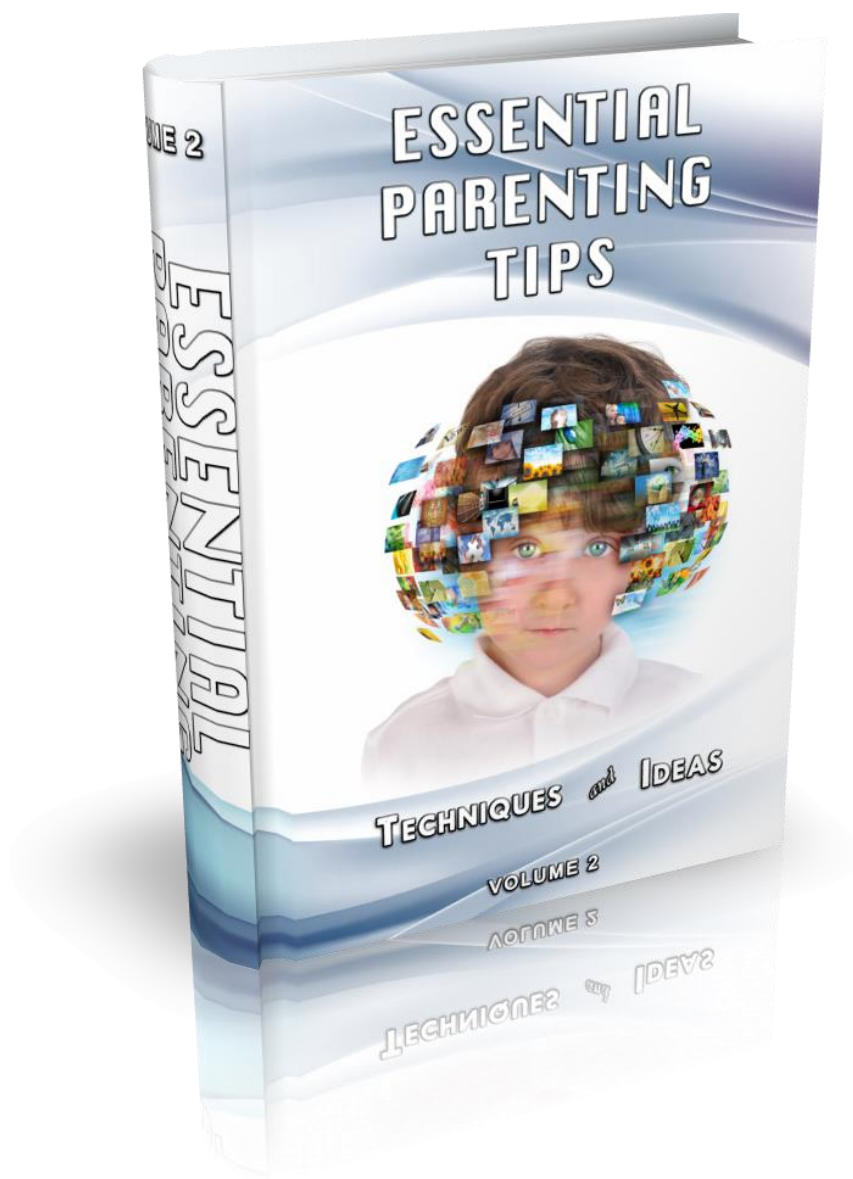


A COLLECTION OF PARENTING TIPS VOLUME 2

Special Report



Steven Spellborgh

Limits of Liability / Disclaimer of Warranty:

Please note the information contained within this document is for educational purposes only.

The information contained herein has been obtained from sources believed to be reliable at the time of publication.

The opinions expressed herein are subject to change without notice.

Readers acknowledge that the author is not engaging in rendering legal, financial or professional advice.

The publisher disclaims all warranties as to the accuracy, completeness, or adequacy of such information. The publisher assumes no liability for errors, omissions, or inadequacies in the information contained herein or from the interpretations thereof. The publisher specifically disclaims any liability from the use or application of the information contained herein or from the interpretations thereof.

