

# Keeping Kids Safe Healthy And Smart

Yeah, reviewing a books Keeping Kids Safe Healthy And Smart could build up your near associates listings. This is just one of the solutions for you to be successful. As understood, talent does not recommend that you have wonderful points.

Comprehending as competently as deal even more than extra will manage to pay for each success. neighboring to, the publication as with ease as keenness of this Keeping Kids Safe Healthy And Smart can be taken as skillfully as picked to act.

Health, Safety, and Nutrition for the Young Child Lynn R Marotz 2018-12-17 HEALTH, SAFETY, AND NUTRITION FOR THE YOUNG CHILD, 10th Edition, covers contemporary health, safety, and nutrition needs of infant through school-age children--and guides teachers in implementing effective classroom practices--in one comprehensive, full-color volume. Concepts are backed by the latest research findings and linked to NAEYC standards. The text emphasizes the importance of respecting and partnering with families to help children establish healthy lifestyles and achieve their learning potential. Early childhood educators, professionals, and families will find the latest research and information on many topics of significant concern, including food safety, emergency and disaster preparedness, childhood obesity, children's mental health, bullying, resilience, chronic and acute health conditions, environmental quality, and children with special medical needs. Also provided are easy-to-access checklists, guidelines, activities, and lesson plans that no early childhood student or professional should be without. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

The Healthy Brain Book William Sears 2020-04-21 Internationally renowned family doctor William Sears and noted neurologist Vincent M. Fortanasce present an accessible, all-ages guide to optimum brain health, from treating depression, anxiety, and ADHD to preventing Alzheimer's and dementia, with or without medication The brain is a complex organ, responsible for our thoughts, our feelings, our hopes and dreams. It's also vulnerable to a host of ailments that negatively impact quality of life, from disorders such as depression, anxiety, and ADHD that can strike at any time to illnesses of aging like Alzheimer's and dementia. The good news is, this diverse set of mental and emotional challenges all stem from the same cause: imbalance in the brain. And getting your brain back in balance—without medication, or in partnership with it—is easier than you think. Whether you're experiencing "normal" mental and emotional burnout or wrestling with diagnosed illness, The Healthy Brain Book can help you thrive. It explains: • How what we think can change how well we think • The role of inflammation in the brain, and how food and activity can reverse it • What drugs enhance and suppress the brain's ability to heal itself • Actionable advice to improve your memory, promote learning, and prevent common brain ailments • How to personalize the book's tools for your unique brain For more than 20 years, The Baby Book author William Sears' advice has been trusted by millions across the country, and around the world. Now, he and The Anti-Alzheimer's Prescription author Vincent M. Fortanasce have put together the essential guide to a clearer, calmer, and happier brain. Laced with relatable personal stories from family members and patients as well as detailed illustrations, The Healthy Brain Book weds Fortanasce's deep neurological and psychiatric expertise with Sears' sympathetic bedside manner and reader-friendly writing. Let The Healthy Brain Book help you, safely and effectively, "think-change" your brain for a happier and healthier life.

Working Mother 1995-09 The magazine that helps career moms balance their personal and professional lives.

Bowker's Directory of Videocassettes for Children 1999 R R Bowker Publishing 1999-03

The Parent's Guide to Talking About Sex Janet Rosenzweig 2015-04-21 If your kids aren't learning about sex from you, what are they learning about sex, and who is teaching them? Having "the talk" with your child does not have to be a terrifying and awkward event. Armed with Dr. Janet Rosenzweig's groundbreaking book, you may find you never need to have "the talk." Dr. Rosenzweig illustrates how you can help protect your children from sexual abuse, trauma, and bullying through your everyday interactions with them. She walks you through the steps you can take to combine your own family's values with age-appropriate information for children at all stages of development. And you'll learn how to do so in a way that will improve the trust and communication between you and your child. Dr. Rosenzweig applies her decades of experience in child abuse prevention, sexuality education, and family services to help you identify the real threats to your children's safety and to protect them from becoming victims of sexual misinformation or exploitation. From choosing a child's first daycare to meeting the multimedia challenges of adolescence, The Parent's Guide to Talking About Sex will coach you to raise sexually safe and healthy sons and daughters.

Growing Up Too Fast Sylvia Rimm 2006-08-22 A leading child psychologist draws on a wide-reaching survey of American pre-teens to reveal the earlier ages at which today's young people are being introduced to sex, drugs, and body-image issues, in a guide for parents on how to help young people address modern pressures. By the author of See Jane Win. Reprint.

