sweet Corn Festival is a 39-year tradition. Starting with corn shucking Friday evening, the festival features the largest parade in Dallas County on Saturday, all day entertainment, food and craft vendors and 7.5 tons of free sweet corn, 9 a.m. to 5 p.m. Learn more at Adel Sweet Corn Festival Facebook page.




Sundae in the Park
Sunday, August 12
6 to 8 p.m.
Simpson Barn
6169 Northglenn Drive



Sunday, Aug. 12 Sundae in the Park

This event is a great opportunity to get the kids ready to head back to school. Johnston City departments and school administrators will be scooping free ice cream, so we encourage you to come meet them. You can also hop into the cab of a snow plow, explore a fire engine and sit in a Johnston police vehicle. All activities are open from 6-8 p.m. at The Simpson Barn. Learn more on the Johnston City Administration website.

Sunday, Aug. 19 Fam Jam

A brand new Fam Jam event is offered at Cowles Commons this summer. Fam Jam events include a performance by children's pop band Tim Kubart and the Space Cadets, arts making and activity stations with community partners, bounce houses and food trucks, 1-5 p.m. Learn more at <https://desmoinesperformingarts.org>.



For more events around Des Moines, go to www.desmoinesparent.com/event-calendar



Take-out to the rescue

10 go-to take-out restaurants in Des Moines

By Ashlen Sheaffer, The Kidsperfs

I try to make as many healthy, homemade meals as possible. Sometimes life makes it impossible. After a 10-hour workday and busy nights, take-out food is our best bet for dinner. After our 10-day road trip to Montana and Wyoming, we had our fill of fast food (I can't drive by a McDonald's without feeling nauseous). Luckily, we have plenty of local favorites that are quick, not too hard on the bank account, and can easily be paired with veggies and fruit to make dinners healthy (well, kinda) and easy for everyone. So, what are our go-to take-out places in Des Moines? Take a look:

1. SMASHBURGER

1821 22nd St., West Des Moines

I'm partial to the black bean burger and Smash fries.

2. GATEWAY MARKET

2002 Woodland Ave., Des Moines

Great options for us all (their vegan noodles are my favorite), plus whoever picks it up can get grocery shopping in, too.

3. COOL BASIL

1250 86th St., Clive

I love the pad thai and spring rolls. They deliver to anywhere west of 56th Street in Des Moines.



YOUR IOWA STATE FAIR ★ SAVINGS ★

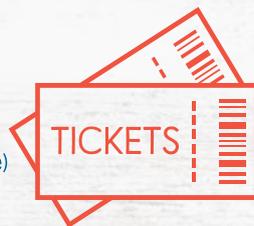
DISCOUNTED ADVANCED ADMISSION TICKETS

Adults: \$8 (\$12 at the gate)

Children (ages 6–11):
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Children (ages 5 and under): FREE

Advanced admission tickets available while supplies last through August 8, convenience fees may apply.



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4. SHANG YEN

5717 Hickman Road, Des Moines

This is my favorite Chinese food in Des Moines. I've never had anything bad here, and it's quick.

5. TAMALES INDUSTRY

Merle Hay Mall food court

If we know early in the day that we're getting take-out for dinner, we'll call ahead and order a dozen (you know, for leftover purposes). Plus, they have strawberry and pineapple tamales that are ah-maz-ing.

6. HY-VEE TAKE N' BAKE PIZZAS

Any Hy-Vee grocery store

Great for an easy, quick dinner for a great price.

7. MI PATRIA

1410 22nd St., West Des Moines

My kids are partial to the arroz con pollo, while I can't get enough of their fried plantains and llapingachos (with the peanut sauce on the side). Their portion sizes are generous, so plan on splitting meals or having plenty for leftovers the next day.

8. TASTY TACOS

Locations in Urbandale, West Des Moines, Des Moines and Ankeny
Quickly grab delicious, soft and filling tacos. Their guacamole is the only guac my kids will eat (along with flour chips, of course).

