

Spring Time Ideas for Families

- Plant some seeds in egg cartons or small containers that could easily be transferred to garden or planter box. Talk about what seeds need to grow and count the number of days till you see it sprout.
- Bubbles! Make a tub of bubble solution and use different household items to create bubbles.

National Wildlife Federation Bubble Recipe

from NWF Backyard Buddies

1/4 cup liquid dishwashing detergent

3/4 cup cold water

5 drops of glycerin (available in pharmacies or chemical supply houses)

- Make or assemble a kite together and head off to park for kite flying fun!
- Pack up a meal and eat outdoors in your yard or at a favorite park.
- Make a bird feeder and watch to see what kind of birds come to eat the seeds.
- Get out some riding toys for toddlers, tricycle or small bikes for preschoolers. Scooters are an easy riding toy to fit in cars and take with you to the park. Remember to always wear a helmet and make sure they are properly fitted.
- Check out some local festivals (<http://www.tulipfestival.org/>), the Zoo and other outdoor events (farmer's markets).
- Go on a new hike or trail and explore the outdoors. Look for animal prints and draw them in a notebook. Look at different leaves, bugs, rocks and seeds.

Check out the book: **[Best Hikes With Kids: Western Washington & the Cascades](#)** by Joan Burton and Ira Spring

Some fun parks to check out:

- **Carkeek** (near Seattle's Broadview neighborhood), **Mukilteo Park** (near the ferry, there is a beach area, playground and light house to explore), **Saint Edward State Park** (in Kenmore) with a castle like playground and whole area designed for small children, and Hiram M. Chittenden Locks or "**Ballard Locks**" (watch boats transition, enjoy botanical gardens and salmon ladder with underground viewing area).
- Just 20 minutes from downtown Seattle, **Seward Park** has a paved trail around a level, 2 1/2 mile peninsula on south Lake Washington. Walkers can push a stroller or carry a toddler in a backpack while walking a dog. The lakeshore beside the trail all the way around the point offers on clear days views of Mount Rainier and the Cascades floating above it. Protection from wind and weather is available in picnic shelters.

- In West Seattle (also about 20 minutes from downtown), **Lincoln Park** lies on Puget Sound, so its western views are of the Olympics. It offers steep wooded paths and level paved trails, but to get to the shoreline promenade with the most gentle descent, drive to the south part of the park and find the path near the ferry landing to reach the paved waterfront path. The saltwater beach is accessible to families with toddlers, and there are shelters for picnics.
- **For Parents with Babies or Toddlers in a pack:** In North Bend, Washington, Scenic Rattlesnake Lake has a wide trail around it, past a picnic area on the west side to the south end. In addition, you can see the **Cedar River Watershed Visitor's Center** with good natural history exhibits, a three dimensional map of the watershed, and in its courtyard a magical group of large drums being played by amplified raindrops. Rattlesnake Lake is only 36 miles east of downtown Seattle
- **Discovery Park** is Seattle's largest park, with 534 acres of beaches, meadows, ravines and woodlands, It lies between Elliott and Shilshole Bays and offers a maze of walking paths and roads, some left from the 19th century when the park was a federal Army fort, Fort Lawton.

Above park info from:

<http://www.cascadiakids.com/family-hikes-downtown-seattle/>

A list of "Best Parks and Playgrounds":

http://seattletimes.nwsource.com/html/living/2003111891_bestplay08.html

Other Springtime activities:

<http://vailnaturenews.com/2011/04/19/springtime-outdoor-activities-for-kids-a-compilation/>