The authors of this information and the accompanying materials have used their best efforts in preparing this course. The authors make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this course. They disclaim any warranties (expressed or implied), merchantability, or fitness for any particular purpose. The authors shall in no event be held liable for any loss or other damages, including but not limited to special, incidental, consequential, or other damages.

This manual contains information protected under International Federal Copyright laws and Treaties. Any unauthorized reprint or use of this material is strictly prohibited. We actively search for copyright infringement and you will be prosecuted.

This report is © Copyrighted by Ginger Hill Creations. No part of this may be copied, or changed in any format, or used in any way other than what is outlined within this course under any circumstances. Violators would be prosecuted severely.



Ginger Hills Creation

Copyright © · All Rights Reserved <http://www.GingerHillsCreations.com>

Mr Peekatmee

by



Adjustable Baby Safety Mirror



Ginger Hills Creation

Copyright © · All Rights Reserved <http://www.GingerHillsCreations.com>

THERMEE

by



Digital Baby Thermometer

**Fast, Safe, and Easy
Non-Contact Forehead Thermometer**



***Can be used to
measure the
temperature of
milk as well.**

Ginger Hills Creation

Copyright © · All Rights Reserved <http://www.GingerHillsCreations.com>

TABLE OF CONTENTS

<u>Parenting & Dealing With Childhood Obesity.....</u>	<u>5</u>
<u>Preserving Your Baby's Dental Health.....</u>	<u>6</u>
<u>Problem Solving And Conflict Resolution For Children.....</u>	<u>7</u>
<u>Redefining The Notion Of " Super Mom"-All You Need Is Love.....</u>	<u>9</u>
<u>Start Your Child's Education Early.....</u>	<u>10</u>

Parenting & Dealing With Childhood Obesity



One of the leading problems effecting today's youth is that of childhood obesity. One of the most important parenting tips that could ultimately save a child's life is to deal with the problem early and yet with great sensitivity. The truth is that

dealing with this delicate parenting issue early may help to save a child from dealing with obesity and other related illnesses in later life.

Over the years, the presence of obesity in children has dramatically increased. Many experts attribute the surge to over exposure to video games, television and computers. Others suspect that the increasing problem stems from poor eating habits and still others believe it may be a little bit of both.

Among other problems, obese children are at higher risk for developing diabetes and heart related illnesses. Health professionals are commonly worried that children who battle with weight early in life may face obesity later in adulthood, which could have a very negative impact on their health.

A child who is overweight or has recently been diagnosed with obesity, should not be singled out from the family as being the only one needing to make a change in their lifestyle. This is one of the most important parenting techniques to use when dealing with childhood obesity and is also one that will greatly impact a child's self-esteem. If parenting isn't done properly in this situation, the child may forever feel inferior or begin to identify themselves by how much they weigh, which is an unhealthy possibility.

It is important that the entire family join together and participate in healthier meals, less television time and increased levels of activity, including walking.

Ginger Hills Creation

Copyright © · All Rights Reserved <http://www.GingerHillsCreations.com>

Among the best parenting remedies used to combat obesity is preparing more fruits, vegetables and less foods that are high in fat. Positive parenting techniques will involve having healthy snacks available for your family and encouraging them over junk foods.

Additionally, set a schedule for the family to take a brisk walk or spend some time doing some type of physical activity, including a game of basketball, softball, volleyball, etc. Anything that will get your child up and moving instead of spending all of his/her time in front of the television or video game will be to their benefit and will lend to the positive impact of good parenting.

And finally, be vocal during your child's medical visits. This includes asking the doctor questions about any concerns that you may have, as well as taking his/her advice when it comes to the health of your child.

Preserving Your Baby's Dental Health



When it comes to caring for an infant, most parents are well aware of the need for routine pediatrician visits as part of their baby's health care regimen. What's less well-recognized is the importance that early and regular dental care plays. For optimal oral health, the American Academy of Pediatric Dentistry (AAPD)

recommends that dental visits begin with the appearance of a child's first tooth as an effective way to kick-start a lifelong program of preventive dental care.

