

PHILLY FUN

Resources for Growth Promoting Parenting in Philadelphia

The Parent-Child Center of the Philadelphia Center for Psychoanalysis has as its mission the facilitation of growth promoting parenting practices. We have hosted parent-infant groups for several years and during these groups the request has been made by many parents for help in finding healthy activities for themselves and their infants and young children. We have found that our fathers in particular have felt isolated and have wanted to find ways to meet other parents while providing growth promoting socialization and stimulation for their infants and young children. Our work is based on the premise that during the first several years of life, there is nothing more important for the infant or young child than a loving relationship with his or her father and mother. We have found that infants and children benefit from their parents ability to understand their developmental needs as well as the ability to reflect upon their children's feelings and experiences. Parents have often spoken in our groups about how intense the relationship with a young infant can be, especially over a ten or twelve hour day. In order to be able to provide the sustained focus and deep caring for their children, parents must feel happy and stimulated themselves. We recommend that parents of infants and young children try to get out into the community at least once a day. As such, we have put together this list of resources for the parents of Philadelphia.

PARENTING CENTERS

Ali's Wagon

2017 Fairmount Ave
215-787-0611
info@aliswagon.com

Ali's Wagon is a parenting center which provides groups, lectures, workshops, a shop selling baby products, and a general meeting place for parents and babies.

Maternal Wellness Center

606 Carpenter Lane
Phila, PA (Mt. Airy)
www.maternalwellness.org

This Center provides information to new parents on the transition to parenthood as well as counseling and other services. The Center is open to and has programs for parents of all income levels.

Parenting Center at Abington

www.centerforparentingeducation.org
215-576-0586

This is a great resource for parents of children of all ages. There are many educational workshops offered on a variety of useful topics, parent/child activities, parental coaching, discussion groups, online workshops, and online articles.

Pennsylvania Hospital-Parenting Classes

Beverly Levitsky - Director

The Ob/Gyn Care Department of Pennsylvania hospital offers several parenting education classes for new parents. Call (215) 829-5020 or email Michelle Rodriguez at rodrigum@pahosp.com for class schedules.

Classes include:

"Preparation for Childbirth" (\$120 per couple including parking)
"Breastfeeding " (\$35)
"Baby Care Basics"(\$35 per couple)
"Infant/Child CPR"(\$40)
"Happiest Baby®" (\$55 per couple)
"Pediatric First Aid"(\$35)
"Infant Massage"(\$35 per couple)
"Sibling"(\$20 for 1st Child/\$10 for each additional).

Psychoanalytic Center of Philadelphia Parent-Child Center

Rockland-East Fairmount Park
3810 Mt. Pleasant Drive
Philadelphia, PA 19121

This parenting center provides parent-infant groups and parent-toddler groups led by child development experts. Throughout the year workshops for professionals who work with infants and parents are given and each year a conference is held for parents and professionals on a topic of interest.

St. Mary's Parenting Project

www.stmaryshealthcare.org/body.cfm

Classes held on such topics as childbirth education and preparation, sibling preparation, and infant/child CPR. Another great opportunity is the Baby on Board fitness class for expectant and postpartum mothers held at the East Hills Athletic Club (contact Terri at 224-5400 ext 227 for times). What a wonderful opportunity to get or stay in shape while meeting other new moms!

CLUBS

Metropolitan Moms

infophilly@metroplitanmoms.com
215-667-8977

A club for moms who want to attend cultural events but don't want to leave baby behind. All excursions are stroller friendly and limited to small private groups led by experts. A mother's helper attends all events to help out. \$\$

Mom's Club of Philadelphia

215-627-3937

This is a club mainly attended by stay at home moms. Lots of fun activities and play groups are planned all year 'round.

Mommy's Club

www.mommysclub.com

A useful website with recipes, craft ideas, and articles and tips for a multitude of parenting problems and joys alike.

RESOURCES FOR ADOPTIVE PARENTS

After Adoption and Parenting Services

Elaine Frank and Denise Rowe
215-879-4030

The National Adoption Center (focuses on adoption of children with special needs)

215-735-9988

1500 Walnut Street, Philadelphia

MUSEUMS CHILDREN WILL ENJOY

Academy of Natural Sciences

The top floor(s) includes a section just for kids that is HANDS ON - Animals you can touch, interactive exhibits. Another great rainy day activity.

