

TODAY'S FUTURE

7 Super Things Parents & Caregivers Can Do

1. Talk often with your children from the day they are born.
2. Hug them, hold them and respond to their needs and interests.
3. Listen carefully as your children communicate with you.
4. Read aloud to your children every day, even when they are babies. Play and sing with them often.
5. Say "yes" and "I love you" as much as you say "no" and "don't."
6. Ensure a safe, orderly and predictable environment, wherever they are.
7. Set limits on their behavior and discipline them calmly, not harshly.



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Network Babies Can't Wait

How To Be A 90/10 Person!

Understand and apply the 90/10 secret into your life. Your life will change for the better. What is the secret, you ask? Ten percent of life is made up of what happens to you and 90 percent of life is decided by how you react to what happens to you.

So what does that mean for you and your life? We really have no control over 10 percent of what happens to us. We cannot stop the car from breaking down. The plane may be late arriving, which throws our whole schedule off. A driver cuts us off in traffic. We have no control over this 10 percent. The other 90 percent is different. You determine how you react, when situations happen. Don't let anyone tell you that you have no control. That is NOT true. YOU can control how you react!

Think about how the 90/10 person has developed a positive attitude in life and is better able to manage the stressors in life. Develop your own positive attitude.

1. Listen to internal dialogue. Divide a sheet of paper into two columns. For a few days, jot down in the left column all the negative thoughts that come into your head. Rewrite each thought in a positive way in the second column. Practice doing this in your mind until it becomes a habit. (Example: "I'll never get this finished by the end of the day!" becomes, "I will probably get most of this finished by the end of the day.")
2. Learn to communicate. Not saying the things we feel can lead to a sense of frustration, hurt, anger or anxiety.
3. Get back to basics. Reconnect with old friends, take a walk, visit a friend, listen to your favorite music.
4. Help someone out. The simple act of helping others helps us to feel good.

5. Allow yourself to laugh and find humor in the simplest of things. Laughter is a powerful mood elevator.

6. Participate in new physical and mental activities to improve confidence levels and coping mechanisms. It could be as easy as learning the meanings to new words.