

#### **Metro Parent**

### **FAMILY BUCKET LIST**

Plan an unforgettable year with Metro Detroit kids



We are committed to creating the highest quality of life for all children. WEARE-HENRY Beau with his mom, Ellie Pediatric patient

#### When it comes to your child's health, you want the best care.

At Henry Ford Pediatrics, we are committed to our mission statement: 'to give every child a chance at life.' As part of that pledge, we are continuing to grow and improve our expansive clinical services in both primary and specialty care for all pediatric patients, from newborns to adolescents. **Learn more about our pediatric primary care and specialty services at henryford.com/pediatrics** 



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10 ATTRACTIONS 16 TRAVEL

#### WHAT'S ONE THING ON YOUR 2025 BUCKET LIST?



KATIE JONES,

@michiganmomwithkids

"I'm most excited to get downtown to see Michigan Central Station! We haven't been able to make it when it's open yet but are hoping to in this season for Winter at the Station. "

"Katie, creator of Michigan with Kids, inspires families to explore Michigan's beauty while sharing kid-friendly adventures."



hen your sweet tooth is calling and you want something extra special, look no further than these unique desserts in metro Detroit.

**House of Chimney Cakes** Loaded cake? Yes, please!

#### **Choco Mania Cafe**

**Sterling Heights** 

Choco Mania Cafe serves a global array of sweets, including French crepes, European pastries, specialty sundaes, and customizable rolled ice cream treats.

#### **Donut Bar + Coffee**

#### Southfield

Choose from a variety of donuts, including gluten-free bumpy cake, Snickers, Oreo, and the fan-favorite Fruity Pebbles donut.

### House of Chimney Cakes

#### Dearborn

Chimney cakes come in classic flavors like cinnamon sugar or loaded options like coconut, Oreo, and Fruity Pebbles, with customizable fillings, toppings, and ice cream.

#### JoJo's Shake BAR

#### **Detroit**

These outrageous milkshakes are topped with cookie crumbles, cotton candy, marshmallows, and feature special seasonal flavors.

#### La Gelati

#### Various locations in metro Detroit

This sweet shop's "dessert sushi" features mini cinnamon rolls with frosting and Nutella, along with smoothies, soft-serve, sundaes, and crepes.

#### **Mochinut Ann Arbor**

### Ann Arbor, Troy, Shelby Township

Choose from over 20 flavors of mochi doughnuts, including churro, milk pebble, and black sesame, or try mochinut-balls in options like crème brûlée, coffee, and matcha.

#### **Street Sweets**

#### **Sterling Heights**

This dessert shop specializes in small-batch, handcrafted treats, featuring liquid nitrogen ice cream, dessert pizza, waffle pops, and must-try baklava with gluten-free options available.

#### Cinnaholic

#### **Ann Arbor**

This bakery offers 100% vegan treats, including customizable cinnamon rolls, cookies, brownies, edible cookie dough, and over 20 unique frosted rolls like Cookie Monster, Campfire S'mores, and Caramel Apple Pie.



### Family Foodie Adventures Your Taste Buds Will Love

**BY NIKKI ROBERTS** 

he next time your tummies are rumbling, follow this metro Detroit foodie guide for a mouthwatering crash course to some of the city's best dishes.

#### **Coney dog**

Try a Detroit coney dog at Lafayette Coney Island topped with chili, onions and mustard, and a Faygo on the side.

#### **Detroit square-cut pizza**

Order the Octopie from Green Lantern Pizza for 8 crispy Detroit-style squares that deliver unmatched crunch and your favorite toppings.

#### **Shawarma**

Indulge in the chicken shawarma sandwich from Al-Ameer Restaurant for perfectly seasoned, roasted shawarma served with sides like fries or hummus.

#### **Better Made Potato Chips**

Grab a bag of Better Made Potato Chips, Detroit's favorite for nearly 100 years, with flavors from plain to spicy.



#### Pączki

Get your Paczki Day treat from Donut Cutter—delicious Polish donuts filled with cream or fruit, best enjoyed on Fat Tuesday.

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\*Based on the 2019 DRI for potassium developed by NASEM.

Approved by the Michigan Dairy Market Program Committee.



# THINGS TO DO AROUND METRO DETROIT IN 2025

**BY NIKKI ROBERTS** 

n your next family day out, use this list of 25 kid-friendly things to do in metro Detroit to check off iconic bucket list items or discover a new-to-you hidden gem.

- **Explore Eastern Market.** Browse local vendors and purchase healthy food and farm-fresh goodies, all while enjoying live music and other free family programming.
- See Detroit's iconic **Fisher Building**, a historic landmark with stunning architecture, offering public access to its lobby and shops and guided tours on Saturdays.
- **5** Discover Detroit's history at **The Henry Ford Museum of American Innovation**, featuring the Rosa Parks bus, Kennedy Limousine, antique cars and rotating exhibits.