Admission: Ages 13 and over \$10, age 3-12, military, and students \$8

Hours: Monday-Friday 10AM-4:30PM, weekends and holidays 10AM-5PM

African History Museum

701 Arch St.

215-574-0380

Hours: Tuesday-Saturday 10-5, Sunday noon-5 PM. Call for hours.

Admission: \$8.00 adults, \$6.00 children and students

This museum highlights African-American history and culture in Pennsylvania.

Recommended for children 6 and up interested in history.

American Helicopter Museum

West Chester, PA

610-436-9600

Admission: \$5.00 Adult 3.50 Children

Kid friendly, hands-on museum with planes and helicopters you can touch and sit in. Museum celebrates the history of rotary flight and is the only one of its kind in the U. S. Explore the huge hangar and watch the planes take off from the West Chester Airport, right next door. Great rainy day activity. Recommended for children 2 - 12.

American Swedish Historical Museum

215-389-1776

10 - 4PM Tues - Fri. 12 - 4PM Sat., Sun.

Admission: \$5.00 adults, FREE for children 12 and under

Atwater Kent Museum

15 S. 7th St.

215-922-3031

Hours: 10AM - 5PM Daily. Closed Tuesdays.

Admission: \$3.00 Adults \$1.50 3 - 12 year olds Free for children under 3.

This museum holds treasures of old Philadelphia - maps, paintings, photographs, etc. Recommended for children 5 and up who like history.

Betsy Ross House

Located on Arch Street between 2nd and 3rd streets

Suggested admission: \$3 for adults, \$2 for students and children under 12.

Civil War Library and Museum

1805 Pine St.

215-735-8196

Hours: Tues - Sat. 10AM - 4PM

This museum is located in a row house and contains Civil War documents and treasures including an exhibit about the drummer boys. Recommended for children 5 and up who like history.

Duck Tours

One vehicle that goes on land and water!

Everyone gets duck tooter to make sounds like Duck.

Fee: Fee: Infants under 2 FREE, Children 3-12 \$16, Adults (over 13) \$26, Seniors (over 62) \$24

Elfreth's Alley

The oldest continuously inhabited street in the U. S., this street dates back to 1702 when a blacksmith and a bolter opened up shop here. Rumor has it that Benjamin Franklin once lived on this street. Children can imagine what life in Phila. Must have been like in the Colonial era by walking down this street. There is also a museum located in House 126 that offers tours. Cost for a museum tour is \$5 for adults, \$1 for children 6-18, and FREE for children under 6. Recommended for children interested in history, 6 and older.

Fireman's Hall Museum

2nd and Quarry Streets
215-923-1438

Hours: Tues - Sat. 9AM - 4:30PM

FREE. This museum has lots of historic firefighting equipment and a recreated fireman's living quarters. Kids love this stuff. Recommended for children 3 and up who are interested in firefighting.

Franklin Institute

A Philadelphia tradition. Wonderful exhibits for kids about the way things work. Be sure to walk through the huge heart. Films, planetarium, hands on exhibits. Not free, but great fun! Great rainy day activity.

Admission: \$14.25 for Adults, \$13.25 for Seniors/Military/Students, \$11.50 for Children, Free for Members

Independence Hall

Admission: FREE (\$1.50 charge for each reserved ticket, tickets are not needed during Jan or Feb, Call 1-877-444-6777 for 10AM-10PM to reserve tickets)

Independence Seaport Museum

Penn's Landing at 211 South Columbus Blvd. and Walnut Street
215-925-5439

Hours: 10AM - 5PM

Admission to Museum: \$5.00 adults, \$2.50 5 - 12, Under 5 FREE

other fees for Riverpass and Riverbus Ferry to Aquarium

Exhibits, films, boats you can explore, boat building workshop and more.

The Insectarium

8046 Frankford Ave.

Philadelphia, PA 19136

www.myinsectarium.com

Fee: \$7.00 per person

Ages: 3 - 12

The country's only museum devoted exclusively to bugs. Lots of interactive exhibits. See the working beehive and the cockroach kitchen!

Mantua Maker's House

215-574-0560

Located on Elfreth's Alley

Small exhibits and rooms furnished in the style of the Colonial Period.

Admission: Donation

City of Philadelphia Mural Arts Program

All over city you can see murals made by communities, artists and KIDS

Lincoln Financial Mural Arts Center at the Thomas Eakins House

1727-29 Mt. Vernon Street, Philadelphia, PA 19130

info@muralarts.org

215.685.0750

The National Constitution Center

215-409-6600

Hours: M - F 9:30 - 5PM

Sat. 9:30 - 6PM

Sun 12 - 5PM

Admission: Adults \$12, Seniors \$11, Children 4-12, Active Military and Children under 4 FREE

National Liberty Museum

321 Chestnut St.

215-925-2800

10AM - 5PM

Admission: \$5.00 for adults, \$3.00 children.