One Baby Tooth + One Pediatric Dental Visit = Zero Cavities

The 'first-tooth visit' lets the pediatric dentist check for proper oral and facial development, see if the teeth are growing in properly, and detect early tooth decay," says

H. Pitts Hinson, president of the AAPD. "It also gives the dentist a chance to walk parents through a complete program of home dental care for the child.

Tooth decay, even in the earliest stages of life, can have serious implications for a child's long-term health and well-being-and it's becoming more of a problem every day. A report from the Centers for Disease Control and Prevention comparing the dental health of Americans in 1988-1994 and 1999-2002 found a 15.2 percent increase in cavities among two- to five-year olds. In addition, the U.S. Surgeon General has identified tooth decay as the most common childhood disease.

A possible contributor to this trend is the fact that only three out of five children visit a dentist at least once a year. While parents may avoid taking a child to the dentist to save money, studies show that children who have their first dental visit before age one have 40 percent lower dental costs in their first five years than children who don't, making preventive care a sound health and economic decision.

Without preventive care, the impact of tooth decay on child development can be striking. A study in Pediatric Dentistry showed that children with cavities were significantly more likely to weigh less than 80 percent of their ideal body weight. Even more disturbing is evidence that the effects of poor oral health may be felt for a lifetime.

Emerging research suggests that improper oral hygiene may increase a child's risk of having low-birth-weight babies, developing heart disease or suffering a stroke as an adult.

No one is better-equipped to care for primary teeth than pediatric dentists.

Pediatric dentists complete two to three years of advanced training after dental school, preparing them to address the unique needs of infants, children and adolescents-including those with special health care requirements. Having the first dental visit in an office designed for kids before the onset of any tooth problems establishes trust and confidence in dental care in children that can carry over into adulthood.

Problem Solving And Conflict Resolution For Children

Problem solving and conflict resolution for children should begin being taught early on. If you're a parent of multiple children in your family this becomes apparent as it won't take siblings long at all to become engaged in some type of 'sharing' violation with one another. Children of a family with other children almost immediately are engaged in a social type of activity albeit only with their brothers and sisters early on. Conflicts and resolving those conflicts soon become part of their day.

Ginger Hills Creation

Copyright © · All Rights Reserved <http://www.GingerHillsCreations.com>



At an early age children are in more of a self exploration and self discovery mode. From there and from a socialization progression you will see kids playing together but not as a coordinated group. In other words, the next progression is to see a group of children

‘geographically’ playing together but they all still have their own toys and objects. The next step of the socialization of play is around 2 to 3 years old where you’ll see kids begin activities that begin to require interaction and subsequently problem solving and conflict resolution.

As a homeschooling parents you have the opportunity to actually teach conflict resolution and problem solving techniques and skills rather than just solving them. As a part of conflict resolution it’s important to get children to express themselves and their feelings and get past their initial emotional reaction. This will initially take some time and practice, and you should take the time to get back to, and discuss the conflict that occurred at a later time or date after the emotions have calmed sufficiently down. Discussing previous conflicts and how they could have reacted and handled them is a key in their emotional growth.

As all children do early on, before they have the ability to concisely express themselves, they learn that many times crying and even screaming resolves their conflict because as parents we try to assuage the behavior by getting them what they want or need. The time needed for this emotional growth and self education just isn’t available in the public schools. But as a homeschooling parent this should be a practiced activity.

Understanding and teaching conflict resolution to your children is an integral part of their social development and growth. Without these tools, children will grow into adults resolving problems the only way the have ever known how to do – with emotional behavior, and sadly, many times with force.

There is a tremendous amount of excellent information on these techniques and teaching them to children of all ages. Make them part of your day, and a part of your child’s life and they will grow in depth and confidence.

