



BROUGHT TO YOU BY
Blue Cross Blue Shield of Michigan

Metro Parent

YOUR **DETROIT**
SUMMER
GUIDE 2025 FOR FAMILY FUN

**Sweet Spots
for Ice Cream
Adventures**

Pg. 8

**Hot Picks for
Summer Days Out**

Pg. 10

**Road Trips Less
Than 3 Hours Away**

Pg. 20



We treat every pediatric GI issue,
from constipation to colitis.

WE ARE HENRY

Our pediatric gastroenterology (GI) team features specialists with advanced training in children's digestive health.

Our new GI services reflect our commitment to delivering complete pediatric care close to home. We provide comprehensive, advanced care to newborns, children and adolescents with digestive health issues, including common symptoms such as diarrhea and reflux—and also treat complex conditions such as celiac disease, food allergies, colitis, inflammatory bowel disease, liver disease, nutritional disorders, underweight status and obesity.

Learn more about our pediatric gastroenterology services at henryford.com/pediatrics

**HENRY
FORD
HEALTH®**

Detroit Parents, What's On Your Summer Bucket List?

From playdates at indoor playgrounds to hiking the dunes and planting backyard gardens, these Detroit-area parents are sharing the can't-miss moments they're looking forward to with their families. Need inspiration? Start your summer bucket list right here.



"My daughter and I are so excited to check out Busy Bees in Canton for some fun indoor play this summer. This has been on my bucket list for awhile now and I'm pumped to visit during a playdate with some friends and their little ones!"

- Katie Eppley, @cuddlebugsleep

"I'm a Michigan mom who loves exploring the beauty of our state with my family. Through our adventures, I hope to inspire others."

- Michele Maleszyk,
@michiganmomofone



"We're all so excited to visit the Sleeping Bear Dunes as a family – looking forward to slowing down, reconnecting, and creating memories together!"

- Jen Fox, @raisingfoxes

"We are excited to check out all of the free activities at the 242 Community Centers. We loved the events at the Ann Arbor campus and the indoor playscape with cafe was the perfect environment for a mommy/kid play date!"

- Raquel Reschke, @theraquelreschke



Metro Parent

We help families make the most of their time together with clear, practical recommendations on what to do, where to go and why it matters.

**We Want
to Hear
from You!**

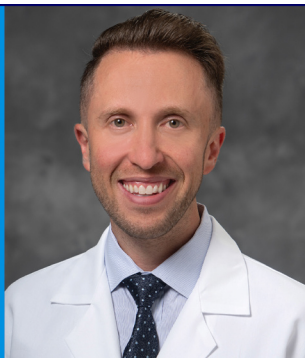
GENERAL QUESTIONS
info@metroparent.com

STORY IDEAS AND COMMENTS
editor@metroparent.com

ADVERTISE WITH US
advertise@metroparent.com

280 N. Old Woodward Ave.
Suite 100
Birmingham, MI 48009
248-398-3400
MetroParent.com

**WOMEN
OWNED**



SPONSORED CONTENT

What to know about Crohn's disease in kids

Seth Iskowitz, M.D.

Henry Ford Health pediatric gastroenterologist

Crohn's disease affects about half a million people in the U.S. While most people with the condition are adults, doctors are also starting to see an increasing number of kids with Crohn's disease.

1. What is Crohn's disease?

This type of inflammatory bowel disease (IBD) causes inflammation in the digestive tract. It can occur anywhere from the mouth to the anus, but in kids, it's most common in the last part of the small intestine and throughout the large intestine. Kids with a parent or sibling who has IBD may be more likely to get Crohn's disease.

2. Crohn's disease symptoms in kids.

Crohn's symptoms can come and go, and a period of time without symptoms is called remission. Your child's

symptoms will depend in part on which area of the digestive tract is involved. We often see kids whose only symptom is that they are not growing, which happens when the inflammation is in the small intestine. In pre-adolescents, this can result in delayed puberty, and for teens, loss of menstrual cycles. Other common symptoms can include bloody stools, loss of appetite, stomach pain and unexplained weakness.