This is museum all about the concept of freedom. Works or art and exhibits portray the struggle for freedom.

Recommended for children 6 and older interested in history and social justice. A good place to provoke thought and conversation about the importance of freedom.

National Museum of American Jewish History

55 N. 5th St.

215-923-3811

Admission: \$4.00 Adults, \$3.00 Children

Recommended for children 8 and up interested in Jewish history.

Please Touch Museum

Children of all ages especially 2 - 10.

Memorial Hall, Fairmount Park, Philadelphia

Hours: Monday-Saturday 9-5, Sunday 11-5

Admission: Members and Children under the age of 1 FREE otherwise \$15

Formerly located in a cramped Center City location this hands on museum for children is now located in the beautiful sprawling and newly renovated Memorial Hall in Fairmount Park. Ample Parking is available!

Philadelphia Museum of Art

26th St. and Benjamin Franklin Parkway

215-763-8100

Open Tues - Sun 10AM - 5PM

Closed Mondays and holidays

FREE on Sundays

Don't be scared off by the fact that this is a museum of art. Children will love the Indian Temple and the collection of ornate swords and real coats of armor included in the Arms and Armory Exhibit.

The University of Pennsylvania Museum of Archaeology and Anthropology

3260 South St.

215-898-4000

www.upenn.edu/museum

Tues - Sat. 10 - 4:30PM

Sun 1 - 5PM

Children 6 and up

Admission: Adults \$5.00 Students \$2.50

More than a million artifacts are housed here, collected by University of

Pennsylvania archaeologists and anthropologists. You can see mummies, a sphinx and much more. Children love these things even though you think they won't.

Wagner Free Institute of Science

Montgomery Avenue and 17th St.

215-763-6529

Tues - Fri 9AM - 4PM. Open some Saturdays

FREE. This museum has an interesting collection of fossils, insects, minerals, birds, mammals and sea shells. Nature programs are scheduled regularly including on some Saturdays during the year. Call for schedule.

PARKS

Bartram's House and Gardens

54th ST. and Lindburgh Blvd.

215-729-5281

Open: 10AM - 5PM daily

Admission: \$3.00 Adults, \$2.00 children 6 - 12

Dating from 1730, this garden was established by The Bartram family who imported seeds from as far away as Canada and Florida, planted them here and then collected the seeds from their plants to give to others. Lots to see and explore including paths, an aquatic garden and a wetland. Special demonstrations by appointment.

Camden Children's Garden

3 Riverside Dr.

Camden, NJ

Recommended for up to age 10.

Open Tuesday-Sunday 10am-5pm

Admission is \$6 for adults, \$4 for children (3-11), under 2 FREE

Franklin Square

In July of 2008 Franklin Square reopened after undergoing a three-year, \$6.5 million restoration thanks to Once Upon a Nation, a local non-profit tourism organization. The centerpiece of the restoration includes the beautifully restored 1838 marble fountain and a new thirty-animal carousel patterned from some of Philadelphia's famous original carousels. Visitors will discover a miniature golf course featuring notable Philadelphia landmarks and a new state-of-the-art playground. Additionally park features include the historic 18th century German Reformed Church burial ground and the Living Flame Memorial, which honors Philadelphia police officers and firefighters who sacrificed their lives in the line of duty. Once Upon a Nation employs storytellers to make Franklin Square and colonial Philadelphia come alive. Stop by one of their story telling benches or simply enjoy an ice cream cone in the shade of a park tree after a day of sightseeing in the historic district.

Admission: FREE

Hopewell Furnace

2 Mark Bird Lane

Elverson, Pa. 19520

610-582-8773

Open 9 - 5 daily. Closed most holidays.

Admission: \$4.00 adults, \$10.00 Families

Colonial era charcoal furnace and iron forge. Live demonstration of iron forging and cast iron production and living history village with costumed,

"villagers".

Recommended for ages 3 and up

Japanese House and Garden

Fairmount Park near Horticultural Hall (now The Please Touch Museum)

215-878-5097

Call for hours and scheduled tea ceremonies

Open May - October

Beautiful, tranquil Japanese house and garden.

Longwood Gardens

Kennett Square, PA

610-388-1000

Beautiful indoor and outdoor gardens formerly owned by the Dupont Family.

