

June 2010, Parent Kids Right Newsletter

TINY ParenTip of THE MONTH

No human could survive without sunlight or water. But both water and sun can kill us. Parents must protect their children from the immediate hazards of water and the long-term dangers of excess exposure to the sun. Put sun screen on your little ones in the summer like you put mittens on in the winter...routinely. See Swimming Safety <http://www.parentkidsright.com/html/swim.html>

News from Dr. Heins

As summer approaches keep in mind that every child (and grownup) needs two kinds of do-nothing time once in a while. Everybody needs solitary do-nothing time to day dream, think, watch (and smell) the flowers growing.

But there is another kind of do-nothing time: the family version. Maybe it should be called hanging-out-together time but I'm sure you catch my drift. It is time when everybody takes a walk together after supper, or lies down on the grass at dusk and watches the stars pop out, or get up very early to drive to a farm and pick vegetables.

It's time you are not doing errands or having a family meeting, you are just spending together time as a family unit to talk and laugh together.

Divorce on the horizon at your house? Worried about what divorce will do to the kids? Looking for ways to protect the kids? Go to DIVORCE VOWS (<http://www.parentkidsright.com/html/vows.html>). If you take and keep Divorce Vows your children can better weather divorce stress. There are 11 other ParenTips in the Contemporary Parenting Issues section that deal with aspects of divorce so Browse.

Check this out!

Need to get back to basics? Look at LEARN TO TALK, Part I and II <http://www.parentkidsright.com/html/talk1.html> <http://www.parentkidsright.com/html/talk2.html>
Just about every problem humans have getting along can be blamed on talking "wrong" to each other so read my ParenTips and talk right.

Thank you loyal subscribers! If you have any suggestions for me or for ParentKidsRight.com please respond to this e-mail.

Happy Parenting!
Dr. Heins.

You can find Dr. Heins on Twitter where she will post website updates: <http://twitter.com/drheins> and on her parenting blog at Dr Heins' Post: <http://www.drheins.blogspot.com/>

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