Step into the past at **Greenfield Village**, an outdoor experience
with nearly 100 historic buildings, seven
districts to explore, and rides in a real
Model T.

- **5** Get funky at the Motown Museum, housed in the original recording studio, where artifacts and memorabilia bring Hitsville, USA, to life.
- 6 Visit the **Detroit Institute of Arts**, home to over 65,000 works and named the nation's top museum, with stunning art and great views from Café DIA.
- Get your game on by catching a Tigers, Red Wings, Pistons, or Lions game, with plenty of minor league action to enjoy as well!
- Enjoy riverfront views, public art, fun playgrounds and peaceful parks along the **Detroit Riverfront.**
- **9** Stroll or cycle the **Dequindre Cut Greenway**, a two-mile urban path with outdoor stages, plazas, and the unique Dequindre Cut Freight Yard bar.



**10** Campus Martius Park, named USA Today's Top Public Square, offers year-round family-friendly events and activities in the heart of downtown Detroit.

**11** Belle Isle State Park is home to a beach, an aquarium, a nature center, a conservatory, a maritime museum, a giant slide and much more.

**12** Enjoy endless outdoor adventures at the **Huron-Clinton Metroparks**, offering 13 parks with playgrounds, trails, fishing, ice skating, camping and more.

the Outdoor Adventure Center, where all the outdoor fun comes inside, with with archery, a fishing simulator, nature exhibits and an indoor waterfall!

**14** Explore your family's wild side at the **Detroit Zoo** in Royal Oak.

**15** Have an under the sea adventure at **SEA LIFE Michigan Aquarium**.



**16** Discover a world of reptiles at **The Reptarium**, where visitors can meet snakes, lizards, and tortoises while overcoming fears and learning about these fascinating creatures.

**17** Canterbury Village offers yearround family fun with dinosaur strolls, holiday events, charming shops, restaurants, and picturesque grounds perfect for a day out. Blake Farms is the perfect seasonal destination, hosting outdoor festivals like lavender and sunflower celebrations, Cider Dayze, and pumpkin patches year-round.

**19** Attend a family-friendly **summer festival** and enjoy live music, vendors, food, kids activities and more.

**20** Build a brick-tastic creation at **Legoland Discovery Center** and enjoy Lego-themed movies, rides and activities.

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# New Family Attractions Coming in 2025

**BY KARI ZAFFARANO** 

t can be difficult to decide which upcoming attractions are worth the hype and which ones your family is better off skipping. Here are the ones we're most excited for!

### Racing Day at Huntington Place

**Opening Jan. 17, 2025** 

#### **Detroit**

The Detroit Auto Show debuts indoor tracks for the 2025 Grand Prix, featuring stunts, racing innovation and interactions with drivers.

#### **Dinoland Ann Arbor**

#### **Opening 2025**

#### **Ann Arbor**

Dinoland opens in Washtenaw County in 2025, offering kids ages 12 and under zip lines, a glow slide, tunnels, LEGO zone and more!



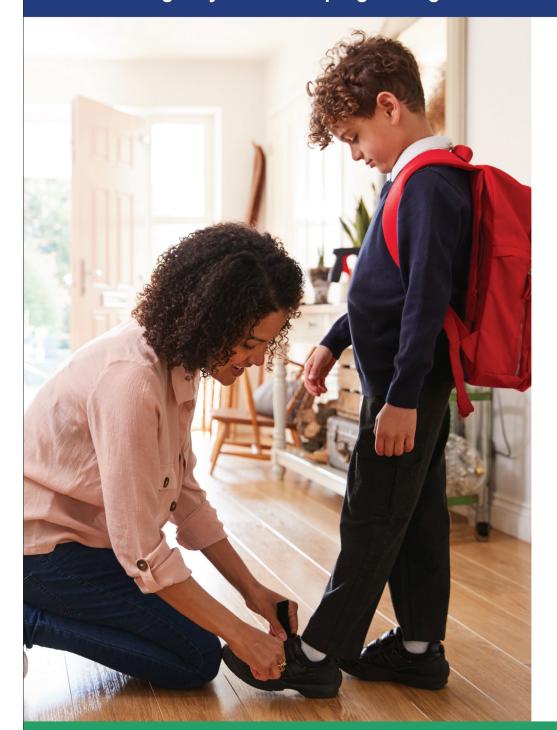
#### Slick City at Troy Gymnastics

**Opening Late Fall 2025** 

#### Troy

Slick City, opening fall 2025 near TG3, offers a water-free park for all ages with parties, events and team outings.