Special children's garden. Extraordinary holiday displays and concerts.

Plenty of indoor and outdoor space to run around. Great rainy day activity.

Admission:\$16 for adults, \$6 for students age 5-22, FREE for under age 4

Manderach Memorial Playground.

Limerick Community Park Swamp Pike and Ziegler Road Limerick, PA 19468.

Phone: 610-495-6432

FREE

Marsh Creek State Park

Marsh Creek State Park in Chester County / Southeastern Pennsylvania encompasses 1,705 acres and contains the 535-acre Marsh Creek Lake. The lake is a regional attraction for boating, windsurfing and fishing. Within the park, you'll discover a world of adventure and fun. We offer many types of boats for rent, several refreshment stands, a huge swimming pool, windsurfing lessons, fantastic fishing opportunities, swimming lessons and more. In addition, you will find picnic areas, hiking trails and a relaxing time. Gather up your family and friends and visit us. The park is open from dawn to dusk.

PHONE: 610-458-5040 FREE

Newlin Gristmill Park

Glen Mills

610-459-2359

8Am-5PM

March - September

A 1704 restored gristmill, the miller's house, a blacksmith shop, springhouse and log cabins

This is an opportunity for children to see how flour is made and to understand more about how the food they eat comes into being.

Recommended for children 4 and up.

Admission: FREE, \$5 for tours

Penny Pack Environmental Center

215-685-0470

www.philaparks.org/ppnet.htm

Rotating exhibits

Headquarters for park activities.

Call for a schedule of events

Ridley Creek State Park and Colonial Plantation

Media, PA.

610-892-3900

18th Century working farm. Also, hiking trails, horseback riding, fishing.

Fee: \$6 for adults, \$4 for children under 4, children under 4 FREE

Riverbend Environmental Education Center

1950 Springmill Rd.
Gladwyne
www.riverbendec.org
610-527-5234

Smith Memorial Playground and Playhouse

East Fairmount Park
An entire mansion full of toys and devoted to children plus a fabulous outdoor playground.
FREE
Mansion - children 0 - 5
Playground - children 0 - 10

The Mill at Anselma

610-827-1806
Chester Springs, Pa.
A restored, working grist mill. Call for special programs, milling demonstrations and exhibits held throughout the year.

Tyler Arboretum

Media, Pa.
610-566-5431
650 acre arboretum and museum
Open daily at 9am, closes between 4 and 8pm depending on time of year.
Fee: Adults (16-64) \$16, Children (3-15) \$4

Woodsy Moms Wissahickon Environmental Center

www.fairmountpark.org
300 Northwestern Ave.
215-685-9285
Through 12/15/08
Fee: \$2.00 per adult
Hike for 45 minutes every Monday morning with your infant. No strollers. Slings, backpacks and baby bjorns welcome.

FARMS

Fox Chase Farm

215-728-7900
www.Foxchasefarm.org

This is the only remaining working farm in the city of Philadelphia and dates from the time of William Penn. It is now part of the Fairmount Park System. There are tours and frequent demonstrations of fun things like ice cream making and maple syrup boiling. Great for the whole family. Recommended for children of all ages.

Milky Way Farm

610-827-1484
Chester Springs, PA
Great in fall for hayride and pumpkin picking. Chester Springs Creamery is on the property selling delicious ice cream. Less than 1 hour from Center City. Call for information regarding pumpkin picking.
farmer@milkywayfarm.com

Springton Manor Farm

Glenmore, PA
610-942-2450
10AM - 4PM

Admission: Free

Less than one hour from Center City, this is a beautiful demonstration farm and petting zoo. There is also a farm equipment exhibit demonstrating the development of farm equipment from the late 1700's to the early 1900's and catch and release fishing for kids.

ZOOS**Brandywine Zoo**

Wilmington, DE
302-571-7747
10AM - 4PM

Fee: June-September: Adults \$5, Children 3-11 \$3, Children under 3 FREE
October-May: Adults \$4, Children 3-11 \$2, Children under 3 FREE
Small zoo. Fun otter exhibit. Located in Brandywine Park.

Elmwood Park Zoo

Norristown, PA
610-277-DUCK
10AM - 5PM

Fee: Adults \$9.75, children 2-11 \$6.75, FREE under 2 years
Barn with goats and sheep that young children can interact with and pet.
Recommended ages 3 - 10

Philadelphia Zoo

215-243-1100

9:30 AM - 5PM; open until 6PM on weekends

Admission: March-November: \$17.95 for ages 12 and up, \$14.95 for ages 3-11, FREE for 2 and under; December-February: \$12.95 for ages 3 and up, FREE for 2 and under. This is the first zoo ever built in the U. S. It has over 2,000 animals with many special exhibits including the recently completed "Big Cat Falls".