3. How Crohn's disease is diagnosed in kids.

This typically starts with a stool test to look for signs of infection or inflammation. But in order to accurately diagnose Crohn's, we need to look at the entire gastrointestinal (GI) tract. That means a combination of colonoscopy to look at the lower part of the GI tract, esophagogastroduodenoscopy (EGD) to look at the upper part of the GI tract, and MRI enterography (MRE) to produce detailed images of the entire GI tract and to look for specific complications.

4. Treating pediatric Crohn's disease.

We can't cure Crohn's disease, but the vast majority of kids respond well to medication, which they'll typically take throughout their life—with possible dosage changes as they get older, especially as they go through puberty. The goal is to put them into complete remission where they no longer have any symptoms. Other lifestyle factors such as learning ways to better manage stress may also play a role. In rare cases, children may need surgery to remove a part of the bowel that's chronically inflamed and not responding to medication.



**HENRY
FORD
HEALTH**

To learn more about pediatric primary care and specialty services, visit
henryford.com/pediatrics



Support your baby's brain from day one.

Dairy foods, like whole milk, cheese, and yogurt, provide the calories and fat to fuel the growing brain, as well as important nutrients like vitamin B12.



Learn more at usdairy.com.

MILK
MEANS MORE

United Dairy Industry of Michigan

Approved by the Michigan Dairy Market Program Committee.

Photo by Blake's Orchard & Cider Mill



Kid-Friendly Patios and Rooftops *Perfect for Summer*

BY KARI ZAFFARANO

As the weather warms up, metro Detroit restaurants are opening their patios and rooftops for family-friendly outdoor dining. From city views to waterfront spots, these patios make al fresco meals fun and relaxing for all ages.

Bumper's Landing **HARRISON TOWNSHIP**

This waterfront sports and tiki bar serves Detroit-style pizza, tacos, burgers, and more, with a kid-friendly menu featuring classics like grilled cheese, tenders, and sliders.

Blake's Tasting Room

ARMADA

Grab a bite at Blake's Orchard & Cider Mill during festivals or Funland visits—shareable bites and a kid's menu with favorites like mac and cheese await!



Watermark Bar & Grill

ST. CLAIR SHORES

Enjoy patio dining with no reservations needed. Choose from breakfast favorites like ben-n-y's and crepes, while "little skippers" enjoy pancakes, grilled cheese, or eggs with protein.

Oat Soda Lake Orion

LAKE ORION

This restaurant offers charcuterie, pierogis, and more, plus a \$7 kids menu with mac and cheese, pizza, or burgers—each served with two sides and a drink.

Social

BIRMINGHAM

With rooftop and sidewalk seating, this family-friendly spot offers a kids lunch menu with pasta, burgers, and more, plus brunch options like waffles and eggs with bacon.

Harrison's Speakeasy

HARRISON TOWNSHIP

Dine outdoors with lawn games and cozy seating, while kids enjoy meals like dino nuggets and mac and cheese—served with applesauce or fruit—and adults savor diverse entrées.

313 Pizza Bar

LAKE ORION

Known for its tasty Detroit-style pizza, this downtown Lake Orion spot is perfect for all ages, with kid-friendly options like mac and cheese or chicken fingers.

The Beach Tiki Bar & Boil

WALLED LAKE

This tiki-themed spot serves seafood boils, tacos, pasta, and Polish favorites like pierogis, plus kid-friendly meals like mac and cheese, sliders, Alfredo, and smoothies.

Kruse's Paint Creek Tavern

ROCHESTER

This spot serves creative dishes like Irish nachos and Taki mac and cheese, with a "First Mates" kids menu featuring classics like tenders and burgers.

