



Parenting News You Can Use!

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Provided to you by Sensible Parenting

A Certified Redirecting Children's Behavior™ Company

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*Next Redirecting Children's Behavior (RCB™)
Class starts on June 4th, 2009*

Thank you for being a member of the *Sensible Parenting* Community.
Please forward this newsletter to parents, teachers, family and friends who might find the tips, links, and information valuable. Consider it community service!
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Focus for April: National Stress Awareness and Humor Month

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1. Refrigerator Wisdom

The International Network for Children and Families has a series of printable messages that you can place on your refrigerator as reminders and inspiration for your family. From “Ways to Say No” to “8 Steps for Handling Feelings Effectively” these tidbits of wisdom can help you create peace and cooperation at home.

[CLICK HERE for More](#)

2. Teachers: Grants through Habitat for Humanity

Habitat for Humanity is offering grants for teachers and schools to develop and implement service-learning projects in partnership with their local Habitat affiliate. For the 2009–2010 school year, teachers and their local Habitat affiliates can jointly apply for a one-year grant of up to \$7,000 to cover educational expenses associated with the service-learning project.

[CLICK HERE for More](#)

3. Affordable Healthy Baby Food

Not only are commercial baby foods higher priced than regular food (sometimes double the price), but they can also contain added sugars and thickeners. You can make nutritious baby food yourself, and it is easier than you think. Here's how!

[CLICK HERE for More](#)

4. Romping Through History

The Magic Tree House series by Mary Pope Osborne may have been your child's first experience with independent reading. After discovering a tree house full of books, siblings Jack and Annie quickly learn that by pointing to a picture in a book and wishing they could be there, the tree house takes them to that place and time. In the first book in the series, Dinosaurs Before Dark, the tree house sends them to the Cretaceous period where they encounter dinosaurs. Pair reading this book with a visit to your local Natural History Museum for a family adventure that your children will long remember. Follow the link below for many helpful tips and suggestions for fully enjoying yourselves.

[CLICK HERE for More](#)

5. Summer Reading Preview



If you are thinking about summer, you are thinking about summer reading. Amazon has prepared a selection of "must read" titles from the lineup of new releases for young children and teens coming out from late April through August.

[CLICK HERE for More](#)

6. Forgiving Quickly

By Steve Goodier

Whoever said it first got it right: "Life is too short for drama and petty things, so kiss slowly, laugh insanely, love truly and forgive quickly." What a wise and wonderful way to live – but not as easy as it seems.

In his audio book Living Faith, U.S. President Jimmy Carter talks about forgiving quickly. He says that without the knowledge that he can be forgiven, it would be impossible for him to face his own shortcomings. He relates that both he and his wife, Rosalynn, are "strong-willed" persons who find it difficult to admit being at fault.

One day, after a particularly harsh argument, Carter decided that he would never let another day end with each of them angry with the other. So he went out to his wood shop and cut a thin piece of walnut, a little smaller than a bank check. On it, he carved the words, "Each evening forever this is good for an apology or forgiveness, as you desire." That evening, he gave the plaque to Rosalynn. He reports that, so far, he has been able to honor it each time Rosalynn has presented it to him. With his plaque, Carter made it possible for them to forgive quickly. They created a climate where it became safe to admit mistakes and where it was expected that those mistakes would be forgiven.

I suspect that if we can forgive quickly, we won't have much problem with all of the kissing, laughing and loving. And we'll probably do more of it.

[CLICK HERE for More](#)



7. Public Tantrums

A child's public tantrums are one of the most challenging aspects of parenting. A recent study on rhesus monkeys, which observed not only the mother and infant monkey but the onlookers as well, had some interesting results. They found that onlookers get restless, and mom and the unhappy baby become 30 times more likely to suffer aggression from a bystander during a crying bout than they would in quiet times.

[CLICK HERE for More](#)

8. The World at Your Fingertips

This interactive map is great for children and parents. Full of informative details on countries and states, you can choose a continent, country, region, or state.

[CLICK HERE for More](#)

10. Inspirational Quote

"Courage is resistance to fear, mastery of fear – not absence of fear." ... Mark Twain

Where is *Elton and Lori* speaking next?

**Our next RCB Course begins Thursday, June 4th, 2009 (5 consecutive wks)
6:00PM – 9:00PM, at Pflugerville, Texas**

Pre-registration is required to assure your space!

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