



We're dedicated to helping you be happy, healthy and successful in your journey of being a parent!

Monthly Quote

"It's a helluva start, being able to recognize what makes you happy."
~ Lucille Ball

Funny Bone



An expensive education

A banker was arrested for embezzling \$100,000 from his company. At his trial, he pleaded that he had no choice because he needed the money for his son's college education.

The judge said, "I have just one question."

"Yes, your honor?" asked the banker.

The judge leaned forward and whispered, "Where were you going to get the rest of the money?"

Just being neighborly

Two neighbors were arguing over whose dog was smarter.

"My dog is so smart that every morning he waits for the paperboy to arrive, gets my paper out of the mailbox, and then brings it to me."

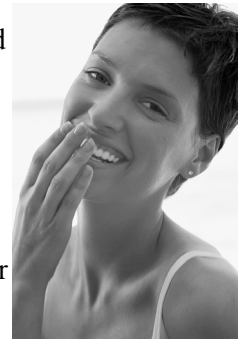
"I know," said the other neighbor.

"How do you know?" the first neighbor asked.

"My dog told me."

Moms and Dads Need Play Time, Too!

Adults often have the idea that because they've matured beyond childhood they shouldn't indulge in play. But according to Dr. Lenore Terr, author of *Beyond Love and Work: Why Adults Need to Play*, our health and happiness are directly affected by our need for lightness and laughter.



According to Terr, a professor of psychiatry at the University of California at San Francisco, workers need to put play on their agendas and make time for it in their busy schedules. Having a break from responsibilities enables you to take on more challenges later on. One of the best ways to put fun on your agenda is to make plans with a friend. Here are some suggestions:

1. Go for a power walk. Walk and laugh while getting your blood pumping and doing something good for your body.
2. Work on an art project. Go together to an art supply store to get ideas.
3. Build a bookcase or design a mosaic mirror.
4. Share family photos. It's a chance to share important stories and witness each other's lives.
5. Discover a new art exhibit. Museums can take you away from your day-to-day responsibilities, even if only for a short time.

Dealing with a Picky Eater

Nearly every family has one: a child who is picky about food. The Children's Hospital Medical Center of Akron offers these tips to encourage a healthy appetite:

- Model the behavior you seek: show your own enjoyment of different kinds of food.
- Keep mealtimes positive with lots of smiles and chat.
- Try to serve meals and snacks at the same time each day.
- Refrain from feeding your child an hour and a half or two hours before a meal.
- Don't threaten, bribe, or trick your child into trying new foods. Just be encouraging and offer a variety.
- Serve smaller portions on smaller plates.
- Don't obsess over each meal; think instead about your child's nutritional intake over the course of a week.