



P.O. BOX 835 ~ LA JOLLA, CA ~ 92038

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SEPTEMBER 22, 2008

PARENTING NEWS YOU CAN USE

Published by [INCAF](#)

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

**THIS WEEK:**

**Wednesday Workshops**

***It Takes a Village*  
Parenting Conference**

**Nightmare Remedies**

**10 Tips to Improve  
Your Memory**

**Make a Difference**

**Painted with a Different  
Brush**

**2 Small Steps to Less  
Stress**

**Switch!**

**10 Quick Tips on  
Homework**

**10 Packable Lunches  
Kids Will Love**

**Wednesday Workshops**

Join Certified Parent Educator, Sondra Santos LaBrie, this week at Java Mama for a one hour workshop on Sibling Rivalry. [CLICK HERE for More](#)

***It Takes a Village* Parenting Conference**

Looking for a chance to polish your parenting skills, but don't have the time? Plan to attend the First Annual, One-Day Parenting Conference on September 20<sup>th</sup>. The San Diego Team of Certified Parent Educators will be presenting workshops on over a dozen topics, such as sex education, sibling rivalry, Redirecting Children's Behavior for single parents, along with several others. Participants and attendees will also have a chance to win some fabulous prizes and giveaways from our event sponsors and exhibiting vendors. *Invest in Your Family* today! [CLICK HERE for More](#)

**Nightmare Remedies**

Our children do not have to suffer their nightmares in silence. There are remedies for even the most dreadful nightmares. [CLICK HERE for More](#)

**Ten Tips to Improve Your Memory**

A good memory is a wonderful thing. Imagine not needing to write down phone numbers and remembering the names of the people you encounter. If you are a student, imagine being able to remember all your study materials after a single read or learning thousands of new words in other languages at the first try. Here are ten tips, most of them fun, to improve your memory. [CLICK HERE for More](#)

**Make a Difference**

October 25<sup>th</sup> is the 18<sup>th</sup> annual Make a Difference Day, the largest national day of helping others – a celebration of neighbors helping neighbors. Learn how to involve your children in making a difference while making a contribution to your community. [CLICK HERE for More](#)

**Painted with a Different Brush  
By Steve Goodier**

One man who loved the color yellow had yellow carpet, yellow furniture, yellow drapes, yellow walls and even yellow appliances in his yellow kitchen. He slept in a yellow bed with yellow covers and wore yellow pajamas. He got sick. You guessed it ... yellow jaundice. He called a doctor who came to his apartment building. The manager told him he'd have no trouble finding

## Inspirational Quotes of the Week:

"What sculpture is to a block of marble, education is to a human soul." - Joseph Addison

"The purpose of education is to replace an empty mind with an open one." - Malcolm Forbes

"The highest result of education is tolerance." - Helen Keller

"Education is not the filling of a pail, but the lighting of a fire." - William Butler Yeats

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

Wednesday Workshops at [Java Mama](#) in La Mesa

*It Takes a Village* 1<sup>st</sup> Annual San Diego One-Day Conference  
Sponsored by [Indigo Village](#)  
September 20, 2008

**Happy Healthy Hip Parenting**  
P.O. Box 835  
La Jolla, CA 92038

858-336-3990  
[sondra@happyhealthyhip.com](mailto:sondra@happyhealthyhip.com)

Web: [happyhealthyhip.com](http://happyhealthyhip.com)  
Blog: [happyhealthyhip.blogspot.com](http://happyhealthyhip.blogspot.com)

the right one. "You just go down the hall and come to a yellow door," he said. In a few moments the doctor was back. The apartment manager asked, "Were you able to help him?" The doctor replied, "Help him! I couldn't even FIND him!"

It's not always a good idea to blend too closely with your surroundings. And that holds true for the way we think and behave, too. I admire those people willing to stand out from the crowd.

People like a Miami mother who came to police and spilled out cash and coins totaling \$19.53. Her young son added another 85 cents to the little pile. It turns out that, after two days, they were the only people to return money scooped up from an armored truck that toppled on an overpass and rained more than half a million dollars onto the street below. Police said that witnesses reported seeing rush-hour commuters loading money into their cars and driving off while the armored truck employees lay bleeding. Police had pleaded with residents to return the money, but got nothing but laughter until a mother and a boy came in.

In a world that seemed to think alike, two people had a different idea. They refused to blend in with those around them. It was as if they were painted with a different brush. "I have children and I needed to set a good example," said the mother of six, who could have used a little extra cash to supplement her low retail store wage.

When this Miami mother one day passes away, she will leave her children a rich inheritance. Maybe not a pile of money, but she will leave them an example of a life of integrity and self respect, an example of what it is like to be painted with a different brush. She will leave them something far more important than wealth. If her children inherit her values, anything else is just money. [CLICK HERE for More](#)

## Two Small Steps to Less Stress

Have you ever felt as if you don't have room to breathe? If so, these two small steps to reducing stress can assist you in creating calm instead of storm. [CLICK HERE for More](#)

## Switch!

Kids today spend more time in front of a screen than any other activity except sleeping. On average, they clock close to 45 hours a week fixed to electronic screens. The result is a decline in physical activity along with weight gain. Switch™ is a program to help kids "Switch what they Do, View and Chew." It is available for families, schools and communities.

[CLICK HERE for More](#)

## Ten Quick Tips on Homework

Homework can be a huge power struggle trigger. Here are ten quick tips for parents on helping children be successful with homework while making it smoother for themselves, too. [CLICK HERE for More](#)

## Ten Packable Lunches Kids Will Love

The good news about school lunches: It's easier than ever to "think outside the box" when it comes to the school lunches. It doesn't have to be a choice between what's "good for you" and "fun for you." Here are ten suggestions for lunches that children will actually eat! [CLICK HERE for More](#)

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