#### Celebrating 25 years of helping Michigan families save for higher education.





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### **Score Big** on Detroit **Sports Family Fun**

**BY NIKKI ROBERTS** 

etroit sports fans know game day is about more than cheering on our favorite teams. Next time you visit, check these exciting game day activities off your family's bucket list.



In honor of the Detroit Lions' beloved, two-time Pro Bowler quarterback Jared Goff, Detroit sports fans everywhere have resorted to chanting "JAR-ED-GOFF" at every sporting event.

#### **Pride Plaza**

Photo Credit Detroit Lions



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### Catch a thrilling half-time show at a Detroit Pistons game

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The Pistons are known for their show-stopping half-time shows, from incredible performances by the dance team to jaw-dropping stunts by acrobatic dunkers!

#### See an octopus on the ice at a Detroit Red Wings game

While we don't encourage you to partake in this tradition yourself, the Legend of the Octopus is a quirky Red Wings tradition that entails throwing a dead octopus onto the ice after a win.

#### Ride the tiger carousel at a Detroit Tigers game

Take a spin on an all-tiger carousel. The carousel at Big Cat Court features thirty hand-painted tigers. Rides are just \$2 per person, and free for kids 14 and under on Sundays.

### Attend a theme game at a minor league baseball park

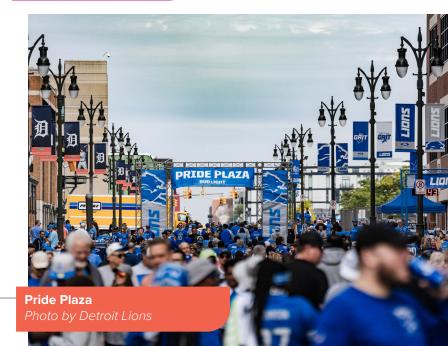
There are four minor league teams in metro Detroit, and even more minor league ballparks worth the drive! For an unforgettable game day experience, grab tickets to a fun themed game.

#### Visit Pride Plaza before a Detroit Lions game

Fuel up for the game at Pride Plaza with food trucks and grown up beverages, and enjoy football-themed games and activations, photo stations, a drumline performance and more.







## EVENTS:

### Metro Detroit Family Events to Check Out in 2025

**BY KARI ZAFFARANO** 

here are so many great family-friendly events happening in 2025 – some are even new events! Whether you're looking for something free or cheap to do that won't break the bank, something educational, or even just a fun festival to attend, we've got you covered!



#### The Big Bounce America

May 17-25, 2025 Fraser

Enjoy 16,000 square feet of fun in the world's largest bounce house with slides, confetti blasts, basketball, climbing towers and more.

### Blake's New Bavarian Festival

Jan. 18, 2025 Armada

Blake's brings Germany to Michigan with Bavarian food, drinks, music, contests, games and more in a lively celebration.

### Disney On Ice presents Let's Dance!

Feb. 13-16, 2025 Detroit

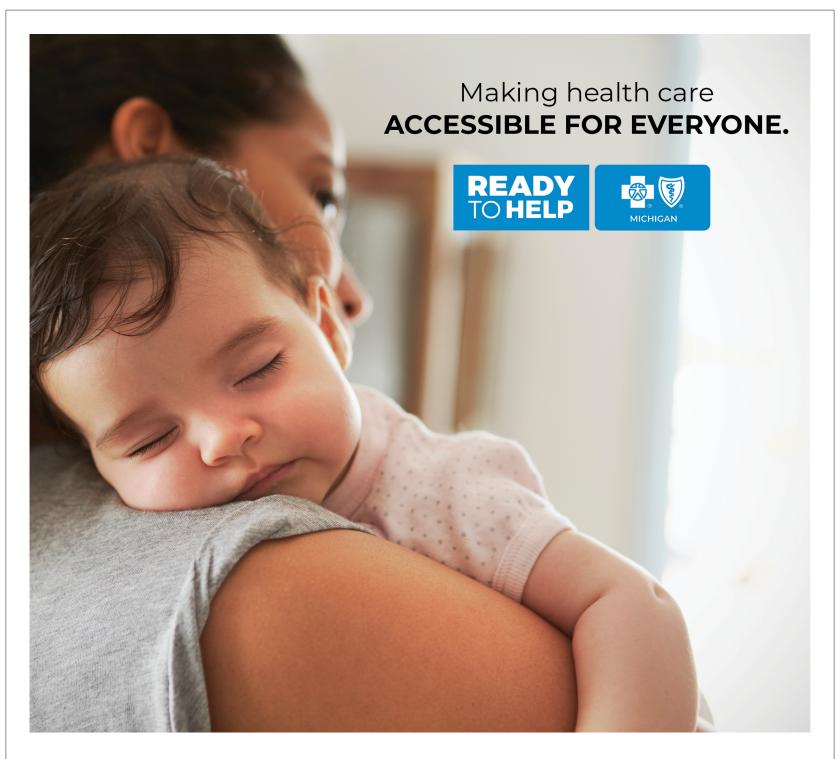
Sing Disney tunes with Mickey, Minnie and characters from *Frozen 2*, *Moana* and more, plus skating, costumes, effects and acrobatics.



