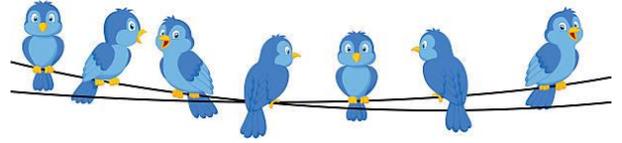


# Parenting done, write

## Pen Parentis BONUS Handy Guide!

# PORTLAND



### MORE THINGS TO DO WITH THE KIDS!!!

- **Oregon Museum of Science & Industry** 1945 SE Water Ave ([omni.edu](http://omni.edu))-family day trip for locals and tourists alike. Kids will find a wide range of interactive exhibits that both educate and fascinate. Younger children have a whole exhibit hall geared towards hand-on exploration called The Science Playground, built for kids 6 and under. Science labs throughout the museum encourage experimentation that deepens visitors' understanding of life, the world and the universe. Aspiring astronomers will love the Kendall Planetarium, the largest and most advanced planetarium in the Northwest. The Omnimax theater has a five-story high domed shaped screen creating an incredibly immersive Imax movie experience. Visitors also have the rare opportunity to tour a vintage Navy submarine, moored in the Willamette River directly behind the museum.
- **Playdate PDX** 1434 NW 17th Ave. ...([playdatepdx.com](http://playdatepdx.com))
- **Portland Saturday Market**-The Portland Saturday Market is an outdoor arts and crafts market in Portland, Oregon. It is the largest continuously operated outdoor market in the United States. ([portlandsaturdaymarket.com](http://portlandsaturdaymarket.com)) Music and food geared towards kids!
- **Portland Children's Museum** 4015 Southwest Canyon Road. ([portlandcm.org](http://portlandcm.org))oa...-interactive, hands-on approach to learning. Exhibits span subjects ranging from gravity to medicine and include favorites like the grocery store and cafe, which allows little ones to experience the world of adults, and the recycled arts studio, which offers them the chance to drill, glue and build earth-friendly construction projects. The museum also offers weekly classes like Paint & Play, Science Tots and Creative Ceramics. Portland Children's Museum also attracts rotating exhibits like Dinosaurs: Fire and Ice, where kids have the chance to explore dinosaurs and the environment they lived in hands on
- **Oaks Amusement Park** 7805 Southeast Oaks Park Way. (.oaks [park.com](http://park.com))..Oaks Park is a small amusement park located 3.5 miles south of downtown Portland, Oregon, United States. The park opened in May 1905 and is one of the oldest continually operating amusement parks in the country.
- **World Forestry Center** (world [forestry.org](http://forestry.org)) - Discovery Museum 4033 Southwest Canyon Road.-Learn about forests through our hands on exhibits, meet woodland creatures, try river rafting, and climb on Peggy the Train, our logging locomotive, and enjoy forest inspired art at the gallery.
- **Oregon Zoo**-([oregonzoo.org](http://oregonzoo.org)) chance to see their favorite animals up close and is one of the largest attractions in Oregon. Here, more than 1,000 animals reside in natural, expertly designed habitats like Cascade Canyon Trail, home to black bears, bobcats, bald eagles and river otters. Other exciting exhibits include the Pacific Shores, which features sea otters, polar bears and sea lions. Also, on most days they have a live bird show on the main lawn. Kids especially love the Zoo Railway, a winding one-mile ride around the grounds' perimeter. Kids also love seeing the elephants and the lions.
- **Mt. Scott Community Center & Pool**- home to another one of Portland's remarkable indoor pool facilities and it also has an indoor roller skating rink. Their pool offers an open swim time everyday(check times for families with small children) in addition to lessons. The pool has a lazy river, two slides, a hot tub, a zero entry pool, and a 6 lane lap pool. Mt. Scott also has a nice size playground outside and a traversing bouldering wall inside. The community center also offers various classes for all ages. The best part of play here is that everything they offer is extremely affordable.
- **Pips & Bounce** -is a ping pong bar. ([pingandbounce.com](http://pingandbounce.com))That's right an entire bar dedicated to ping pong with 10 ping-pong tables and hundreds of paddles. You can reserve a table in 30-minute increments, or take your chances and just walk in. Families with kids can come in and play until 9 PM. You and your kids will have so much fun playing ping pong with each other. And do not worry about not being able to play, most people are not that good. Pips & Bounce serves typical bar food in addition to salads, pizzas and sandwiches. They have a kid's menu too. They have various specials running everyday including a happy hour Monday - Thursday.
- **The Grand Central Bowl**: ([thegrandcentralbowl.com](http://thegrandcentralbowl.com)) -bowling, a huge game room and food! (Call to reserve bowling lanes!)
- **Oregon Children's Theatre**-“The Legend of Rock Paper Scissors (March 2-April 14)-[octc.org](http://octc.org)

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## MORE PLACES TO EAT!!!

**Slappy Cakes:** DIY pancakes; Slappy Cakes is a do it yourself pancake house that offers a scratch menu, fresh juices and a craft cocktail bar. As a family restaurant, we take pride in using regional ingredients and menu items for each location. Our mission is to bring people together by making pancakes together! In addition to DIY pancakes, we offer chef created entrees and weekly specials. (slappycakes.com)

Mon-Fri 8-2, Sat-Sun 8-3  
(503) 477-4805

**Sparky's Pizza** (sparkyspizzas.com)- near Grand Central Bowl-839 SE Belmont Street, Portland, OR

**Old Town Pizza:** Why? Because it's haunted!

**Laughing Planet Café:** (multiple locations) Fresh and healthy food in a fun and creative atmosphere that includes dinosaurs on the tables. (laughingplanet.com)

**Burgerville:** (multiple locations) A regional fast-food chain that features sustainable, local ingredients, as well as vegetarian-fed and antibiotic-free beef.

**The Old Spaghetti Factory:** Kids love the old trolley car inside, and grownups love the picturesque waterfront views.

**Santa Fe Taqueria** (Alphabet District) :: On Wednesdays from 4 – 6 p.m., kids eat free with an adult purchase. There is also a guitar concert for kids!

**Boke Bowl:** Hip Japanese go-to serving ramen in an industrial space with counter service & communal seating.

Open 11 am - 9 pm (bokebowl.com)

Address: 1028 SE Water Ave, Portland, OR 97214

Phone: (503) 719-5698

### **Salt and Straw Ice cream**

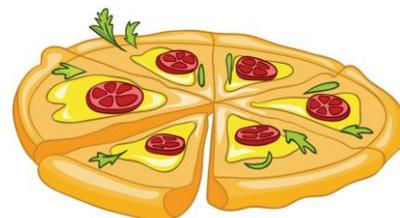
Shop in the historic Esquire Building that has a history as a variety of theaters, coffee shops and ice cream parlors (or at least they called the backdoor entrance an 'ice parlor' during prohibition).

838 NW 23rd Ave.

Portland, OR

Open 10am-11pm daily

971-271-8168



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