

Crystal Coast Family

Everyone is Welcome Here



Goodbye Winter. Hello Spring!

Spring officially begins on Thursday, March 19th. Winter flew by. Hopefully this warm weather will help bring some Covid-19 relief. Fingers crossed! For now, prepare instead of panicking and do what you can to keep yourself and your family healthy and safe.

3 Easy Things You Can Do:

1

WASH YOUR HANDS

I'm sure we've all heard this by now, but remind your kids to sing happy birthday twice while washing for maximum benefits.

2

AVOID HANDSHAKES

There's nothing wrong with an elbow bump, fist bump, foot shake, smile, wave, or nod...

3

TAKE CARE OF YOUR BODY

Get enough sleep. Drink plenty of water. Eat your fruits and vegetables. Exercise. Consider taking a vitamin with zinc.

School's Out for - Coronavirus...



With school out for at least a couple weeks, we'll need a few ideas for indoor days: play hide and seek, build a fort, set up an indoor obstacle course, do an art project, check out Cosmic Kids Yoga on YouTube, play cards or a board game, read a book, FaceTime a friend, or Pinterest has a million other ideas...



To DayDream about all of the fun things to do here (once this craziness passes) and learn about all things family on the Crystal Coast, visit crystalcoastfamily.com and follow Crystal Coast Family on Facebook & Instagram.

Easter Egg Hunts

I was working on a list of local Easter Egg Hunts, but many of them are already being cancelled. So, I think I'm going to abandon that list for this year and instead focus on the summer camp list. But, make sure to follow the Crystal Coast Family page on Facebook where I will be sure to share any information about Easter Egg Hunts still going on!



Summer Camps

I'm actively working on the local summer camp list! Check the website soon. If you have any information about a camp to share, please don't hesitate to reach out.

The Crystal Coast Family Website

Have you checked it out yet? Easily locate information needed for local families: PreSchools & DayCares, Sports and other Extracurriculars, Local Story Times, Summer Camps, Swim Lessons, Resources, Recommendations, a Blog, and More. Plenty of information for visiting families, too!

“Spring is Nature’s Way of Saying Let’s Party.”

— Robin Williams

MEET NEW FRIENDS

For now, you may want to connect online.... Join a Local Facebook Group or Page: Crystal Coast Family, Coastal Mamas, Crystal Coast Playgroups, Walk & Talk Moms, Dashing Divas, The 252 Rocks, and more.

When You Can: Join the *free* Story Explorers program, try the \$5 Open Playdates at Crystal Coast AllStars in Morehead on Thursdays from 10am-12pm, attend a *free* Story Time at one of our Local Libraries, play at SEA & PLAY, sign up for a “Mommy & Me” Barre on Mondays at Downtown Barre, check out Crystal Coast MOPs or Swansboro MOPs & MOMSnext, or find a new park on the website.

