

Issue # 1- September 2004



### **I Deserve A Break Contest!!!!**

Prize

1st Prize- 2 months of Personal Development Coaching (\$400 value)

2nd Prize-Meditation CD & Don't Stress Book

3rd Prize-Purpose Driven Life Journal

What to do to Win

Tell me your story. Are you a harried parent who is always on the go? Do you think you deserve a break? In no less than 100 words, tell me how you try to balance life and work and why you deserve a break. Be prepared to share your story with readers of Parenting Insight. Readers will determine the winners. Come on give it your best shot!

Only one entry per person.

The top three entries will each win a prize.

How to Submit Your Entry

Send your entries to [smartbeecoach@writeme.com](mailto:smartbeecoach@writeme.com) with I Deserve A Break in the Subject Line. Your entry must be received by November 1, 2004. Winners will be determined by our readers.



It's the time of the year that most kids have been avoiding; Back To School! **Successful Child** is committed to helping you make it a great school year. Look for information on everything from how to pick a great preschool to writing phenomenal college essays.

Each month, Successful Child will offer you resources, tools and tips to make you a more informed parent. If you'd like to help your child achieve personal and academic success, be sure to sign up for **FREE**, so that you never miss out!

You'll have access to sites, products and books that can help you. Learn your child's learning style to help your child learn better, Learn how to develop your child's critical thinking skills, and how to help increase your child's self-esteem.

For September, we will focus on a **Healthy & Happy Start!**

Going back to school can make some kids anxious. Some are starting kindergarten and others are transitioning from elementary to middle school or from middle school to high school. Help your child keep things in perspective by helping them to realize that this new experience is exciting. Encourage them to have a positive attitude about the experience. Back to school can be frustrating and stressful due to poor time management, organizational and communication skills. Start off the school year by leading by example. Set the standards for a responsible, independent, and successful child by living by the core life values you want to instill in your child.

If you are always running late or making excuses, your child will assume that this is the attitude to take towards life.

### **Nutrition**

Preschool: Make sure your preschooler starts the day with a healthy breakfast. If you have a fussy eater, try variations of their favorite foods. Give them a piece of their favorite fruit, but do not force your child to eat something. If you are concerned about their vitamin intake, offer them a supplement. A good one to try is [Childs Life Essentials](#). For great recipes, try our book of the month for recipes: *Healthy Food for Healthy Kids*.

Elementary/Middle School/High School: Kids in this age group need to have healthy eating habits as well as a fitness regimen. Serve your children healthy snacks and involve them in grocery shopping and the preparation of food. Try a new snack for lunch each week. If you're stuck on what to serve your children, check out: [Your Kids and Nutrition](#) for tips. Make sure they get adequate exercise each day. A great way to stay physically active and distress is [Tae Kwon Do](#). Want your child to exercise at home? Try [Fitness Beginnings.com](#) with over 100 exercise videos and dvds selections.

### **Lunch Box Ideas:**

Kids lunch times at school are short and they spend half of the time talking and fooling around, so what do parents do to make sure they eat? The answer is to make it fun and interesting!! First of all, kids like packaging...so, the better (and cooler) you make something look, the more apt they are to eat it. You don't need to make it extra special every day, but maybe you can use some of these ideas once or twice a week. Write a note, or make a heart on your child's sandwich with food coloring \* Wrap sandwiches in colored cellophane wrap \*Cut sandwiches into fun shapes or letters\* Wrap ribbon around carrot sticks or celery sticks and place in a plastic baggie \*Put a note in that says "I love you" or "I am thinking about you" \*Put a little prize in once in a while like a sticker or a pin or a plastic ring\* Use banana bread to make a PB&J sandwich \*Always put a napkin in, and sometimes draw a little smiley face or write a note on it Include a fun straw \*Put

in a new fun pencil Put a lipstick kiss on their napkin \*Put a in Hershey's Kiss with a note attached "Here's a Kiss for you" \*Put a in Hershey's Hug with a note attached "Here's a Hug for you" \*Put soup in a thermos and be sure to include a colored plastic spoon \*Give them chocolate milk in their thermos instead of regular \*Put a flower in Make a fruit kabob \*Remove crust and cut sandwiches into triangles \*Include homemade cookies \*Give a special piece of candy once in a while \*Put in fresh fruit or vegetables cut up \*Tie ribbon around utensils \*Cut sandwiches into strips \*Roll up lunch meat and cheese and secure with a fun toothpick.