Bake Sales Are My B\*tch April Peveteaux 2017-04-11 Living the food allergy life and having a kid who can't have dairy, tree nuts, peanuts, or soy is not easy. And neither is worrying about accommodating all the food requirements at a play date. From avoiding major food allergens and respecting food preferences like vegetarian or vegan to being aware of religious practices like keeping kosher, making a simple snack resembles navigating a minefield. Thankfully, Bake Sales Are My B\*tch is here to help. April Peveteaux's 50-plus recipes cover the eight major food allergens and everything from school lunches, kids parties, sleepover foods, after-school snacks, and, yes, bake sales. In Bake Sales Are My B\*tch, she gets into the nitty-gritty of food allergies, from deadly serious reactions to how to deal with those who don't take your kid's allergy seriously. Whether you're a freaked-out parent or not, Peveteaux lends some much-needed guidance--and teaches you to make party foods that'll be a surefire hit.

Preventing Child Maltreatment in the U.S. Melissa Phillips 2022-09-16 Child maltreatment occurs in the Black community at higher rates than any other racial group. Given the prevalence of child maltreatment risk factors in the Black community, such as being in a low-income family, single parent family, greater exposure to physical discipline, and less access to services and resources, it is not surprising but nonetheless concerning that Black children are at greater risk for abuse and/or neglect. Unearthing the cause and effect between the challenges faced by the Black community and the life outcomes for Black children is key to making positive changes happen. Through a feminist and womanist lens, the authors unpack the range of factors that intersect and impact the Black community that are necessary to address to effectively protect Black children. Understanding how to prevent maltreatment and promote health and wellness are essential to adequately address maltreatment so as to protect and empower Black children.

UnBranding Scott Stratten 2017-10-09 UnBranding breaks through the noise of disruption. We live in a transformative time. The digital age has given us unlimited access to information and affected all our traditional business relationships – from how we hire and manage, to how we communicate with our current and would-be customers. Innovation continues to create opportunities for emerging products and services we never thought possible. With all the excitement of our time, comes confusion and fear for many businesses. Change can be daunting, and never have we lived in a time where change came so quickly. This is the age of disruption – it's fast-paced, far-reaching and is forever changing how we operate, create, connect, and market. It's easy to see why brand heads are spinning. Businesses are suffering from 'the next big thing' and we're here to help you find the cure. UnBranding is about focus – it's about seeing that within these new strategies, technologies and frameworks fighting for our attention, lay the tried and true tenants of good business – because innovation is nothing but a bright and shiny new toy, unless it actually works. UnBranding is here to remind you that you can't fix rude staff, mediocre products and a poor brand reputation with

a fancy new app. We are going to learn from 100 branding stories that will challenge your assumptions about business today and teach valuable, actionable lessons. It's not about going backwards, it's about moving forward with purpose, getting back to the core of good branding while continuing to innovate and improve without leaving your values behind. Some topics will include: Growing and maintaining your brand voice through the noise How to focus on the right tools for your business, for the right reasons Maintaining trust, consistency and connection through customer service and community The most important question to ask yourself before innovation The importance of personal branding in the digital age How to successfully navigate feedback and reviews It's time for a reality check. It's time to solve problems, create connections, and provide value rather than rush strategy just to make headlines. UnBranding gives you the guidance you need to navigate the age of disruption and succeed in business today.

**The Upside of Digital Devices** Nicole Dreiske 2018-05 Trying to police and protect a child from screen time is unquestionably one of the most confusing and frustrating responsibilities of good parenting. It's a tough job being a 'media monitor' all the time. Technology is at the center of everything we do—TVs, smart phones, computers, and tablets are no longer luxuries, they are necessities for navigating life today. But technology can also be detrimental to growing minds, and parents must master the necessary skills to help their children not only survive in this digital world, but to actually thrive. Kids love smart phones, tablets, computers, TVs, anything that gives them screen time. They come by their dependence honestly—they learn it from us, the 'adults.' We've become a culture of screen addicts, and that's especially challenging for parents. But the solution is not found in constantly policing the time kids are glued to a screen or in protecting what they are being exposed to; it's found in how they are engaging and interacting with that screen. Nicole Dreiske, founder and director of the International Children's Media Center, is one of the most respected pioneers in the understanding and cultivation of new techniques for transforming the way kids view, use and engage in electronic screens. In *The Upside of Digital Devices*, recipient of The National Parenting Center's Seal of Approval, she provides parents with simple, practical instructions as well as a variety of effective tools for creating meaningful moments and critical thinking skills that can mark a turning point in their children's lives and futures.