Redefining The Notion Of " Super Mom"-All You Need Is Love



Every day as I watch my three children grow, I reflect on my most important career choice- the day I became a mom. Like other women, I've struggled to balance work, life, home and family, but the good news is there is a solution.

First is to forget trying to be a "Super Mom." These are moms who try

to be all things to all people and come up short in the process.

Today's moms have learned to prioritize, focusing not only on our families but on taking care of ourselves. Our lives come in seasons, and I find that when I'm stretched too thin, I'm not effective at anything. Taking time for myself is a win-win for everybody.

As moms, once we have our priorities in line, we can then be more productive in all areas of our lives. For me, these include my faith, my family and then of being of service through volunteer work. I think we can have it all, just not all at once.

To find out more about how moms balance their busy lives, Sharpie, a trusted mom tool, surveyed moms and found that 95 percent of us agree that taking time for ourselves makes us a better mother. Still, 44 percent said that spending time with their family is the best stress relief.

The survey also identified a new breed of mothers-"Signature Moms." These are moms who have their own way of parenting and expressing love to their children-whether it's by volunteering at school, attending extracurricular games and activities or taking a much-deserved mom break.

To celebrate today's Signature Moms and help set priorities, here are some simple things moms can do to keep love at the forefront of their family relationships. These "10 easy ways to say I love you" have helped me daily, and I hope they will do the same for you.

Ginger Hills Creation

Copyright © · All Rights Reserved <http://www.GingerHillsCreations.com>

1. Slip a handmade valentine or a simple note into your child's lunch box.
2. Take a walk together in the woods or your favorite park.
3. Jot down a line from your favorite poem. Share it with family members.
4. Kiss your kids good night, but also every chance you get.
5. Read a chapter book together.
6. Make it a priority to have family dinnertime together-no matter how busy the schedule.
7. Turn off the TV. Have a pizza night and watch a movie together.
8. Have a picnic in the park after the soccer game, instead of stopping for a fast meal on the way home.
9. Have each family member write down one reason why they appreciate each other. Write your reasons on a tag and use ribbon to attach them to a batch of your favorite cookies. Let every family member find his/her own special cookies.
10. Help your kids write a letter to a family member who lives far away. Write the first few lines of a story and instruct the recipient to write the next, and then return the letter. Your story can continue indefinitely.

Start Your Child's Education Early

The birth of a child is one of the happiest moments in a couple's life. As everyone knows, when the child is young the problems are not very serious and difficult to solve whereas they get harder to deal with and more serious in time. Yet when the time comes for a child to give up diapers and learn to use the potty or the toilet, many of the parents experience a real nightmare. Many parents do not know exactly what and how to do things in this situation and that is why they need potty training advice and guidance.

Some more fortunate parents do not need potty training advice as to their children using the potty comes naturally and they do not resist the using of the potty or toilet. Others, unfortunately, go through an ordeal that cannot be handled without some, at least, potty training advice. This article is dedicated to those who could use some potty training advice.



Where can parents find potty training advice? Well there are specialized people like pediatricians and psychologists who can give you potty training advice. You can also get tons of potty training advice if you only access internet sites where lots of parents ask various questions about child raising and get answers from parents who have been in those situations. Child potty training is one of the topics that is very frequently discussed.

Apparently potty training advice is most frequently asked for and provided. Of course there are books on potty training and unbelievable materials and devices to help you in your attempts to have the child use the potty. Yet other parents' experience seems more efficient. Neighbors, friends and relatives also have a lot of potty training advice to give you. Just ask for it.

Anyway before getting and applying any potty training advice, you should first be sure that the time for potty training is right. If you are trying to convince your junior too early to do it, you will probably cause a lot of useless stress to both the child and yourself. Thus, before applying any potty training advice watch the child for signs of readiness for potty training. When the child is ready to start potty training get the right potty training advice.

Select the most appropriate pieces of potty training advice and start fighting. During the process of potty training do not forget to be calm and patient because you might find out that your child resists the potty. If this happens, you will need all the potty training advice you can get.