9. GAZALI'S

1205 25th St., Des Moines

Our favorite Greek food in Des Moines! Gyros, Greek salad and pita bread are always in our to-go orders. We like to head to this restaurant during summer break or during breaks during the school year since it can get a tad crazy on Drake's campus and parking can be...not so fun.

10. TED'S CONEY ISLAND

Locations on Ingersoll and in Urbandale

Speaking of Greek, I swear by their Greek salad and pita bread. I like that their kids' meals come with applesauce (as well as french fries) and a decent drink choice (milk, juice, water). ■



Link to original article:
<https://desmoinesparent.com/take-out-to-the-rescue-10-go-to-take-out-restaurants-in-des-moines/>



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2018

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Des Moines area parks perfect for muddy days

By Stephanie Woodson

With the rainy weather, playgrounds with lots of dirt or sparse wood chips can turn into mud pits. I thought I'd put together a list of playgrounds with rubber footing around Des Moines so you can get outside even if you don't want to do a million loads of laundry. These are all parks you can visit without getting muddy and burn off all that stir-crazy energy.

Now is the perfect time to buy some waterproof boots. We usually have one pair of waterproof boots and one pair of tennis shoes for spring, then sandals for warmer weather and boots for winter.

We also adore our Oakiwear rainsuits. They are super high quality, and you can buy two sizes bigger because they cinch at the ankles/waist/wrists, so they're worth the investment. Perfect for muddy days. Then you don't have to be as picky about playground footing.

ANKENY

Dean Park

S.W. 19th Street and S.W. College Avenue, Ankeny

Type: Places to get wet, play and take a walk

Bathrooms: No

Shade: Yes, shaded shelter

Playground: Yes

Trails: Yes, paved

Water: Yes, sprayground

Other notes: Baby swings, basketball court, grill, reserveable shelter, climbing wall, separate toddler playground.



Miracle Park

300 N.W. School St., Ankeny

Type: Places to play

Bathrooms: Yes

Shade: No

Playground: Yes

Trails: No

Water: No

Other notes: Baby swings, separate toddler playground.

ALTOONA

Ironwood Park (aka Pirate Ship Park)

2380 Third Ave. S.W., Altoona

My Google Maps takes me somewhere close, but not exact. Use the intersection of Third Avenue S.W. and 24th Street S.W. Altoona for a closer end point.

Type: Places to play

Bathrooms: Yes, non-flush

Shade: Yes, shaded shelter

Playground: Yes

Trails: Yes, paved

Water: No

Other notes: Tennis, basketball. Really unique playground with a wobbly plank, sea monster and some cool hills that would be perfect for sledding. Public art.



DES MOINES

Pete Crivaro Park

1105 E. Railroad Ave., Des Moines

Type: Places to play, get wet and take a walk

Bathrooms: Yes

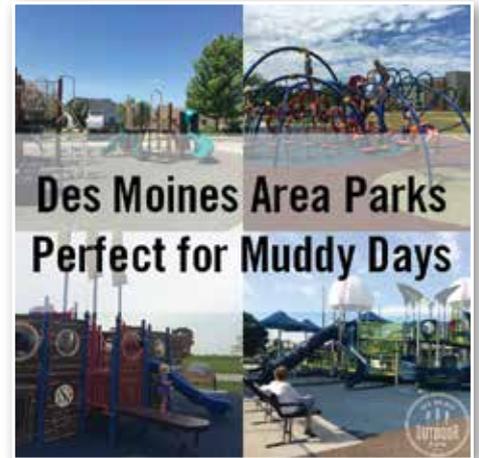
Shade: Yes, shaded shelter(s)

Playground: Yes

Trails: Yes, paved

Water: Yes, wading pool with spray elements

Other notes: 9-hole disc golf course, basketball court (non adjustable hoops), grill, reserveable shelter, backstop.



