



FREE AND LOW COST ACTIVITIES FOR FAMILIES

Postpartum Support Groups- The Postpartum Depression (PPD) support group is FREE and is an open, on-going group for moms throughout the first year after delivery. Babies are welcome. The group provides nonjudgmental support to mothers grappling with postpartum issues.

Any Baby Can

Central Austin
1121 E 7th St
Austin, TX 78702
(512) 454-3743
Every Thursday from 10-11:30 a.m.

South Austin
4101 James Casey St.
Second floor community room
Austin, Texas 78745
Every Tuesday at 6 - 7:30pm

Stores that Have Free Activities

Check with your favorite store to see if they have any activities.

Lego Store

<http://stores.lego.com/en-us/Austin/events.aspx>

Monthly mini mobile builds. Take the kids out to build Lego minis and they get to keep the Legos! Check store for times.

2901 S Capital of Texas Highway
Austin, TX 78746
(512) 327-7100

Lakeshore Toys

Free craft days, very kid friendly.
See website for current information.

9828 Great Hills Trail

Austin, TX 78759

512-241-2885

www.lakeshorelearning.com/general_content/store_locations/storeCrafts.jsp?f=m

Indoor

Check with your favorite museum. They usually have free days. Museums are great places to take little ones, especially if they are sleeping in a sling or stroller. Mom can get adult stimulation and not be in the house.

Austin Public Library

They have baby days, story time, and crafts. Check with your local library.

www.ci.austin.tx.us/library

Lakeline Mall

Free indoor playscape. Good for smaller children and older kids.

11200 Lakeline Mall Dr

Cedar Park, TX 78613

(512) 257-8500

Alamo Drafthouse- (not free)

Baby Day (not free).

Movies are anywhere from rated G to R. Lights are brighter and movies are not as loud. No one cares if baby cries. Children under 1 year are welcome, but children between the ages of 1-5 are not welcome.

www.drafthouse.com

Outdoor

Central Park

Behind Central Market north. Parking lot is on Guadalupe St. between 38 ½ St. and Austin State Hospital (ASH)). There is a pond to walk around. The pond has an unbelievable amount of turtles and ducks. The park is generally quiet and beautiful.

Austin Science and Nature Center

www.ci.austin.tx.us/ansc/

The Austin Nature and Science Center located directly off Stratford Drive within the Zilker Park area. When you enter, there is a discovery building before the trails. Also, there is a mini zoo of rescue animals and a dino dig pit. Free and tons of fun.

Whole Foods Market Downtown

There is a playground on the roof! You can bring your own food or go inside the store for whatever you need. Easy to keep track of your older children.

525 N. Lamar Blvd.
Austin, Texas 78703
(512) 542-2340

Summer

In Austin, the splash pads and municipal pools are free. Visit the website for the closest location. Patterson Park has a large pool and a baby pool with small fountain in the middle. The baby pool is covered to limit sun exposure. www.ci.austin.tx.us/parks/pools_schedule.htm

Alamo Draffhouse offers free kids movies throughout the summer. FREE for all. Check with local Alamo to see listing.

Inexpensive

YMCA

Membership is around \$50-60 for a family of four and much less if you meet the income guidelines. They offer onsite daycare, gym, classes and most have pools and heated lap lanes. Check with your local Y for current rates and information. There is a free trial day where you can bring the family and see if it fits your needs. www.ymca.net

Wild Basin Nature Preserve

www.wildbasin.org

Trails and inexpensive.

\$3 for adults and free for under 5 years.

Good to know

Local farmer's markets often accept WIC and Lone Star food cards.

www.austinfarmersmarket.org

Many of these are open during the week too.