Exchange Bar and Grill

NORTHVILLE

Enjoy dining with your family on the rooftop patio. Their kids menu features chicken fingers, grilled cheese, quesadilla and BBQ chicken breast with veggies.

Johnny's On The Lake

BELLEVILLE

This sports bar and grill overlooks Belleville Lake and offers a kids menu with favorites like fish and chips and chicken tenders—meals include fries and a drink.



Fun-Filled Metro Detroit Ice Cream Treats

BY KATINA BENIARIS

Metro Detroit is full of unique ice cream spots serving over-the-top treats the whole family will love. From ice cream nachos to rolled sundaes, here are four must-tries.

Crunch on ice cream nachos at Modern Cone ST. CLAIR SHORES

This Macomb County shop's viral ice cream nachos feature waffle cone chips, customizable scoops, sauces, and toppings—fun, sharable, and perfect for kids to create combos.



Treat yourself to a European-inspired dessert at House of Chimney Cakes DEARBORN

House of Chimney Cakes serves whimsical, fairy-tale-worthy desserts—handcrafted chimney cakes filled with ice cream and toppings, plus signature creations like Oreo Overload and Everyday Birthday Cake.

Make your own ice cream bar at Bombshell Treat Bar BERKLEY

Bombshell Treat brings back ice cream truck nostalgia with a modern twist—build your own dipped ice cream bar with fun toppings the whole family will love.

Chill out with rolled ice cream creations at Choco Mania Cafe STERLING HEIGHTS, BIRMINGHAM

Choco Mania Cafe takes rolled ice cream to the next level with bold flavors, fun toppings, and viral treats like the Dubai Choco Covered Strawberry Cup.



Making health care
ACCESSIBLE FOR EVERYONE.

**READY
TO HELP**



With Blue Cross Blue Shield of Michigan and Blue Care Network, you know you are getting the best access in the state. We not only offer the largest network of doctors and hospitals in Michigan, but we also make sure you have access to them wherever you go with resources such as our easy-to-use mobile app and 24-Hour Nurse Line. You deserve to feel your best, and we are always ready to help make sure you do.

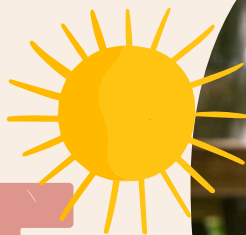
Learn more at
MIBlueDaily.com/ReadyToHelp

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross Blue Shield Association.

HOT PICKS FOR COOL SUMMER FUN

BY KATINA BENIARIS

School's out, the sun's shining and metro Detroit is bursting with ways to make this summer unforgettable. From lavender fields to new attractions, we've rounded up the season's best family-friendly fun you won't want to miss.



Explore the Hall of Heroes at Sloan Museum of Discovery

The Flint museum's new exhibit features 32 interactive stations featuring Batmobiles, a Batcave, hands-on building and action challenges.

Photo by Sloan Museum of Discovery

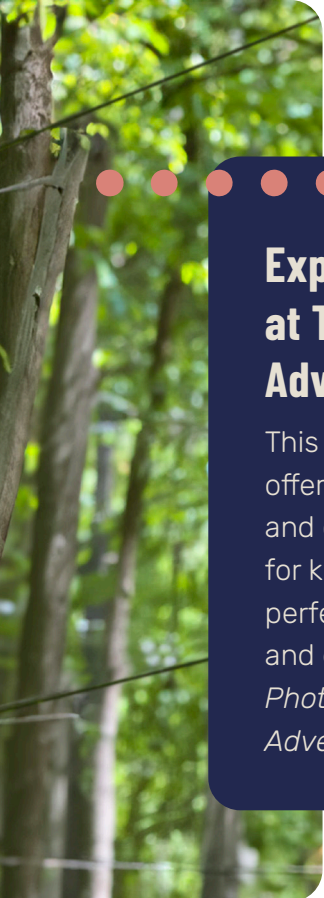
✱ See planes twirl in the sky at Thunder Over Michigan Air Show

Thrilling aerial stunts, vintage planes, and family fun take flight June 20-22 at Willow Run Airport in Ypsilanti.

