



Why settle for watching a ballet when you can take a free class with the National Ballet of Canada? Why paint on paper when seniors in Sudbury will show you how to paint Ukrainian Easter eggs? The second annual Culture Days festival is all about doing. And it explodes in communities across Canada from Sept. 30 to Oct. 2 featuring free, interactive, creative activities with a focus on hands-on participation and behind-the-scenes insight. Visit culturedays.ca for information.

Souris, P.E.I. - Learn how to turn sea glass into jewelry or a work of art at Fire & Water Creations. Saturday, Oct. 1

Halifax, N.S. - Symphony Nova Scotia Brass Quintet presents a kids' concert at the Discovery Centre, followed by an instrument petting zoo where children can touch and play a broad range of musical instruments, from the didgeridoo to the violin. Saturday, Oct. 1

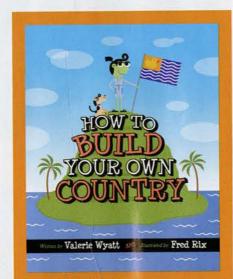
St. John's, Nfld. - Go backstage and check out the costumes, lighting and sound booths and other cast- and crew-only areas, at the St. John's Arts and Culture Centre. Saturday, Oct. 1

Windsor, Ont. - The Art Gallery of Windsor is offering free admission on Sunday, Oct. 2

Toronto, Ont. - Take a ballet class with the National Ballet of Canada on Sunday, Oct. 2.



Parents usually breathe a little - OK, big - sigh of relief when September rolls around. Kids ditch the splash pool and hit the books, fall fairs colour weekends and there's usually a perceptible switch to lower-octane and higher-IQ entertainment. (If not, our anti-3D glasses have you covered.) Pat yourself on the back. You survived the summer.



READ MUCH?

Curious Grade 4-6 kids will devour the book How to Build Your Own Country written by Valerie Wyatt and illustrated by Fred Rix. The 2011 OLA Silver Birch non-fiction award winner goes far and wide to answer the question inherent in the title. In fun but accurate terms, it teaches kids what a country is, how to make one and how to run one. The text is lively and funny, with quirky illustrations and amusing lists spelling out topics like "What you need to start a country." (Answer: A chunk of land, a name, a constitution, people to live there, etc.) It's a great resource for middle-school kids getting back into gear after a long summer. \$18.95 kidscanpress.com



MICHAEL BAY BLOCKERS

Does the super-colossal intensity of 3D action leave you feeling like you might toss your cookies? Do you have to take your kids to see it anyway? If so, don't leave home without 2D glasses. Really. In a traditional 3D movie, two overlapping images are displayed on the movie screen (causing thrills for some and gut-wrenching nausea for others.) These anti-3D glasses filter out one of the overlapping images, leaving a pleasant 2D image for both eyes. The glasses are big enough for adults but will fit kids, too. \$8.99 thinkgeek.com



FALL FAIRS

Long before food was measured in miles, there was a proud but quiet movement championing local agriculture: the fall fair. If you're lucky enough to have one in your community, be sure to support it. Canada's small fairs promote local agriculture, educate people about homegrown food and, according to the Canadian Association of Fairs and Exhibitions, support more than 10,000 full-time jobs while pumping \$569 million annually into the economy. (They're also an excellent source of Tiny Tom Donuts.) Check out these websites to rustle up a local fall fair you might not know about: canadian-fairs.ca, ontariofairs.com, bcfairs.ca.



Not unlike sneaking veggies into the spaghetti sauce, treasure hunt game uKloo uses one of the oldest parenting tricks in the book: Stash the healthy stuff inside the fun



stuff and kids won't mind a bit. Designed by Toronto mom Doreen Dotto, who needed a way to help her school-age son learn to read, uKloo is an engaging literacy tool for the early-reading crowd. The game consists of a series of clue cards printed with easy instructions like "look behind the telephone" and "check beside the milk." You design a treasure hunt by placing the cards throughout your home. They come in three levels of difficulty, and beginning readers are supported by a "Picture Helper" key page that helps them decipher both verbs and nouns. Kids charge through the house, following the clues to a "surprise" card - or any other treat Mom or Dad might like to hide. A winning concept. \$14.95 ukloo.com

ADVENTURES IN BABYSITTING



Cindy McGlynn is a Toronto-based writer and editor.