**I Can Play It Safe, Keep Yourself Safe, Children Story** mtX Health Books Story 2020-04-07 Here's help for all adults who want to talk to young children about personal safety. Written by an expert in child safety, this full-color picture book teaches kids (and helps adults reinforce) seven important rules to personal safety in a nonthreatening way. It covers topics like safe versus harmful secrets, safe versus harmful touches, and the importance of having a community of trusted adults to turn to for help. Emphasizing the "check-in" rule and teaching kids to trust their gut instincts, this book gives children the knowledge and confidence they need to make smart choices about their personal safety every day. **Book Details:** Format: Hardcover Publication Date: 30 Pages: 8.5-11 . Age 4 and Up

**Smart Parenting for Safer Kids** Freda Briggs 2018-10-01 A practical guide for parents and parent educators. "This book provides sound information for both parents and professionals about the developing needs and experiences of children." - Dr Sue Vardon AO, Former CEO Child Protection and Family Services, South Australia The memory of sexual abuse in childhood never leaves its victims. Likewise the memory of bullying never goes away. Advances in technology are making our children more vulnerable to both. Professor Briggs, an expert in child protection, draws on a lifetime of research and practical experience to assist with today's parenting issues. In *Smart Parenting for Safer Kids* parents will learn how to: - Recognise the dangers to children in modern Western society. - Build stronger kids and help them make smart choices. - Choose safe, high-quality childcare and child minders. - Safeguard children in potentially dangerous situations, including bullying, cyberspace and the internet. - Protect against child sexual abuse. - Parent through adolescence. - Choose safe student exchanges. Professor Briggs, who received an Order of Australia for her work into child protection, tells parents exactly what they should be worried about and how to protect their children from the dangers in the modern world.

**Adolescence** Dena Phillips Swanson 2010-01-04 This edited textbook will be appropriate for use in advanced undergraduate and graduate level courses and will serve as a comprehensive and timely introduction to the field of adolescent development, providing students with a strong foundation for understanding the biological, cognitive and psychosocial transitions occurring during adolescence. While certain normative biological and cognitive processes are relevant for all youth, development varies dramatically based on a youth's position in society. The volume will focus on contextual factors such as culture, racial identity, socioeconomic position and sociopolitical and historical events, highlighting the impact such factors have on the physiological and psychological processes and treating them as key elements in understanding development during this life stage. The authors will cover the major theoretical positions (both historical and contemporary) about adolescence as well as the relevant research and application. Additionally, modern phenomena - the ever-increasing influence of pop culture (i.e. Hip Hop), mass media and technology (i.e., the internet, gaming) and the evolution of family, education and the church - will be explored in depth. Each chapter will be written by a known expert in the field. More extensive analysis of cultural, political and socioeconomic factors impacting development than competing texts **Research-to-Practice** section covers evidence-based research on practice implementation

**Working Mother** 1999-08 The magazine that helps career moms balance their personal and professional lives.

**Parenting For Dummies** Helen Brown 2011-02-14 Having a baby is an incredible experience, and the ultimate responsibility! Parenting is a job that you start with no training at all – and friends and family always seem to be the first to tell you how best to bring up your children. But there's no sure-fire formula for raising kids. Maybe that's because every child, like every parent, is an individual, and no two parent-child relationships are ever the same. So, you can give up any notions of being a perfect parent. But, you can learn to keep the big mistakes to a minimum and make the parenting experience easier and more rewarding for your children and yourself. Which is where this book comes in. Covering information for newborns to pre-teens, *Parenting For Dummies* gives you the essentials of parenting basics. From dealing with a crying baby and potty training, to building self-esteem and dealing with sibling rivalry, it offers a gold mine of up-to-date advice.

**Communication and Information Technologies Annual** Laura Robinson 2014-12-05 This volume assembles cutting edge research focusing on media and youth. The volume features papers about institutions that shape this part of the lifecourse, such as the family, school, community organizations. Papers address this theme from a theoretical and methodological framework.