Ashley Okland Star Playground & Nature Trail

5300 Indianola Ave., Des Moines

Type: Places to play and hike

Bathrooms: Yes

Shade: Yes, shaded shelter and shaded trails

Playground: Yes

Trails: Yes, dirt trail

Water: Yes, stream

Other notes: A part of the larger Ewing Park, this has ramps for wheelchair access and a wheelchair-friendly swinging deck, in addition to adaptive swings and baby swings. There is a great hiking trail for young kids — not stroller friendly, lots of little bridges, muddy after rain.



Drake Park

2300 Drake Park Ave., Des Moines

Type: Places to play and get wet

Bathrooms: Yes

Shade: Yes, partially shaded playground and shelter

Playground: Yes

Trails: No

Water: Yes, wading pool

Other notes: Backstop, basketball, grill, tennis, baby swings.

JOHNSTON

Morningside Park

Merle Hay Road and Morningside Drive, Johnston

Type: Places to play
Bathrooms: Unknown
Shade: Yes, partially shaded playground
Playground: Yes
Trails: Yes, paved
Water: Yes, creek

Other notes: Easiest access, besides the trail system, is via Northglenn Drive. Little free library.

PLEASANT HILL

Copper Creek Lake Park

4390 E. University Ave., Pleasant Hill

Type: Places to play, take a walk and take a hike

Bathrooms: Yes
Shade: Yes, shaded shelter
Playground: Yes
Trails: Yes, paved and grass — short grass nature trails are behind the playground.
Water: Yes, pond

Other notes: Soccer, reserveable shelter, bridge to cross over.



POLK CITY

Polk City Town Square

107 South Third St., Polk City

Type: Places to play
Bathrooms: No
Shade: Yes
Playground: Yes
Trails: No
Water: No

Other notes: Public wi-fi

WEST DES MOINES

Walnut Woods

3155 S.E. Walnut Woods Drive, West Des Moines

Type: Places to hike and play
Bathrooms: Yes
Shade: Yes, shaded trails
Playground: Yes
Trails: Yes, dirt/sand
Water: Yes, river

Other notes: Great short loop for young kids, bird blind, fishing, boat ramp, shelter.

WINDSOR HEIGHTS

Colby Park

69th Street and School St., Windsor Heights

Type: Places to play
Bathrooms: Yes
Shade: Yes, shaded benches, partially shaded playground
Playground: Yes
Trails: Yes, paved
Water: No

Other notes: Separate toddler playground, outdoor stage, little free library, fire truck. ■



Link to original post: <http://outdoorfun.desmoinesparent.com/playgrounds-with-rubber-footing-around-des-moines-iowa>



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Greenwood Park in Sylvan Theater
(south of Grand Ave on 45th St)

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ALTOONA

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National Night Out 2018: Des Moines

By Erin Huiatt

National Night Out happens every year on the first Tuesday in August. This annual event is a time when communities come together with the police to create partnerships. Children can learn and activities are held. Mark your calendars for Aug. 7 this year. Learn more about National Night Out at <https://natw.org>.

We will be adding more community events as they are announced to our blog post. Make sure you double check it.

ALTOONA

Tuesday, Aug. 7, 6-8 p.m.

Altoona Christian Church

National Night Out is a fun, free, community-building campaign established in 1984. It is held every year in thousands of communities in all 50 states, U.S. territories, Canadian cities and military bases worldwide on the first Tuesday in August. Altoona first celebrated National Night Out in 2016. Don't miss out!

They do this to foster community partnerships, neighborhood friendships, celebrate first responders and enjoy free family and community fun!



NATIONAL NIGHT OUT

IN DES MOINES 2018

@DESMOINESPARENT

BEAVERDALE

Tuesday, Aug. 7, 6-8 p.m.

Beaver Bend (the intersection of Beaver and Franklin avenues and 41st Street)

The BNA will again partner with Des Moines Police and City of Des Moines Fire Department, Westminster Presbyterian Church and local businesses to sponsor National Night Out. This is a free, kid-friendly event.

URBANDALE

Tuesday, Aug. 7, 5-7:30 p.m.