#### **Brick Fest Live**

March 1-2, 2025 | Novi

This LEGO event includes life-size models, a brick pit, glow zone, graffiti wall, special guests and a Guinness World Record mosaic.



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#1 in Member Satisfaction Among Commercial Health Plans in Michigan



#### **BY NIKKI ROBERTS**

etroit is only a drive away from plenty of places that make for the perfect weekend, packed with kid-friendly activities and exciting experiences for the entire family.

#### Frankenmuth

#### 1.5 hours from Detroit

Frankenmuth, Michigan's Little Bavaria, offers German charm, holiday fun, Zehnder's Splash Village and Bronner's, the world's largest Christmas store.



#### **Boyne Falls**

### Less than 4 hours from Detroit

Boyne Falls offers skiing, snowboarding and tubing at Boyne Mountain, plus Avalanche Bay water park, a spa and SkyBridge Michigan's light display.



## Spring Getaways

#### **Sandusky, Ohio** 2 hours from Detroit

Sandusky, Ohio, offers indoor water parks and arcades for rainy days, plus outdoor ropes courses and Cedar Point's new Siren's Curse coaster.

### Holland, Michigan 3 hours from Detroit

Holland showcases Dutch culture with Windmill Island Gardens, Holland Museum and the Tulip Time Festival (May 2–11, 2025), featuring millions of tulips.



## Surmer Jetaways

### **Put-in-Bay, Ohio**2.5 hours from Detroit

Put-in-Bay offers golf cart rides, charming shops, waterfront views, Perry's Cave Family Fun Center and relaxing at DeRivera Park.

#### Saugatuck

#### 3 hours from Detroit

Saugatuck offers Oval Beach, boat rentals, sand dune rides, live shows, dining and shopping for the perfect lake town getaway.



### Shipshewana, Indiana

3 hours from Detroit

Shipshewana offers Amish charm with buggy rides, shops, pretzels, farm tours, museums and live shows at the Blue Gate Theatre.



#### **Silver Lake Sand Dunes**

#### 3.5 hours from Detroit

Silver Lake Sand Dunes offers fall foliage, Hart Montague Trail views, dune rides, pumpkin picking, Lewis Adventure Farm and a fall color map.

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### 3 Wacky Sites to See In Metro Detroit

**BY KARI ZAFFARANO** 

ooking to take the kids on a kooky adventure this year? Michigan's roads are dotted with all kinds of oddities and hidden treasures that kids will get a kick out of seeing.

### Bronner's Christmas Wonderland

#### Frankenmuth

This 96,000-square-foot Christmas shop delights year-round with lights, decorations, gifts and outdoor displays like a 17-foot Santa and penguins.

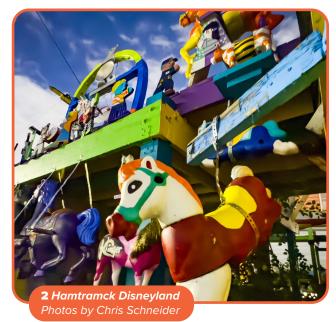
### Hamtramck Disneyland Hamtramck

View Dmytro Szylak's folk art yard from the alley between Sobieski and Klinger. Contact caretakers for closer access and be courteous.

### Heidelberg Project Detroit

Visit the Heidelberg Project, open daily 8 a.m.-7 p.m., where Tyree Guyton turned abandoned homes, broken cars and trash into art.





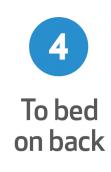


# 4 steps to give baby a safe sleep routine

With a little practice, your baby can get into a sleep routine. That helps them know when it's time to get some zzzs, helps them sleep safely—and means peace of mind for you.









### HENRY FORD HEALTH

henryford.com/pediatrics



**GOALS FOR 2025** 

Ready to hit the road? From snowy escapes to city adventures, the "Ultimate Family Road Trip Guide" by Metro Parent and Southeast Michigan Ford Dealers has all the tips you need for an unforgettable family getaway.

Ford makes family travel easy with comfort, tech, and room to spare.

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