**Stay Safe!** Sara Kirsten Nelson 2008-09-01 Tips for dealing with threats to personal safety, whether from a bully in school or a stranger on a street corner.

**What Children Need** Jane Waldfogel 2010-03-15 Emphasizing the importance of parental choice, quality of care, and work opportunities, Waldfogel guides readers through a maze of social science research to offer comprehensive answers and a vision for change. He proposes a plan to better meet the needs of children in working families while respecting the core values of choice, quality, and work.

**Casebook of Traumatic Injury Prevention** Richard Volpe 2019-12-30 This casebook profiles exceptional traumatic injury prevention programs from all over the globe. Its detailed description and analysis employ a multi-stage process of identifying, evaluating, and casing effective prevention practices. The case studies reflect how legislative and regulatory information impact prevention efforts and provide insight into how national centers for injury prevention and control inform prevention practices on countrywide levels. The authors work with outcome-based research criteria to select and develop their comprehensive and contextually aware profiles of the programs. All included case studies follow the BRIO approach (Background, Resources, Implementation, and Outcome) – a model designed to provide a consistent way of describing programs that have been evaluated and found to be exceptional practices. The scope of the Casebook ranges across: The challenge of traumatic injury prevention Sports and recreation-related traumatic injury prevention Fall-related traumatic injury prevention Road traffic-related traumatic injury prevention Traumatic injury prevention within complex systems In its recognition of traumatic injury prevention across the lifespan as a critical and complex public health challenge, the Casebook of Traumatic Injury Prevention promises to be an influential and authoritative resource for professionals and students in public health, safety, injury prevention, medicine, psychology, sociology, nursing, and engineering. Government agencies and institutions such as the Centers for Disease Control and Prevention (CDC), public health departments,

and safety associations also would find the Casebook relevant to their work.

Keeping Kids Safe, Healthy, and Smart Marcel Lebrun 2009-04-16 Perhaps the most challenging and important role that adults play in society is that of raising children. Every parent and teacher hopes to help children develop into healthy, caring, and intelligent adults. Keeping Kids Safe, Healthy, and Smart is designed for all adults who interact with kids-whether they be parents, teachers, or other caregivers-and provides specific suggestions for keeping children safe from hidden and open dangers wherever they spend time. This book is organized around three different themes of major threats and hidden dangers to children in our country: threats in school spaces (e.g., in classrooms, on buses, on playgrounds, and on sports teams); threats in cyberspace (bullying or harassment and child predators or child pornography), threats in other spaces where children work and play (intrapersonal and interpersonal violence including a wide range of threats such as self-mutilation, accidents, abuse, environmental threats, drugs, and mental illness).

Big Green Purse Diane Maceachern 2008-02-28 Read Diane McEachern's posts on the Penguin Blog. Protecting our environment is one of the biggest issues facing our planet today. But how do we solve a problem that can seem overwhelming-even hopeless? As Diane MacEachern argues in Big Green Purse, the best way to fight the industries that pollute the planet, thereby changing the marketplace forever, is to mobilize the most powerful consumer force in the world-women. MacEachern's message is simple but revolutionary. If women harness the "power of their purse" and intentionally shift their spending money to commodities that have the greatest environmental benefit, they can create a cleaner, greener world. Spirited and informative, this book: - targets twenty commodities-cars, cosmetics, coffee, food, paper products, appliances, cleansers, and more-where women's dollars can make a dramatic difference; - provides easy-to-follow guidelines and lists so women can choose the greenest option regardless of what they're buying, along with recommended companies they should support; - encourages women to spend wisely by explaining what's worth the premium price some green products cost, what's not, and when they shouldn't spend money at all; and - differentiates between products that are actually "green" and those that are simply marketed as "ecofriendly." Whether readers want to start with small changes or are ready to devote the majority of their budget to green products, MacEachern offers concrete and immediate ways that women can take action and make a difference. Empowering and enlightening, Big Green Purse will become the "green shopping bible" for women everywhere who are asking, "What can I do?"

