

**IN THIS ISSUE:**

[THE BEST GIFTS FOR MOM ARE FREE](#) ..... 1  
[CELEBRATE EARTH DAY! QUICK TIPS AND TRICKS](#)..... 2  
[GARDENING WITH CHILDREN](#) ..... 3  
[INSOMNIA: TIPS TO HELP YOU SLEEP](#)..... 4

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## THE BEST GIFTS FOR MOM ARE FREE – MOTHER’S DAY - MAY 13, 2001

### Ways To Make Mom Happy On Her Special Day

Moms love things their children make, and they appreciate the little things their children can do for them that make life easier.

These things won't cost very much, and older children can help the younger ones to surprise Mom. Here is a list of special things that kids (with some help from family members) can do for Mom on her special day:

- Make all the beds in the house for one week, starting on Mother's Day.
- Empty the trash for one week without being told.
- Find a favorite picture of you and your Mom and paste it into a card that you make.
- Serve Mom breakfast in bed on Mother's Day (don't forget to clean up the kitchen).
- Read her a favorite story.
- Look after each other for a half hour so Mom can take a nice hot bubble bath.
- Tell Mom you love her and give her a hug.
- Make Mom a coupon book with coupons she can cash in for simple chores (you'll do the dishes for a week, make her bed for a month, fold five loads of laundry, give her a hug, and anything else you know would help her when she needs it). Be willing to make good on these coupons without complaining.
- Buy a small plant and decorate the pot with pictures, paints and stickers.
- Take a nice walk with your Mom. Look at the flowers coming into bloom.
- Use your very best table manners at Mother's Day dinner.
- Let Mom know that you love her all year long—not just on Mother's Day.



## CELEBRATE EARTH DAY! QUICK TIPS AND TRICKS – APRIL 22, 2001

*Here are some earth-friendly things you can do to help conserve and keep our planet clean and safe for all living things!*

### Things to do with Styrofoam, cans, boxes or other containers:

- Make fun containers for your crayons and other things; paint them or cover them.
- Make containers and packaging for presents at the holidays or birthdays; paint them or cover them, use the person's name in your design!
- Use them to organize things in your drawers such as erasers and pencils.
- Use them to plant pots or herbs.
- Be an artist; make them into sculptures.
- Make your own toys or musical instruments.
- Be an architect; make an interesting dollhouse from large and small containers.
- Design furniture from smaller containers for your dollhouse!
- Make tunnels and other things to play with your trucks.
- Cover a box in old stamps and use it for letters from pen pals.
- Make a bird house and feed the birds.
- Make a mobile; see if you can get it to balance!
- Make puppets and make a stage.

### Things to do with paper, gift wrap or cardboard:

- Use it to cover and protect your schoolbooks.
- Make your own paper dolls; be a fashion designer and design doll clothes.
- Cover the walls in your dollhouse with gift-wrap wallpaper.
- Use bags or newspaper, particularly colorful comics, for gift-wrap....
- Use old gift-wrap, comics or wallpaper to cover boxes or cans.
- Use the backside of bags or gift-wrap as practice paper for painting or drawing.
- Cut it in squares and use it to make origami.
- Make a book or album - paper pages and cardboard cover - use string or ribbon to tie it together.
- Make papier-mâché projects.



### Other things to do:

- Use old clothes to make a soft pillow bed for your pet.
- Make pillows for your room.
- Make pull-string bags from pant legs or sleeves - quick and easy!
- Use old rags to clean your room or to paint with.
- Everyone has mismatched socks - make sock puppets!
- Make decorations from old leaves and pine cones or branches.
- Visit the recycle center in your town and see what else can be recycled.
- Collect from your family and friends and take them to the recycle center.

### Remember every LITTER bit helps!

<http://www.planetpals.com/partnerenergy.html>

## GARDENING WITH CHILDREN

Gardening is an activity that is shared by many families. A love of gardening is often passed down from generation to generation in families that love the land. There are many simple activities that can help children learn to love gardening and take advantage of the many benefits gardening has to offer. Here are some simple gardening activities you can share with the children in your life.

Children as young as two or three can enjoy watering plants with adult supervision. Even very young children can understand the importance of watering and can see tangible results. Explain that plants need water and sunshine to grow. Plants can get sunshine without our help, but we have to help them get water or they won't grow. Use a brightly colored watering can to make watering fun for the child.