✱ Belle Isle Gets Breezy with the Kite Festival

Head to Belle Isle on July 13 for the Detroit Kite Festival — a colorful day of kite flying, sky-gazing, and family fun.





Explore the treetops at TreeRunner Adventure Park

This outdoor aerial park offers zip lines, rope courses and climbing adventures for kids and adults alike — a perfect way to burn energy and enjoy the fresh air.

*Photo by TreeRunner
Adventure Parks*



☀ Enter the enchanted Dragon Forest at the Detroit Zoo

This outdoor trail invites families to explore 3 acres of mythical creatures, animatronic dragons, interactive sculptures and more magical fun.

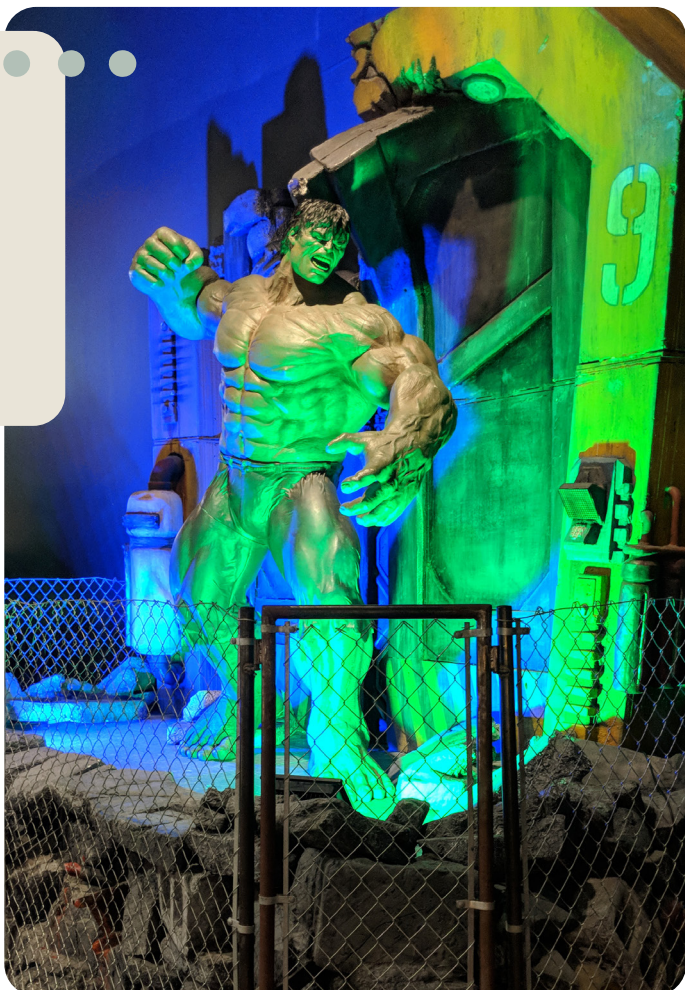
☀ Blake's Farms blooms with lavender fields

In July, head to Blake's Lavender Festival for a sensory-filled summer day with photo opps, artisan vendors, lavender-infused treats and kid's activities.



☀ Step back in time at Greenfield Village

Stroll historic streets, ride a Model T and see artisans at work at Greenfield Village — a hands-on, open-air history adventure for all ages.



● Cruise the Detroit River on the ● Diamond Jack's River Tour

● Enjoy a breezy boat ride filled with skyline views,
● bridge spotting, and family narration. It's a classic
● summertime adventure Downriver families love —
● and a great way to cool off!

● *Photo by Diamond Jack's River Tours*

Photo by Allison Farrand / Ilitch Sports



Boom! Fireworks All Summer Long

BY KATINA BENIARIS

Summer nights in metro Detroit shine brighter with fireworks lighting up everything from the city skyline to suburban ballparks. These dazzling displays offer budget-friendly fun for the whole family.