Teachers as Health Workers Louise McCuaig 2021-12-31 Schooling has long been held responsible for the health and well-being of children. However, against an international background of rising concern about students' performance and well-being, schools and teachers have faced escalating expectations of their health-related work. While various stakeholders have ideas about what teachers' health work entails, we know little about teachers' contributions, engagement and personal satisfaction with this work. As teachers' work represents a significant national investment, insight into the cost-benefit of teachers' health work is vital to establishing the broader economic contribution of schools to society. Teachers as Health Workers offers a critical perspective on these matters, documenting the day-to-day work of Australian teachers as they grapple with the challenges, and joys, of balancing education and health-related responsibilities. Whilst shifts in policy, economics and globalisation influence localised enactment of teachers' health work, the economic modelling, theorising and methodological innovations of this research address enduring themes and challenges. Consequently, this book's critical perspective reveals policy-practice gaps in government strategies seeking to create a healthy and productive population. The book will inform education, health and industrial policies and provide direction for teachers' initial or ongoing preparation as health workers.

Student Successes With Thinking Maps® David N. Hyerle 2011-01-28 Use Thinking Maps® as a GPS for student success Neuroscientists tell us that the brain organizes information in networks and maps. What better way to teach students to express their ideas than with the same method used by the brain? Student Successes With Thinking Maps presents eight powerful visual models that boost all learners' metacognitive and critical thinking skills. Enriched with new research, a wealth of examples, and cross-content applications, this novel and effective resource helps students: Organize thoughts Examine relationships Enhance reasoning skills Create connections between subjects Engage with content Essential Oils for Kids: 30 Best Recipes for Your Kids' To Be Healthy and Smart Ellen Anderson 2017-02 Essential Oils for Kids: 30 Best Recipes For Your Kids' To Be Healthy and Smart This eBook "Essential Oils for Kids: 30 Best Recipes to Help Your Kids Study Well, Sleep Well and Be Full of Energy" is a great guide for you to get started with healing your children and keeping them well. Do not be scared to use these recipes blend for your children because it will surely work positively on their health. It helps them to focus and makes them sharp in the studies. When they get back from school, you won't be hearing the complaint that they are tired but they will feel energetic because of the essential oil smell which they can inhale in the house. Here are some of the awesome recipes which are divided into chapters for you so make sure to try the one which you love the most! Energetic Blends for Your School Going Children DIY Essential Oil Recipes for a Good Night Sleep for All Children Soothing Essential Oil Recipes to Keep Children Calm Essential Oil Massage Blends for Toddlers Essential Oil Blends to Protect Children from Allergies and Infections After getting this eBook, you will be able to learn about the psyche of the kids and you will see how the fragrance can change their behavior. They will not be irritating you neither they will be chaos in the house. You will have a calm and patient kid who will be focused on doing what they have to. It helps them to grow into a better human being without being aggressive. Try the essential oils blend and see the magic happen to your kids!

A Broken System

Parent Alert How to Keep Your Kids Safe Online Will Geddes 2018-07-19 Protect your children from cybercrime, sexting, cyberbullying, phishing, cyberstalking, grooming, nude selfies, and other internet dangers. You can't shield your kids from the risks if you don't know what they are. Kids spend hours online, exploring the best the internet has to offer - but what of the risks? Who are they talking to on social media? How do you educate them about their digital footprint and protect them from trolls, bullies, frenemies, and stalkers? They may be tech-savvy, but they are not worldly-wise, so can you set ground rules? If they see you as a digital dinosaur, how do you encourage them to come to you if they are in trouble, and what action should you take to prevent, minimize, or resolve the damage? Includes real-life scenarios and practical advice in non-techspeak, Parent Alert! is your go-to guide for one of the greatest dangers facing children today. Celebrity best friends and concerned moms Nadia Sawalha and Kaye Adams ask the questions and international security expert Will Geddes provides the no-nonsense answers. Learn best-practice cybersecurity on social media accounts; what signals might indicate that your child is falling prey to online grooming, bullying, or extortion; and how you can protect your kids from danger without being critical of them or setting unrealistic restrictions.

Personal Security Tanya Spencer 2017-09-11 Maintain peace of mind while you are working or living abroad wherever and however you travel. As an international traveler, you know there are risks. But are you doing everything you can to protect yourself and your belongings? Whether you are traveling for work or pleasure, Personal Security: A Guide for International Travelers enables you to pre Implementing Physical Activity Russ Pate 2014-01-08 Developed through a partnership with the National Physical Activity Plan Alliance and the National Coalition for Promoting Physical Activity, Implementing Physical Activity Strategies profiles 42 physical activity programs that are helping people adopt more active and healthy lifestyles.