Urbandale Police Department

Mark your calendars for the 2018 Urbandale Police Department National Night Out Event. In 2017, this event received eighth place and received a national award for National Night Out. This is a great opportunity to bring the whole family out for some fun, games and food while interacting with our officers in Urbandale. Help officers show the criminals that they will not be tolerated in Urbandale. This is also the police department's 10-Year Anniversary of hosting this great event, and they are hoping to make it their biggest event so far.

WINDSOR HEIGHTS

Tuesday, Aug. 7, 5-7 p.m.

Colby Park

There's something for every member of the family to enjoy. They will kick the festivities off at 5 p.m. at Colby Park. Keep an eye on their Facebook event for all the details. ■



Link to original article:
<https://desmoinesparent.com/national-night-out-2018-des-moines>



Summer Bucket List



DES MOINES

- JOIN A SUMMER READING PROGRAM AT YOUR LOCAL LIBRARY.
- BUILD A CAMPFIRE AND MAKE S'MORES.
- HAVE A WATER BALLOON FIGHT.
- VISIT JESTER PARK NATURAL PLAYSCAPE.
- FLY A KITE.
- BUILD A LEMONADE STAND IN YOUR NEIGHBORHOOD.
- GO ON A FAMILY BIKE RIDE.
- SPLASH + PLAY AT ASHBY PARK, GREENWOOD PARK OR ANY SPLASH PAD IN DES MOINES.
- RIDE THE HERITAGE CAROUSEL AT UNION PARK.
- VISIT THE BLANK PARK ZOO.
- SPEND THE DAY AT ADVENTURELAND AND ADVENTURE BAY.
- GO CHEER ON THE IOWA CUBS AT PRINCIPAL PARK.
- COLLECT FIREFLIES.
- GRAB SOME GOOD GRUB FROM A LOCAL FOOD TRUCK.
- WATCH FIREWORKS.
- ATTEND THE DES MOINES ARTS FESTIVAL.
- COOL OFF AT ONE OF DES MOINES' AQUATIC CENTERS.
- JUMP IT OUT INDOORS ON A RAINY DAY.
- ENJOY FREE BOWLING AT SEVERAL LOCAL BOWLING ALLEYS.
- GRAB A CORN DOG AND FRESH SQUEEZED LEMONADE AT THE IOWA STATE FAIR.
- VISIT THE DOWNTOWN FARMERS MARKET OR ANY CENTRAL IOWA FARMERS MARKET.
- GET YOUR HANDS DIRTY AND PICK SOME STRAWBERRIES + BLUEBERRIES.
- SPEND THE DAY AT GRAY'S LAKE WALKING, SWIMMING, PADDLE BOARDING, YOGA, ETC.
- ATTEND A JASPER WINERY CONCERT EVERY THURSDAY DURING THE SUMMER. FUN FOR THE ENTIRE FAMILY!
- TAKE A TRIP TO SNOOKIES FOR ICE CREAM.
- TAKE A ROAD TRIP TO OMAHA.
- HIKE + CREEK STOMP AT LEDGES STATE PARK.
- MINIATURE GOLF.
- WATCH A HOT AIR BALLOON FLIGHT DURING THE NATIONAL BALLOON CLASSIC.



DES MOINES
PARENT

CONNECTING CENTRAL IOWA FAMILIES

Outdoor birthday party ideas

By Erin Huiatt

Summer birthdays are great celebrated outdoors. Check out this list of great places and resources to host any party outdoors.

Adventureland Amusement Park

Group discounts available, perfect for large families and birthday groups. www.adventurelandpark.com/group/

Heritage Carousel

Rent the classic Heritage Carousel in Union Park for rides and fun.