Detroit Tigers DETROIT

Make your Friday nights sparkle at Comerica Park with post-game fireworks lighting up the sky. Families can enjoy batting practice views, rides on the Hi-Chew Carousel and Fly Ball Ferris Wheel, and plenty of kid-friendly fun—making it the perfect way to kick off the weekend in metro Detroit.

United Shore Professional Baseball League UTICA

Get ready for a night of family fun at Jimmy John's Field, where Friday games end with a Fireworks Spectacular over Utica. Cheer on your favorite USPBL team, enjoy themed nights like Princess Day or Bluey Puppy Party, and join the Kids Club for exclusive perks and on-field memories.

Toledo Mud Hens TOLEDO

Catch a Toledo Mud Hens game and stick around for dazzling post-game fireworks on select nights this summer! Join Muddy & Spike's Kids Club for ticket perks and merch, and don't miss themed nights or the Dug-out Fireworks Experience for unforgettable family fun close to the action.



**DISCOVER.
DREAM.
DO.**

LIGHT UP YOUR SUMMER.

Salute to America in Greenfield Village® • July 2-5

It's one of Detroit's most magical summer nights. With music by the Detroit Symphony Orchestra, stunning fireworks, delicious food, surprise musical ensembles and so much more, our Salute to America is a one-of-a-kind event you won't soon forget.

Buy Tickets

Performance by:



Presented by:



Splash-Tastic Spraygrounds

BY KARI ZAFFARANO

Metro Detroit is full of splash pads with zero-depth entry, water cannons, dump buckets, and fountains—perfect for cooling off and entertaining kids all summer.

● Clinton Township Splash Pad

CLINTON TOWNSHIP

Near Clinton Township Public Library, this splash pad offers water features, a big bucket, shaded seating, and a picnic area. Membership required.

● Dodge Park Splash Pad

STERLING HEIGHTS

This splash pad features a mini splash area, water table, interactive sprays, a waterslide, toddler slide, and a dumping water bucket for nonstop fun. Free residents, \$5 non-residents.

● Lake St. Clair Metropark Squirt Zone Spray Ground and Pool

HARRISON TOWNSHIP

With water cannons, a tunnel of water to run through and ground sprays shooting up water, tykes will be able to cool off no matter how hot the temperature gets. \$10 daily vehicle.



Lily Pad Springs, Photo by WB Parks



Lake St. Clair, Photo by Hurton-Clinton Metroparks



Mt. Elliott Splash Pad



Normandy Oaks
Photo by City of
Royal Oak

● Lily Pad Springs

WEST BLOOMFIELD

Michigan's largest splash pad offers 5,500 square feet of fun with 50+ features, a 2,400-square-foot climbable structure, four waterslides, and a 55-gallon dump bucket. \$7 non-residents, \$4 residents.

● H2O Zone Spray Ground

WESTLAND

Soak up the sun at the H2O Zone, featuring a water-spraying 18-foot helicopter, spray attractions, dump bucket, free Wi-Fi, and a concession area.

● Blue Heron Bay Spray Park at Independence Lake County Park

WHITMORE LAKE

Enjoy interactive jets used to spray those around you, water cannons, dumping buckets and more for family fun. \$6 Washtenaw County residents, \$10 non-residents for daily vehicles.

FREE

● Cascade in the Shade

MOUNT CLEMENS

Located at Shadyside Park, this 1,400-square-foot splash pad features an interactive fountain and vibrant murals symbolizing the city's past, present, and future.

● KLR Splashpad

OXFORD TOWNSHIP

"KLR" stands for "Kids Love Recreation," and this inclusive splash pad welcomes all abilities—with Aqua Wheelchairs available and water features that spray from all angles.

