



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

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JULY 23, 2008

PARENTING NEWS YOU CAN USE

Published by [INCAF](#)

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

THIS WEEK:

Sounds of Summer

Sounds of Summer

Many cities offer outdoor concerts during the summer, so it is a great time to enjoy a musical adventure with your family. Kids Off the Couch recommends watching *Fantasia*, an incredible introduction to classical music for children, followed by an outdoor concert. Spread out a blanket, bring the entire family, and enjoy an evening of music under the stars. [CLICK HERE for More](#)

The Best Summer Ever

The Best Summer Ever!

Parental Wisdom and Whole Hearted Parenting offer creative ideas for building cooperation and connection as well as incredible summer memories. Listen to this presentation at Parental Wisdom's Park Bench Series. Registration is free. [CLICK HERE for More](#)

Outdoor Food Safety

Outdoor Food Safety

Summer is a time for hiking, having picnics, and spending days at the beach. The food we take with us needs to be handled properly. Nonna Joann of Baby Bites offers sage advice on managing food when we are eating outdoors. Her podcast offers even more. [CLICK HERE for More](#)

Who is Your Best Friend?

Who is Your Best Friend?

By Steve Goodier

Former prisoner James Knapp confessed to police that he'd robbed two stores in Oklahoma because he missed his old cell mates. Police said they'd see if James could be reunited with his buddies. But I think Mr. Knapp might have said something worth listening to. We need friends, no matter where we find them.

Safer Sunscreen

What Do Wives Really Want?

Parents are Not Happy Campers

Go Out and Play!

And do you know who your best friend is? Automaker Henry Ford was having lunch with a man, when he suddenly asked the man that very question. "Who is your best friend?" Ford asked. The man hesitated and Ford went on. "I'll tell you who your best friend is," he

Inspirational Quote of the Week:

"People often say that this or that person has not yet found himself. But the self is not something one finds, it is something one creates." - Thomas Szasz

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

July 23, 6:30 pm
[Teaching Children Self-Control](#)
Java Mama, La Mesa

July 26, 11:00 am
[How to Handle Children's Feelings](#)
Babies in Bloom, Vista

July 30, 6:30 pm
[Temperament](#)
Java Mama, La Mesa

said. Then he wrote this sentence for the man to read: "Your best friend is he who brings out the best that is within you." Our best friends are those who do more than simply like us. They also believe in us. They support us but, occasionally, they nudge us as well.

Someone put it well: "A friend is someone who knows you as you are, understands where you've been, accepts who you've become, and still, gently invites you to grow." Now...who is your best friend? [CLICK HERE for More](#)

Safer Sunscreen

The Environmental Working Group, which collects information from databases on cosmetics and skin care products, has rated almost 1,000 brands of sunscreen. They are recommending that we look for sunscreens that do not contain oxybenzone, which may be harmful. Moms Miami provides the EWG's top contenders as well as a link to the complete list so that you can see how your brand rates. [CLICK HERE for More](#)

What Do Wives Really Want?

Nancy Wasson, Ph D, has found that wives want soul mates with whom they feel deeply connected and they want emotional support and emotional intimacy. In this article, she explores ways to connect emotionally in a marriage. [CLICK HERE for More](#)

Parents are Not Happy Campers

Something has happened to the summer camp experience. Children are not crying as they leave on the bus bound for camp. Instead, the parents are! "The time and energy [that] camp directors put into preparing parents for camp is now equal to the time they prepare children for camp," said Peg Smith, head of the American Camp Association, which works with about 2,600 camps nationwide. Read more about this change. [CLICK HERE for More](#)

Go Out and Play!

Summer is a great time for families to spend more active time outside. Here are healthy snack tips as well as fun ideas for summer play. [CLICK HERE for More](#)

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