



Happy Healthy Hip P A R E N T I N G

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PARENTING NEWS YOU CAN USE

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Thank you for being a member of the HAPPY HEALTHY HIP PARENTING commUNITY.

THIS WEEK:

Weekend Parenting Retreat

Key to a Healthy Diet

Spending Time

12 Tips to Tame the Tube

Solving Our Greatest Problems

7 Easy Ways to Improve Your Marriage

The Back-to-School Transition

Restaurant Kid's Meals Loaded with Calories

Green School Supplies

Weekend Parenting Retreat

Join us this weekend at the [La Jolla Marriott](#) for the fifteen hour course on [Redirecting Children's Behavior](#). We'll discuss issues such as sibling rivalry, birth order, temperament, temper tantrums, parenting styles and communication to help you reduce stress in your home. Along with the textbook and workbook, coffee, lunch, and morning & afternoon snacks are included in the tuition. [CLICK HERE for More](#)

Food – Not Nutrients – Key to a Healthy Diet

In a recent academic review, a University of Minnesota professor in the School of Public Health concluded that *food*, as opposed to specific nutrients, may be the key to having a healthy diet. Read more about food synergy in this informative article by Nonna Joann of Baby Bites.

[CLICK HERE for More](#)

Spending Time

Tina Nocera wisely points out that "time and money have much in common, but one very clear distinction: you can make money and you can spend money, but you can only spend time – you can't make time." Read her inspiring blog on spending time with our children. [CLICK HERE for More](#)

Twelve Tips to Tame the Tube

Here are twelve tips on taming the tube – tips that give YOU control over the television – from the National Institute on Media and Family.

[CLICK HERE for More](#)

Solving Our Greatest Problems

By Steve Goodier

We have great problems. Insurmountable problems! But we can solve even our most difficult problems if we work together. Some of the greatest problems we face today are concerned with the gradual destruction of our environment through over-use and abuse of our resources. These problems all seem so huge.

So my family does what we can. We take cloth bags to the grocery store instead of using paper or plastic grocery sacks. We buy organic foods when possible. We walk where we don't have to drive. Our home, like many of yours, is filled with compact fluorescent bulbs and we use water saving faucets. But does it do any good? When I am the only one in line at the grocery store with cloth bags, am I doing any good? Does my walking to the

Inspirational Quotes of the Week:

"The greatest compliment that was ever paid me was when one asked me what I thought, and attended to my answers." - Henry David Thoreau

"Education is the ability to listen to almost anything without losing your temper or your self-confidence." - Robert Frost

"If you don't have the facts and knowledge required, simply listen. When word gets out that you can listen when others tend to talk, you will be treated as a sage." - Edward Koch

"A good listener is not only popular everywhere, but after a while he knows something." - Wilson Mizner

Where is [Sondra](#) teaching in August?

August 16 – 17, 9am – 5pm
[Redirecting Children's Behavior \(RCB\) Weekend Parenting Retreat](#)
La Jolla Marriott

August 27th, 6:30 pm
Keeping Yourself Encouraged (and Spreading it Around)
[Java Mama](#), La Mesa

Which [parenting workshop](#) would you like to see offered that is not already?

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store or shivering under the drizzle of my anemic shower head make any real difference to the world?

I recently learned something about flamingos. These exquisite birds flock in huge groups of a thousand or more. Every year, when the time comes for migration, a few flamingos start the process by taking off from the lake. But none of the others seem to notice, so the tiny group returns. However, the next day they try again. This time a few more struggle along with them, but the vast majority still pay no attention, so these pioneers come back. The trend continues for several more days. Every time a few more birds join in, but since the thousands of others still take no notice, the great migration plan is once more aborted.

Then one day something changes. The same small group of birds once again takes wing and a tiny number more join in, just as before. And this time their total number, though still quite small, is enough to tip the balance. As one, the whole flock takes flight and the migration begins. What a spectacular sight it must be - thousands of flamingos taking to the sky at once!

A few CAN make a difference. It's true that all of the great problems of the world have been solved because of the persistent efforts of a few. Anthropologist Margaret Mead put it like this: "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

If you believe in a cause, don't give up! Others will someday take notice and together we will solve even our greatest problems. [CLICK HERE for More](#)

Seven Easy Ways to Improve Your Marriage

Improving your marriage doesn't necessarily have to involve huge changes on your part or your spouse's. Many times, the cumulative effect of small changes can make a significant difference in the quality of a relationship. Here are seven small activities that will be enjoyable to implement. [CLICK HERE for More](#)

Making the Back-to-School Transition

With school right around the corner, here are tips for making the transition from the lazy days of summer into the school routine less stressful and more smooth. [CLICK HERE for More](#)

Study: Restaurant Kid's Meals Loaded with Calories

Parents looking for healthy meal choices for their children are likely to find slim pickings on the menus of the nation's top restaurant chains, according to a report released Monday by a nonprofit public health group. The Center for Science in the Public Interest reported that nearly every combination of children's meal was too high in calories. [CLICK HERE for More](#)

Green School Supplies

From pencils to backpacks, learn how to equip your child for school with green school supplies. Make sure you scroll down for the related articles as well as comments from readers that contain many more green suggestions. [CLICK HERE for More](#)

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