● Normandy Oaks Park Splash Pad

ROYAL OAK

This outdoor splash pad is activated by a switch and is open from Memorial Day to Labor Day. Be sure to check out the playscape nearby.

● Mt. Elliott Park Water Feature on Detroit Riverfront Splash Park

DETROIT

This Great Lakes schooner-themed spot has water cascades, kid-activated water cannons, unique wind chimes and more interactive features. There's a popular open-air cafe nearby.

**SAY HELLO TO
SUMMER WITH THESE**

FAMILY FESTIVALS

BY KARI ZAFFARANO

Kick off summer in Metro Detroit with family-friendly festivals featuring carnival rides, tasty food, live music, and cultural celebrations—fun for everyone!

Milan Community Fair at Wilson Park

MAY 29-31, 2025 | MILAN

Find vendors, live music and rides galore. There will be a parade on Thursday, fireworks are scheduled on Friday and a magic show Saturday.

Motor City Pride Fest at Hart Plaza

JUNE 7-8, 2025 | DETROIT

This annual event brings over 65,000 people together to celebrate the LGBTQIA community. The parade will take place on Sunday. \$5 admission, free for kids 12 and under.

Canterbury Taco Fest

JUNE 20-22, 2025 | LAKE ORION

Enjoy tacos, Mariachi bands, contests, lawn games, shopping, live music, wrestling and more at this annual event. \$4/online, \$6/entry at door.



Lavender Festival,
Photo by Blake Farms

Ann Arbor Summer Art Fair

JULY 17-19, 2025 | ANN ARBOR

This fest features art in various media—drawing, painting, sculpture, glass, ceramics, jewelry, and more—plus live music, sidewalk sales, and tasty culinary treats.

Photo by Ann Arbor Art Fair



Opa! Fest at St. Nicholas Greek Orthodox Church

JUNE 20-22, 2025 | TROY

Participate in Greek dancing, live music, cultural events, authentic cuisine, children's play area and more. Admission three canned goods/person, \$3/person, \$10/family, free/ages 11 and under.

Dairy Day at Wolcott Mill Metropark, Farm Center

JUNE 21, 2025 | RAY

Watch the cows being milked, enjoy games, crafts, family photo opportunities and free dairy products including cheese and ice cream treats. Free, \$10/park vehicle entry

Blake's Lavender Festival

JULY 11-13, 18-20, 2025 | ARMADA

Shop 150+ artisan vendors, enjoy lavender treats and lemonade, crafts and animal shows, plus a free train ride to the fields.

\$12/Friday ticket, \$14/Saturday or Sunday ticket, free/ages 2 and under; free/parking

Sterlingfest Art & Music Fair

JULY 24-26, 2025 | STERLING HEIGHTS

Families can check out art on display, hear live entertainment, get their fill of tasty fair food and spin, swing or slide on carnival rides at this annual.

Belle Isle Art Fair

AUG. 2-3, 2025 | DETROIT

Enjoy the work of juried artists near the beautiful Scott Fountain at the Motor City gem. Create your own art, listen to music, enjoy food and drinks and more.

Michigan State Fair

AUG. 28-SEPT. 1, 2025 | NOVI

Enjoy carnival rides, a circus, livestock shows, live entertainment, and classic fair food—fun for the whole family. \$10/fair admission, \$42/ultimate admission.

Free Outdoor Family Flicks

BY KARI ZAFFARANO

Metro Detroit summer nights shine with outdoor movies—from animated classics to family adventures. Pack a picnic and enjoy a film under the stars!

Movies by Moonlight at Rackham Stage

ANN ARBOR

Families can stop by A2SF's free outdoor summer series. Kid-friendly movies include *Toy Story*, *Inside Out 2*, *The Wild Robot*, *Wicked* and more.

Music and Movies in the Park! A Night at The Civic Center

CLINTON TOWNSHIP

Enjoy pre-show activities and music with a film. July 16 features *Interstate 90s* and *Moana 2*. July 23 is *Zang Band* and *Despicable Me 4*. July 30 is *Collision Six* and *Sonic 3*.