Ice Cream

Grab some friends and visit one of central Iowa's favorite ice cream shops. desmoinesparent.com/ice-cream-shops-in-central-iowa/

Iowa Cubs

Have a grand slam birthday party with the Iowa Cubs! Includes Dairy Queen cake, Iowa Cubs invites, balloons, sign and much more. www.milb.com/content/page.jsp?ymd=20100325&content_id=8923092&sid=t451&vkey=team2



FURRY FRIENDS AND NATURE

Blank Park Zoo

90-minute rental space, ice cream, animal show presentation and more. www.blankparkzoo.com/plan-your-visit/birthdayparty/may---october-birthday-parties/

Raccoon River Nature Lodge

Theme-related activity, cake, ice cream, juice and more. www.wdm.iowa.gov/Home/Components/FacilityDirectory/FacilityDirectory/63/2585

Tinkergarten

Choose from different themes including Plant a Seed, Wild Rumpus and Mystery Trail Hike. www.tinkergarten.com/birthday

OUTDOOR ENTERTAINMENT

If you decide to host a party outdoors these various entertainers are for hire:

Art by Kat

Face painting. <http://katjostevens.wix.com/artbykat>

FunFlicks Outdoor Movie

Rent a huge screen for your backyard for a huge movie night. <http://funflicks.com/ia/des-moines>

Game Truck

A mobile game theater. www.gametruckparty.com/des-moines

Royalty and Me

Invite a special princess to the party. www.royaltyandme.com

Party Hero

Invite a superhero to the party. <http://partywithahero.com>

TJ Party Rentals

Bouncy houses and giant slides are available for rent here. www.tjpartyrentals.com

PAINTBALL AND SPORTS

Archery Field and Sports

Rent the field and have some colorful fun. www.archeryfield.com/paintball.html



Blank Golf Course

Rent this facility for mini-golf. <http://golflblank.com/mini-golf/>

Gray's Lake Park

Grab a couple of friends and canoe, sail, paddleboard or swim at the beach. www.dmgov.org/Departments/Parks/Pages/Parks.aspx?Tab=Gray%27s+Lake+Park

Sleepy Hollow Sports Park

Go-kart, mini golf, laser tag and more. <http://shspdm.com/birthday-parties/>

Toad Valley Golf Course

Golf themed cakes, mini-golf, drinks and more.
<http://toadvalleygolfcourse.com/mini-golf-2/birthday-packages/>

West Grand Golf

Voted CITYVIEW's best mini golf. www.westgrandgolf.com/minigolf.html

PARKS AND RECREATION

Rent out one of the many amazing park shelters in these central Iowa communities:

- Altoona Parks and Recreation
- Ankeny Parks and Recreation
- Clive Parks and Recreation
- Des Moines Parks and Recreation
- Grimes Parks and Recreation
- Johnston Parks and Recreation
- Urbandale Parks and Recreation
- Waukee Parks and Recreation
- Windsor Heights Parks and Recreation
- West Des Moines Parks and Recreation

SWIMMING FUN

Altoona Aquatics Park

Decorated party tables, hot dogs, chips, drinks,

balloons and more complete a swimming party. www.altoonacampus.com/aquatics/aquatics-park/

Clive Aquatic Center

Rent out the pool or the special events center. More options also available. www.cityofclive.com/visitors/aquatic-center

Des Moines Aquatic

Des Moines Parks and Recreation has several pools, wading pools and splash pads that you can rent out for water fun. www.dm.gov.org/Departments/Parks/Pages/AquaticsandWaterSports.aspx

Holiday Park Aquatic Center

Includes admission, food and more. www.wdm.iowa.gov/Home/Components/FacilityDirectory/FacilityDirectory/4/1427

Indianola Aquatic Center

The birthday person will receive a special T-shirt, free admission and an announcement over the loudspeaker. www.indianolaiowa.gov/250/Parties



Prairie Ridge Aquatic Center

Guests receive ice cream, drink and swimming fun. www.ankenyiowa.gov/departments/parks-and-recreation/aquatics

 [Link to original post: http://desmoinesparent.com/outdoor-birthday-party-ideas/](http://desmoinesparent.com/outdoor-birthday-party-ideas/) 



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WINNERS WILL BE ANNOUNCED IN THE AUGUST ISSUE.

