

# TODAY'S FUTURE

## Expand Your Sense of Humor!

Often we need a sense of humor. This sense is developed by putting time, focus and energy into experiences that make us laugh and feel good. Some tips to add to your capacity for humor and laughter:

▶ Look for the everyday humor. Start looking for the absurd, silly, or incongruous activities that go on around you each day.

▶ Hang around funny friends.

▶ If you hear a joke you really like, write it down, or tell it to someone else to help you remember it. The doctor says "You'll live to be 60!" "I AM 60!" "See, what did I tell you?" – Henny Youngman.

▶ Remind yourself to have fun.

▶ Spend time with those who help you see the bright side and, whenever possible, avoid people who are negative.

By the time a child reaches nursery school, he or she will laugh about 300 times a day. Adults laugh an average of 17 times a day.

## Be a Healthy Role Model

Young children love to follow what their parents do. They are likely to copy your table manners, your likes and dislikes and your willingness to try new foods. Here are a few tips on how to be a healthy role model:

1. Go shopping together. Grocery shopping is a perfect time to teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Encourage your children to help select healthy foods from the store.

2. Cook together. Provide opportunities for young children to help prepare meals and snacks. Not only is cooking a great way to spend time together but a wonderful time for teaching valuable skills in the kitchen.

3. Keep things positive. Let your child see you enjoying new and healthy foods. Discourage your family members from making faces or negative comments about unfamiliar foods.



4. Offer the same foods for everyone. Avoid being a "short-order cook" by making different dishes to please children. Shortorder cooking teaches children they don't have to be willing to try unfamiliar foods. It's easier and less stressful to plan family meals when everyone eats the same thing.

5. Set a good example for physical activity. Let them see you be active. Make play time, family time. Walk, run, and play with your child rather than sitting on the sidelines.

## Banking for Teens

Checking and savings accounts are great ways to help young people learn to manage money. By teaching your children to manage a checking account, you can also pave the way to good financial habits such as careful money management, paying bills on time and handling credit cards well.

- A bank account (savings or checking) is handy for cashing paychecks.
- Writing checks is a safe alternative to carrying cash.
- An ATM or debit card, which comes with many checking accounts, can serve as training wheels for using credit cards. ATMs are convenient, but teach your child to stick to your bank's ATMs. Using other banks' ATMs may expose them to hefty fees.