Understanding the Role of Today's School Principal Richard D. Kellough 2014-12-26 The second edition of this handbook is an easily understood desk companion for new school principals and aspiring school leaders. The common-sense approach of the handbook guides new administrators through daily routines and challenges.

Mental Health Interventions for School Counselors Christopher A. Sink 2010-02-26 Featuring the work of some of the most highly respected counselor educators in the field, MENTAL HEALTH INTERVENTIONS FOR SCHOOLS provides a collaborative how to guide for both preventive and intervention-oriented counseling in school settings. This exciting new first edition delivers up-to-the-minute coverage of the most common mental health or psychosocial/emotional issues and disorders facing schoolchildren and youth--issues that can negatively impact their learning and long-term educational development. Each chapter offers a solid overview of a mental health concern and then focuses on school- and research-based actions that are preventive and intervention oriented as well as proven effective in school settings. Important Notice: Media

content referenced within the product description or the product text may not be available in the ebook version.

Keeping America's Children Safe United States. Congress. Senate. Committee on Health, Education, Labor, and Pensions 2009

Community Programs to Promote Youth Development Institute of Medicine 2002-02-12 After-school programs, scout groups, community service activities, religious youth groups, and other community-based activities have long been thought to play a key role in the lives of adolescents. But what do we know about the role of such programs for today's adolescents? How can we ensure that programs are designed to successfully meet young people's developmental needs and help them become healthy, happy, and productive adults? Community Programs to Promote Youth Development explores these questions, focusing on essential elements of adolescent well-being and healthy development. It offers recommendations for policy, practice, and research to ensure that programs are well designed to meet young people's developmental needs. The book also discusses the features of programs that can contribute to a successful transition from adolescence to adulthood. It examines what we know about the current landscape of youth development programs for America's youth, as well as how these programs are meeting their diverse needs. Recognizing the importance of adolescence as a period of transition to adulthood, Community Programs to Promote Youth Development offers authoritative guidance to policy makers, practitioners, researchers, and other key stakeholders on the role of youth development programs to promote the healthy development and well-being of the nation's youth.

Smart Mama, Smart Money Rosalyn Hoffman 2012-03-06 Lifestyle guru and author of Bitches on a Budget Rosalyn Hoffman knows it's more important to spend time with kids than spend money on them. In Smart Mama, Smart Money, she offers intelligent, witty advice to help modern moms budget. From healthy foods and must-have toys to age-appropriate clothing, electronic gadgets, school and party supplies, and fun-filled family vacations, moms learn how to make savvy financial decisions to provide children with a nurturing upbringing- without sacrificing the fun! Working Mother 2007-08 The magazine that helps career moms balance their personal and professional lives.

Smart Guide to Windows 98 Stephen L. Nelson 1998

Safe and Smart 1998

Integrative Team Treatment for Attachment Trauma in Children: Family Therapy and EMDR Debra Wesselmann 2014-03-31 A practical guide to treating children suffering from early attachment trauma. Loss of a parent, separations, abuse, neglect, or a history of a difficult foster or orphanage experience can lead to profound emotional dysregulation and mistrust in children. Working with these children—many of whom have experienced multiple traumas and losses—can feel overwhelming. Clinicians must navigate complex case management decisions and referrals, address the needs of parents and schools, not to mention ameliorate the traumatic memories and severe behaviors that present in the kids. But by working as a collaborative team, EMDR and family therapists can, together, strengthen the parent-child attachment bond and help to mend the early experiences that drive the child's behavior. This book, and its accompanying Parent Manual, are intended to serve as clear and practical treatment guides, presenting the philosophy and step-by-step protocols behind the Integrative Team Treatment approach, so both the family system issues and the child's traumatic past are effectively addressed. You need not be a center specializing in attachment trauma to implement this team model, nor must members of the team practice at the same location. With at least one fully-trained EMDR practitioners as part of the two-person team, any clinician can pair with another to implement this treatment approach, and heal children suffering from attachment trauma.

Must-see Websites for Parents & Kids Lynn Van Gorp 2007-10-15 Collects websites that are family friendly and may be useful for homework, with suggestions regarding navigation and possibly useful tools.

Feeding the Kids Pamela Gould 2007-10-01 Presents a six-week plan for healthy eating, providing information on nutrition, a variety of recipes, and eighty menus.

Working Mother 2000-11 The magazine that helps career moms balance their personal and professional lives.