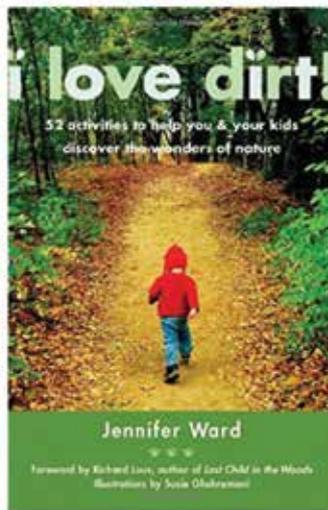
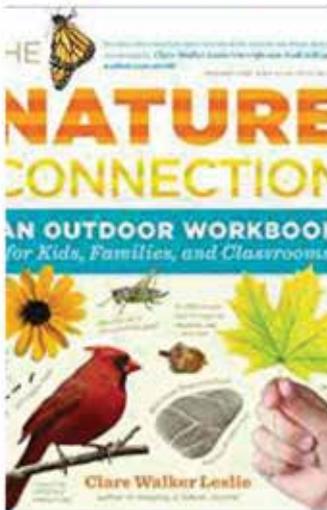
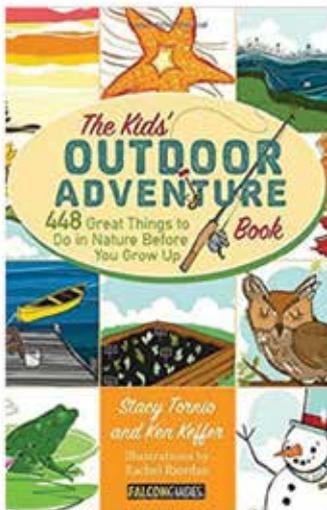
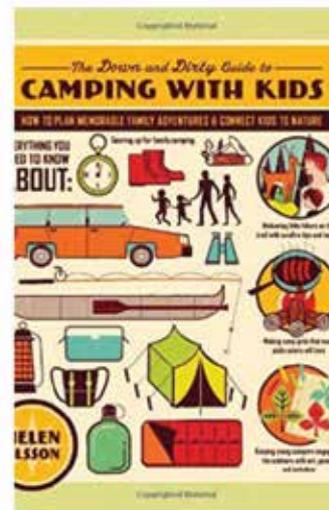
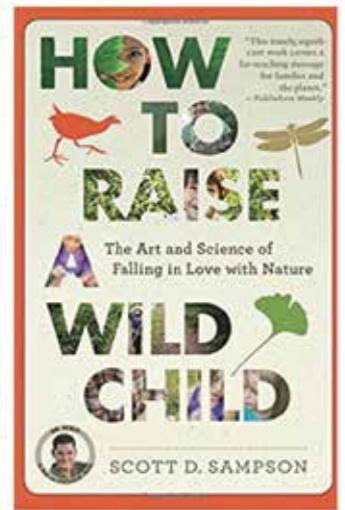
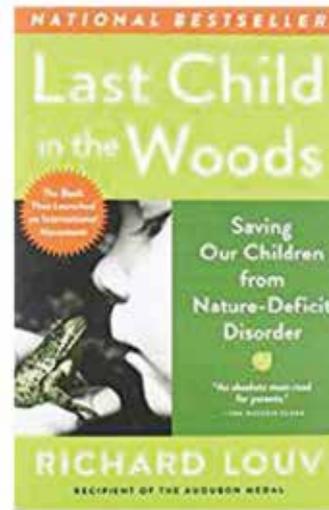
8 nature books for parents

By Stephanie Woodson, Explore More Clean Less

I love reading. Reading about the importance of getting my kids outside is the best of both worlds, and I'm always finding new ideas or new inspiration to spend more time in nature. These books are perfect for reading while the kids play but also good to motivate you to get outside, too!

This first section is more research oriented, although these books include lots of tips and activities as well. I love reading anecdotes as well as parenting recommendations rooted in research; these are all either on my wish list or already in my library and well loved!