These great ideas are from: [theideabox.com](http://theideabox.com)

Also check out this month's feature article **Powerful Foods for a Powerful Lunch** is by Evan Mestman

Evan Mestman, MS, RD, CDE, CDN, better known as the “Food Shrink”, is author of “Health Eating! Healthy Living!” and owner of Appetite & Attitudes, LLC., a nutrition coaching business and home of the Pleasure Principle Weight Loss Plan. He is dedicated to helping others reach their goals with weight loss. His approach deals with identifying underlying issues that lead to overeating and weight gain.

[info@roundyourplate.com](mailto:info@roundyourplate.com)

<http://www.roundyourplate.com>

## **Sleep**

Preschool: Your child needs 10-12 hours of sleep per night. Develop and be consistent with a bedtime routine. Have your child engage in quiet activities before bedtime, such as reading a picture book or completing a puzzle. Avoid liquids close to bedtime. If you have a little night owl, try placing a few drops of pure lavender oil on a tissue paper and place it by your child's bed. Check out [Sleep for Kids](#).

Elementary: Encourage your child to develop a routine of falling asleep and waking at the same time, even on weekends. After a summer vacation, it can be quite difficult to get into the habit of falling asleep early. Have your child start sleeping an hour earlier and slowly transition into the appropriate bedtime. Avoid television and caffeine close to bedtime. **Extra tip:** Pay attention to any signs of stress. Ask you child questions to find out if they are anxious or feeling stress because of the new school year. Let them know you are available to listen, if they want to talk. For more information on kids and stress, visit [Kids Have Stress Too!](#)

Middle School/High School: Your child needs between 8.5-9.5 hours of sleep. Your child needs less sleep and less supervision. Advise your child to avoid computer games and heavy studying before bedtime. Make sure your child turns off the television before bedtime.

## **Time Management**

Preschool: If you want to avoid being late in the mornings, wake up a 1/2 to 1 hour earlier and get yourself prepare. Lay out the clothes the night before or if you able to, on

a Sunday night. Have breakfast ready for your preschooler and make getting ready a game. Play a beat the clock kind of game with your child. Preschoolers are very competitive and like to win.

Elementary School: Show your child the value of time by how you prioritize and organize your time. Teach your child to be more independent and responsible by allowing them to pick out their clothes (within reason). Agree to a scheduled study time and support your child in being consistent with this time.

Middle School/High School: Avoid resentment and power struggles by setting reasonable guidelines. Help your child to approach time management with confidence. Instead of lecturing about the importance of time, show your child how to use their time more effectively. If they see you procrastinating, then they will assume it's acceptable for them to procrastinate. Create a schedule and a list of things to do together. Teach them to set and follow through on specific goals. For more tips, check out [Organize Tips.com](#) Are you constantly trying to manage your time? Get some tips from [i need more time.com](#)

### **Things to remember this month:**

- 1) Give your child's teacher all of your contact information (cell phone, email, etc.)
- 2) Notify your child's teacher and school administration about any recent changes that occurred during the summer (death in the family, illness, military deployment, etc).
- 3) Let your child know that you are available to listen to them if they need to discuss anything.
- 4) Keep your child abreast of any changes of who is picking them up from school.
- 5) Be consistent.
- 6) Be involved in their school, if you're a working parent; ask the PTA how you can help.
- 7) Honor and respect your child's feelings about the first week of school.
- 8) Be on time for school.

That's it for now. If you have a great idea for October, drop me a line: [smartbeecoach@writeme.com](mailto:smartbeecoach@writeme.com).

### **Comments/Questions**

Do you have comments or suggestions for Successful Child? Are you looking for something in particular for your child? Please send your feedback/question to [smartbeecoach@writeme.com](mailto:smartbeecoach@writeme.com)