

AUGUST

Parenting school-aged children

2017

RESOURCE MONTHLY



e4health™

YOU'VE GOT THE POWER TO

MAKE THE GRADE

Parents as Teachers

As a parent, your children are always learning from you—both consciously and subconsciously. You work to ensure their wellbeing, and below are some simple strategies you can use to further set them up for success:

Encourage curiosity. Allow kids to explore, ask questions, conduct experiments...etc. This will help to keep their minds active and show them there's always more than one way to look at something.

Take advantage of "teachable moments." Whether you're at the grocery store, on the road, or cooking dinner, you can use these opportunities to show children how what they're learning in the classroom translates to the "real" world!

Cultivate creativity. Encourage kids to use their imagination and think "outside the box." For younger children, blocks, art supplies, and items for pretend play will enhance creative skills as well.

Promote problem solving. Give children opportunities to come up with solutions for themselves. Try to let them decide which strategy they will use and give them choices instead of directions (as age-appropriate).

Model healthy habits. Involve your child in finding ways to incorporate more whole foods. Promote fun activities that get the whole family moving, and encourage hydrating with water instead of sugary drinks. Talk to children about healthy ways to manage stress and the importance of getting enough sleep. Developing these habits early on helps lead to a lifetime of good health.

Attend the webinar. This month be sure to register and attend the webinar, "*Highs and Lows of Back to School*." Learn how to be a supportive parent to your school-aged children at this hectic time of year. A full description and registration information is listed in the sidebar to the right. If you're unable to attend at any of the times, log on to the website at a later time to view the archived presentation.

Monthly Webinar

Wednesday, August 23rd

[12-1 pm](#) and [3-4 pm](#) EST

[11-12 pm](#) and [2-3 pm](#) CST

[10-11 am](#) and [1-2 pm](#) MST

[9-10 am](#) and [12-1 pm](#) PST

Highs and Lows of Back to School

The back-to-school season can be both an exciting and anxiety-provoking time for school-aged children and their parents. Routines change and it is easy to feel overwhelmed. Take some time to learn about how to balance work and parenting, as well as many of the issues faced by today's children.

TO REGISTER:

- Click on the time you would like to attend from the selections listed above.
- Or click on "UPCOMING WEBINARS" from the homepage of the website and follow the easy instructions.

Space is limited

Always available. Always confidential.