### Weeding

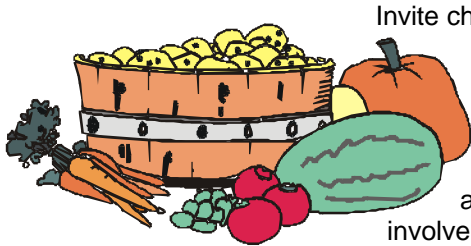
Older children can easily learn the difference between weeds and plants in a garden plot. You can teach them that weeds pull up very easily and that they usually don't have a bloom on them. Show children a picture of a plant that shows roots below the ground and explain the importance of roots having room to grow. Weeds can "choke" plants by crowding their root space. Provide kneepads for children to kneel on and gloves to wear while weeding. Play word games or sing songs to keep children from becoming bored during long weeding sessions.

### Fun with Seeds

There are many learning games that can be played with seeds. Collect seeds in a variety of sizes, then collect pictures of the flowers, fruits and vegetables those types of seeds become. Compare seed size to the size of the plant to teach children that seed size usually has nothing to do with plant size. Counting games can be played with seeds, and seeds can be used as markers in a variety of children's games. For example, children can play checkers using light and dark seeds. After planting, leftover seeds can be used for seed art. Glue seeds onto a heavy piece of cardboard or paper in the shape of the plant that seed grows to be. The seeds can then be painted, colored with a marker, or left in their natural color.

### From the Garden to the Kitchen

For many children, the most exciting part of gardening is harvesting the finished product. Make this even more fun by having a special meal made with food from the garden.



Invite children from the neighborhood and make a salad from lettuce, cucumbers, carrots and tomatoes grown in the garden. Prepare a pizza using toppings from the garden. If you grow herbs, the children can make sun tea by placing a jar full of herbs and water on a patio or windowsill. Pies or turnovers made with homegrown fruit can serve as dessert. The children can help with the meal by washing the fruit and vegetables, preparing the herb tea, or other simple tasks that do not involve cutting or peeling.

### Indoor Gardens

During the months when outdoor gardening can't be enjoyed, children can grow things in window boxes, large clay pots, or a variety of other containers. Flowers, herbs, and other small plants can make a child's room look and smell wonderful. A child in your family might enjoy a special outing with you to the garden store. Choose a container, potting soil and plants. When you return home, show them how to pot the plant, and how to care for it day to day.

### Gifts from the Garden

Gardening is a wonderful way to teach children that they can share their talents with others. Encourage children to share the fruits of their labor with people in their neighborhood. Arrange a visit to a retirement home to deliver small potted plants, or take fruit and vegetables to a local homeless shelter.

[http://www.spray-n-grow.com/tips/tips\\_child.html](http://www.spray-n-grow.com/tips/tips_child.html)

## INSOMNIA: TIPS TO HELP YOU SLEEP

Sleep patterns change throughout our lives. As we age, it takes longer to fall asleep, sleep is not as deep and waking up during the night is more common. Use the following tips to help you get the rest you need.

- Follow a routine. Try always to go to bed and get up at the same times.
- Keep a record of your sleeping patterns. Write down when you go to bed, what time you fall asleep, what times you wake up and what wakes you up.
- Stick to calming activities before bedtime.
- Avoid suspenseful movies or books right before bed.
- Take a warm bath or shower before going to bed.
- Note what you consume during the day; include the medications you take.
- Avoid any caffeine after lunch time.
- Try not to take naps during the day. Naps can decrease your quality of sleep at night.
- Avoid drinking more than one or two alcoholic beverages with dinner or afterward. Although alcohol is a sedative, it can interfere with sleep.
- Eat foods rich in L-tryptophan, such as milk, turkey and tuna; and carbohydrates, such as cereals, breads and fruits. Drinking warm milk right before bed also works for some people.
- Exercise regularly. Exercise is important for a good night's sleep. However, you should avoid exercising a few hours before you go to bed.
- Keep your bedroom dark, quiet and at a comfortable temperature. Use a comfortable pillow and mattress.
- If possible, avoid taking medications right before bedtime. Some prescriptions and over-the-counter medications may cause you to get up during the night to go to the bathroom.
- If you wake up during the night, get out of bed. Walk around, have some milk, read a book or listen to music.
- Practice relaxation techniques.
- Wear earplugs and eye shades to block out noise and light.
- Go to bed only when you feel sleepy.
- Write down your worries before you go to bed and think about them in the morning.

*-From Parlay International, 1997.*



Birds are singing, snow is melting and children are once again playing outside until dark. Spring is in the air, and Work|Life Benefits would like to offer you and your family our colorful new SpringPak!

By popular demand, our calendar format is back including a fabulous fare of recipes and craft ideas. "Tales Alive," a multicultural storybook of folktales, a Parent's Choice Honors book, is included also. The book will give you and your family the opportunity to spend some quality time together, reading tales aloud from around the world. Please contact your Care Consultant to order yours today.

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