PLANETARIUMS AND OBSERVATORIES**Eastern College Planetarium and Observatory**

St. David's. PA
610-341-5945

Fels Planetarium

Franklin Institute
215-448-1200

Haverford College Observatory

Haverford, PA
610-896-1333

Sproul Observatory

Swarthmore College
610-328-8272

University of Pennsylvania Observatory

209 S. 33rd Street, Philadelphia, PA
215-898-8152

Villanova University Observatory
Villanova, PA
610-519-4820

RADIO FOR CHILDREN

Kid's Corner

WXPN 88.5FM

COMPLETELY FREE children's radio show with exciting call-in opportunities.
Mon. - Fri. 7 - 8PM. This show emphasizes the importance of curiosity in
general and reading, scientific and musical interest in particular.
Excellent for children ages 5 - 12.

STORY HOURS

Free Library of Philadelphia

At Various Branch Libraries - call for times and days.

Smith Memorial Playground and Playhouse

10:30 AM the 2nd and 4th Wednesday of every month for children 5 and under.

OTHER ACTIVITIES

Movies for Moms

Rattle and Reel

400 Ranstead St.

Philadelphia, PA 19106

www.landmarktheaters.com

The Ritz at the Bourse invites moms to bring their babies to current films.
Wednesdays, 10:30 AM. Check website for schedule.

PECO Family Concerts at Curtis School of Music

1726 Locust St.

215-893-7902

<http://www.curtis.edu/html/50700.shtml>

FREE

Sundays on Stage

Free Library of Philadelphia

215-686-5322

Recommended for children ages 3 - 10

<http://www.freelibrary.org/calendar>

INTERESTING RESOURCES FOR PARENTS

Creative Parenting Project

49 Irving Place

Feasterville, Pa. 19053

Early Childhood Resource Room

Neighborhood Interfaith Movement

7047 Germantown Ave.

www.germantownavenueparents.com/2008/09/early-childhood-resource-room-at-nim-html

Check out books, audio-tapes, CD's and kits for making educational

materials. Fee: \$10.00 yearly membership

Educating Children for Parenting
215-496-9752

Quaker Parenting Project
www.quakerparenting.org

Interesting Websites for Parents

Ali's Wagon
info@aliswagon.com

Dancing Meatballs
www.dancingmeatballs.com

Lolli Lolli
www.lollilolli.net

www.momjunction.com

Parent Child Center at The Philadelphia Center for Psychoanalysis (PCOP)
PCOP@philanalysis.org

www.parentingteens today.com
Info and resources for parenting teenagers

BabyZone.com answers lots of questions about pregnancy and baby care.
www.babyzone.com

www.parentzone.com/usa/pennsylvania/philadelphia
Parent site to babyzone and more. A tremendous resource for info and local activities.

Zero to Three
www.zerotothree.org

CHILDCARE RESOURCES

The Philadelphia Nanny Network
610-645-6550
www.nannyagency.com
Places full, part time and specialty nannies in the Philadelphia area.

Sitter City
www.sittercity.com
On line babysitter listings

Special Care Nannies
703-356-3118
www.specialcarenannies.com
Places nannies for families whose children have autism, ADHD, Learning disabilities, Down Syndrome and other challenges.

Daycare Tips

It is difficult to find decent daycare for infants and young children. When exploring your local options, here are some suggestions:

1. Inquire first at any local college or universities - often they have daycare which is open to the public and staffed or supervised by faculty from the child development or psychology departments, Harcum College and University of Pennsylvania are two examples of schools with well recommended child care centers. Usually these centers have very long waiting lists so it is important to call to register long before your baby or child actually needs to attend.
2. Visit the day care center before enrolling your child. Does it look clean? Well organized? Safe? Do the infants and children look happy and well cared for?
3. Ask how many children each child care worker is responsible for. This is different from the staff to child RATIO as a daycare center is allowed to include administrative staff in this ratio so it may sound better than it really is.
4. Ask how discipline is handled.
5. Ask how disagreements between children are handled.
6. Try to minimize the length of time your child needs to spend at day care each day. For an infant more than 4 - 6 hours is a very long time to be away from home. For a young child, more than 6 hours is a long day.