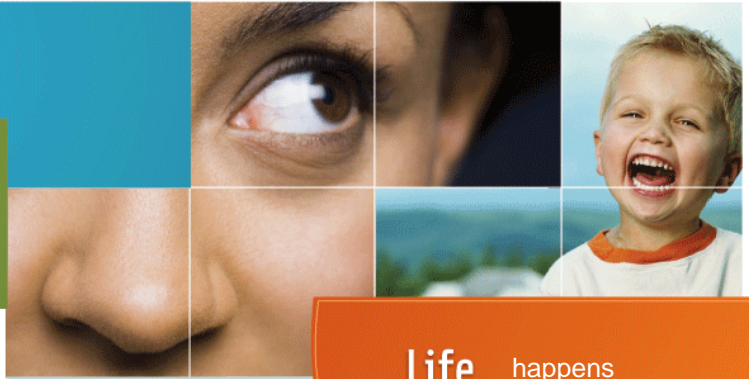


May 2009

HERE'S TO
you.

Provided by LifeWorks



Life happens

Raising Safe and Responsible Kids

Starting at an early age, children are faced with all sorts of hard decisions that affect their health and well-being. Whether their soccer ball rolls into the street, they're reading hurtful comments posted on a Web site, or they're about to climb into a car with a friend who's been drinking, how will your kids know what to do?

LifeWorks can help you equip your children with the skills and knowledge they need to make the best decisions they can when you're not there to help.

Call to speak to a consultant who can help you:

- prepare your home for a new baby's arrival
- teach your child about basic safety at home, outside, and online
- help your preteen navigate the new social pressures of middle school
- set curfews and other limits with your teenager

This month LifeWorks is offering the following materials to help you:

- The *Safety for Children Ages 3 to 6* packet, including a booklet, filled with essential information on how to keep your preschool child safe at home, outdoors, and when he or she is with other people. Also included is a CD featuring 12 safety songs for children performed by Cathy Fink and Marcy Marxer.
- The *Positive Discipline* CD, featuring parenting expert Nancy Samalin, who offers alternatives to nagging, yelling, and punishing. She explains how to avoid daily battles, how to set limits, and how to respond to anger and emotion -- both yours and your child's.

You can also read or download these informative articles: (User ID and password provided below)

- ***Raising Responsible Children-*** A responsible person is someone others can depend on, someone they trust to do the right thing. We all want our children to become responsible -- and we hope our responsible children grow up to be independent and responsible adults. [Read more](#)
- ***Building Your Child's Self-Esteem-*** Self-esteem, or the ability to feel good about ourselves, is essential if we are to be happy and successful. [Read more](#)
- ***What Parents Should Know About Social Networking-*** Social networking Web sites are rapidly becoming some of the most popular online destinations for children and teenagers. [Read more](#)
- ***Keeping Your Teenager Healthy During the Risk-Taking Years-*** How can you help your teenager develop the confidence to make wise choices and avoid taking potentially dangerous risks with alcohol, drugs, tobacco, sex, and more? [Read more](#)
- ***Raising a Financially Responsible Child-*** There are so many opportunities in our society to spend money that it's easy to get carried away and into debt. [Read more](#)

Are you or your spouse serving in the military? Military OneSource is available anytime, anywhere for all active-duty, Guard and Reserve and their families, at no cost.

www.militaryonesource.com

Stateside: 1-800-342-9647

Call LifeWorks at 888-267-8126 anytime.
En español: 888-732-9020, TTY/TDD: 800-346-9188
Visit www.lifeworks.com
(user id: temple; password: eap)

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