

NEW JERSEY *Family*

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The Power of **POSITIVITY**

Westfield mom Meaghan
Murphy on how to find
joy in every day

TLC
Time

5

Self-care
practices

SWITCHING TO
PRIVATE SCHOOL



9 HEATED OUTDOOR
DINING SPOTS

Fidget FUN

Gadgets, toys and jewelry help soothe kids' nerves while expending anxious energy.



- 1. PRESS ON** This keychain boasting colorful silicone fidget buttons easily clips to a backpack, keys or purse. Simpl Dimpl, Fat Brain Toys. \$4.95, fatbraintoy.com **2. POP TILL YOU DROP** This bubble popping and learning game helps your littles learn letters, spelling and numbers. Chuckle & Roar Pop It Letters & Numbers, Buffalo Games. \$7.99, target.com **3. PUTTY IN THEIR HANDS** Twist, stretch and knead pliable putty that gets stretchier as it warms up in your hand. Play Doh Putty, Hasbro. \$9.99, walmart.com **4. SNAP TO IT** Grip, snap and squeeze the colors of the rainbow with this palm-sized fidget toy. Snapperz, Toysmith. \$4.99, toysmith.com **5. RING IT IN** A pretty wire-wrapped ring with silver, rose gold and yellow gold-filled beads makes it easy to discreetly fidget. Deva Fidget Ring by Love, Dawne. \$25, pattiandricky.com