



Camping with Tots

There's no place like *Colorful Colorado* to camp and play outdoors! Why be afraid of bringing your little ones along? Here are some great tips to help you enjoy our beautiful *Rockies* with your toddler or baby:

- Practice "camping" at home (inside or in the backyard.)
- Explore nearby trails and parks, have a picnic.
- Research camping destinations- How far is the drive? What is the cost? What trails and amenities are there?
- Try just one night camping to start off.
- Buy or borrow a good tent and warm sleeping bags.
- Bring extra layers and plenty of water.
- Don't fill up your itinerary, leave time for free play.
- Bring toys- for inside the tent and outside the tent.
- Don't forget the first aid kit, sunscreen, and bug spray.
- Pack easy foods your little one loves.
- You know your tot- anticipate any challenges.
- Add special touches- like a kid sized camp chairs or glow-sticks, or s'mores.
- Embrace the dirt!
- Think safety: bring an extra playpen for times you will be setting up camp or cooking a meal. Designate which adult is watching the little one at all times.
- Create a cozy and safe sleep environment, and do your best to stick to the normal bedtime routine.
- Find teaching moments- How do we care for and protect the natural world?
- Be enthusiastic in sharing your love of nature!

Thirteen Stripes

*To the tune of "Make New Friends,
But Keep the Old"*

**Thirteen stripes, and fifty stars,
America is who we are!**

**I am great, and so are you.
We make this country a great
place too!**



Graham Cracker Fruit Pizzas

You will need: graham crackers, strawberry cream cheese, assorted red and blue fruits. Spread the cream cheese on top of a graham cracker and place fruit on top. Try letting your child make their own!