1. "Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder"
2. "There's No Such Thing as Bad Weather: A Scandinavian Mom's Secrets for Raising Healthy, Resilient, and Confident Kids"
3. "The Down and Dirty Guide to Camping with Kids: How to Plan Memorable Family Adventures and Connect Kids to Nature"
4. "How to Raise a Wild Child: The Art and Science of Falling in Love with Nature"



The second section focuses more on activity books. While I'm a huge proponent of just walking and exploring, letting kids get a little bored and use their imagination, there are plenty of times when I'd like to do a craft or science experiment just the same. Silly games or pretend play prompts can be the perfect lure when kids are reluctant to get bundled up.

1. "A Little Bit of Dirt: 55+ Science and Art Activities to Reconnect Children with Nature"
2. "The Nature Connection: An Outdoor Workbook for Kids, Families, and Classrooms"
3. "I Love Dirt!: 52 Activities to Help You and Your Kids Discover the Wonders of Nature"
4. "Kids' Outdoor Adventure Book: 448 Great Things to Do in Nature Before You Grow Up" ■



Link to original article:
bit.ly/naturebooksEMCL



Outdoor organizations, clubs and groups

By Erin Huiatt

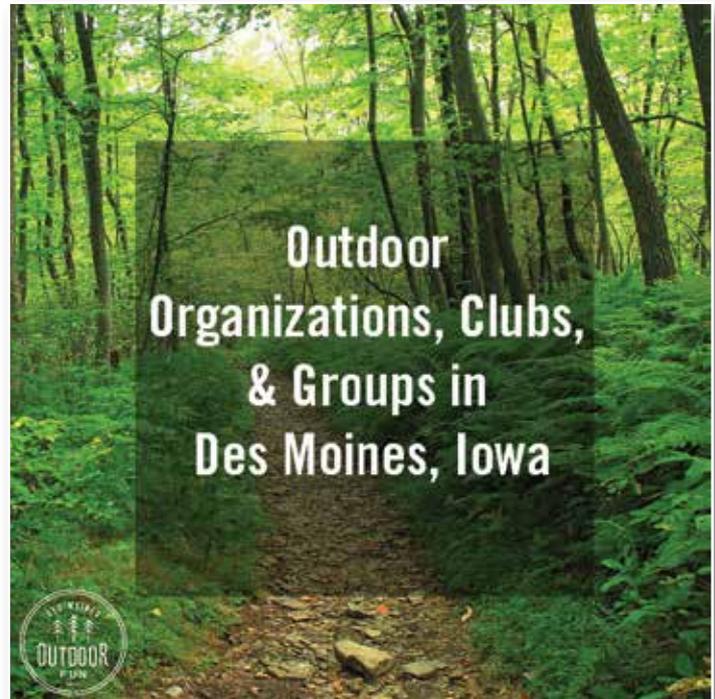
Hiking and being outside can be a peaceful, meditative activity when you go by yourself, but it's also a great way to connect with other people. Joining an outdoorsy group can give you new ideas of where to go and what to do. It is an easy and inexpensive way to make new friends.

Specific groups and clubs that have regular outdoor activities:

- Brenton Arboretum Nature Club (kid specific and adult specific)
- Des Moines Astronomical Society
- Des Moines Kidical Mass (biking, kids/families)
- Family Nature Club with Blank Park Zoo (families/kids)
- Going Out In Nature Des Moines with Des Moines Parks & Recreation
- Hike It Baby Des Moines (families/kids)
- Iowa Explorers Club
- Iowa Women's Bike Club (women)
- Sierra Club – Iowa Chapter
- The Adventuresses (women)
- Trail Dames of Iowa (women)
- Walk Des Moines
- West Des Moines Dog Walking Club
- Women on Adventures (women)

Regular outdoor programming, classes and events are put on by:

- Brenton Arboretum
- Dallas County Conservation
- Greater Des Moines Botanical Garden



- Iowa Arboretum
- Living History Farms
- Neal Smith Wildlife Refuge
- Polk County Conservation
- Warren County Conservation
- West Des Moines Parks and Recreation

Groups that are related to nature:

- Des Moines Lapidary Society
- Dallas County Rock Club ■



Link to original article:
<http://outdoorfun.desmoinesparent.com/outdoor-organizations-clubs-groups-des-moines/>



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