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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Entertain The Kids For Free - Good Weather**

**By Dylan**

As a parent I have found that, not only is free entertainment helpful financially but it also benefits

the kids. I have friends whose kids are not satisfied unless they are "being entertained" usually at one of those hideously expensive theme parks where you have to pay to get in and then spend a fortune on treats and eats. However, free entertainment stimulates their minds more and tires them out if they enjoy it. If they are simply distracted by rides and toys they switch off and then lack enough imagination to entertain themselves if you need them to for a time.

The Woodland Walk Activity is best done either in the Autumn or in the Spring but can be done at any time. You will need a couple of plastic bags and a picnic. This activity is great for getting your child to take an active interest in nature.

Find a good woodland walk near you that you can either drive to or catch the bus. It doesn't necessarily need to be woodland, a park will do if there are enough different trees and flowers. Start your walk and see how many different things you can find. If you're doing this in the spring time you might want to take some kitchen roll with you to keep flowers in but make sure you don't pick too many. One of each will be fine and if there's not enough then leave them alone.

When we've done this in the past we have brought home bags full of moss from the trees, different twigs, berries and nuts, various leaves and flowers, small stones and feathers. Whatever you can find you can collect. Let your child get interested in their surroundings and really look to see something new.

A picnic is great if it's warm enough and it breaks the walk up a bit, although my daughter hardly even noticed she was walking so far. It also gives you a chance to see what you can hear around you.

When you get home get a large piece of paper (we use the back of a roll of wallpaper) and some glue and see what scenes you can make from what you have collected. Younger children will enjoy sticking things on randomly and maybe doing a bit of colouring around it as well. Older children could try and make a picture out of the things they have in the bag. Use your imagination. It's great fun and can use an entire day if you want it to.

If your child is older/more enthusiastic about their surroundings then why not see if you can name the plants/birds, either while you're out or when you get back. It can be as much of a learning experience as you want it to be but you can be sure that they'll enjoy doing it. My children love it.

Dylan maintains the

<http://allaboutkidssite.com>

website and is also involved with

<http://www.iinfodaily.com>

, an information site.

## **Cruises For Kids - Enjoyment For The Whole Family**

**By Ryan Bombard**

Adults and couples have been enjoying vacation cruises for quite some time but the trend has changed nowadays as the cruise lines are now providing these enjoyment facilities to kids as well. Cruises are now equipped with fun and enjoyment facilities for all members of the family.

Facilities offered to kids

Each cruise line has its own activity list for kids. The fun activities would generally include water slides, video arcades, pizza parties, miniature golf, plenty of games, sports, magic shows, art classes, science projects and much more.

In addition to the above, the kids can also enjoy Jacuzzis and swimming pools on board. Certain age groups are also taken on shore excursions when the ship docks at a port. These fun activities for the kids have the added advantage of allowing the parents to have more time for their own pleasure pursuits on the cruise.

Babysitting facilities are also offered by many cruise lines. Kids are grouped together age-wise under the watchful eyes of trained professionals.

Preparations for Taking Kids with You on a Cruise

If you are planning a cruise with your kids, you need to make proper preparations. As kids are liable to fall sick, you should carry medicines such as aspirin, eardrops, cough syrups, heating pad etc.

You should also carry a collapsible stroller. Although these are available on board, it is better to carry your own to save the cost of borrowing one. Furthermore, your child and you will be accustomed to your own stroller.

It is advisable to check beforehand the type of child care facilities available on board so that you know what to expect. It is possible that you might have to entertain your kids at night so you should carry games, video games and books.

Your kids will enjoy the cruise more if they have some of comforts available at home around them. Therefore, anything that can be conveniently packed should be brought along. This will give you extra comfort during the cruise.

Next time you take a cruise, bring your kid(s) along and let them enjoy all the fun filled activities.

Ryan Bombard writes about various cruise vacation topics.

<http://www.cruises-for-you.info/>

and

<http://www.cruises-galore.info/>

and

<http://www.celebrity-cruises-galore.info/>



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