Outdoor Movie Nights at Booth Park

BIRMINGHAM

Birmingham's popular outdoor Movie Night series returns with *A Bug's Life* on June 6, *Home Alone* on July 11, *Moana* on Aug. 8 and *Trolls* on Sept. 5.

Movies in the Moonlight in Downtown Rochester

ROCHESTER

Now in the East Parking Platform. Bring your own chairs. July 19 is *Wicked*, July 26 is *Beetlejuice Beetlejuice* and Aug. 2 is *Moana 2*.

Celebrating 25 Years of Bright Futures

For 25 years, The Michigan Education Savings Program has been helping Michigan families turn college dreams into reality. With an MESP 529 college savings account, you can invest in your child's future.

MESP has helped over 180,000 children go to college.

MESP has paid out over \$6 billion to help cover college education costs.

Over 433,000 people have invested in an MESP 529 Account.

Statistics as of 12/31/24



Michigan Education Savings Program
25th Anniversary

Michigan's direct-sold 529 College Savings Program

1-877-861-MESP | MIsaves.com

Program Administrator, Michigan Department of Treasury.

To learn more about the Michigan Education Savings Program, its investment objectives, risks, charges and expenses see the Program Description at MIsaves.com before investing. Read it carefully. Investments in the Plan are neither insured nor guaranteed and there is the risk of investment loss. TIAA-CREF Individual & Institutional Services, LLC, Member FINRA, distributor and underwriter for the Michigan Education Savings Program.

4420688

Nearby Summer Road Trips For Metro Detroit Families

BY KATINA BENIARIS

Plan the perfect summer road trip from Detroit! These family-friendly get-aways under 3 hours offer lakes, museums, outdoor fun, and small-town charm—no long travel required.



Port Huron

Enjoy Lake Huron up close in this scenic waterfront town! Relax at Lakeside Park, cruise on the Huron Lady II, and explore historic sites and museums.

Fort Gratiot Lighthouse Port Huron

Photo by Pure Michigan



PHOTO COURTESY: Visit Fort Wayne
INDIANA

Fort Wayne, Indiana

Fort Wayne is perfect for a family trip with its zoo, Science Central, Botanical Conservatory, and lakefront Promenade Park featuring playgrounds, trails, and lawn games.

Photo by In Indiana



Toledo, Ohio

Toledo is a great summer spot with a top-rated zoo, hands-on museums, and outdoor fun at Toledo Botanical Garden, Glass City Metropark, and Mud Hens baseball games.



Midland

Midland offers summer fun with Dow Gardens' Canopy Walk, hands-on exhibits at Midland Center for the Arts, and a refreshing splash pad at Central Park.

Midland Dow Gardens Canopy Walk

Photo by Pure Michigan MEDC

Saugatuck, Michigan

Saugatuck offers summer fun with Oval Beach, Kalamazoo Lake cruises, thrilling dune rides, and a charming downtown filled with family-friendly dining, shops, and treats.

Lansing

Experience summer in Michigan's capital. Explore Fenner Nature Center, tour the State Capitol, play at Impression 5, and meet animals at Potter Park Zoo.

Photo by Pure Michigan

Put-in-Bay, Ohio

Put-in-Bay offers a fun island escape near Detroit! Ride golf carts, enjoy lake views, and explore Perry's Cave with mini golf, mining, and butterflies.





HIT THE ROAD FOR SUMMER FUN

Craving a change of scenery? From cave hikes in Hocking Hills to spotting giraffes at The Wilds or soaking up sun at Indiana Dunes, the “Ultimate Family Road Trip Guide” by Metro Parent and Southeast Michigan Ford Dealers is filled with family-ready spots just a drive away.

Ford brings the space, features and flexibility to make every summer vacation road trip comfortable and fun.



CLICK HERE
for your
**Road Trip
City Guides!**