

LifeWork Family

Summer 2001

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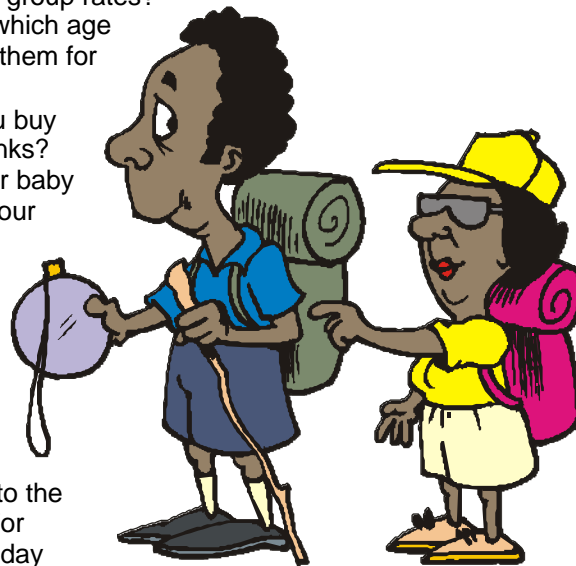
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TIPS FOR TAKING A FAMILY SUMMER OUTING

Taking a day trip or just going out with the kids for a few hours? Take a few minutes before you leave to make sure you have everything you need.

- **Transportation:** You have decided on a specific outing, now look into how you can get there. Should you take your car, a bus, or the train? How long will the ride be? Is there parking available? If yes, for how much?
- **Cost:** Call ahead for prices. Do they have family or group rates? Do they have special rates for children? If yes, for which age groups? Are there different off-season prices? Ask them for the business hours to help you plan your day.
- **Food:** Can you bring in your own lunch or must you buy everything from their restaurant? Can you bring drinks? What type of facilities do they offer; a microwave for baby bottles, or to reheat baby's lunch? What if one of your children has a food allergy?
- **Equipment:** Should equipment be needed, can you bring your own? Do they offer a rental service? How much will rental cost you?
- **Guided tours:** Do they have guided tours? Are they included in your entrance fee or is there an additional charge? How long do the tours last? Are tours available in other languages?
- **Length of stay:** Outings can range from one hour to the whole day. Be attentive to your children's moods. For certain activities you might want to make it a half a day instead of a full day. For some outings (ex. bowling or mini-golf) an hour or two are more than enough.
- **Safety:** Do they have first aid certified staff on site? Does their excursion map list where the first-aid boxes can be found? It's always a good idea to bring along a pocket-sized first aid kit.
- **Making the most out of your experience:** Once you get home, ask your child to draw you a picture of their outing. Enrich their experience with a song, poem or story within the same context.
- **Re-evaluation:** What's the feedback from the children? Did they seem to enjoy themselves? Was the price worth the activity? If you were to plan this activity again what would you do differently?
- **Extra considerations:** Make your outings complete. Dress in weather-appropriate clothing. For outdoor activities, bring hats, sunscreen, extra hats or gloves. Bring a pack with little activities to keep your child occupied. Some ideas are crayons, paper, action figures and books.



FATHER'S DAY (JUNE 17TH) – QUOTES

That is the thankless position of the father in the family - the provider for all, and the enemy of all.

-- J. August Strindberg, Swedish writer

It doesn't matter who my father was; it matters who I remember he was.

-- Anne Sexton, U.S. poet.

One father is more than a hundred schoolmasters.

-- English proverb (17th century)

I cannot think of any need in childhood as strong as the need for a father's protection.

-- Sigmund Freud

By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong.

-- Charles Wadsworth

Fatherhood is pretending the present you love most is soap-on-a-rope.

-- Bill Cosby

One of life's greatest mysteries is how the boy who wasn't good enough to marry your daughter can be the father of the smartest grandchild in the world.

-- Unknown



COLLEGE PACKING TIPS

Ready to go off to college? Maybe not. Here are some things you may not have thought of that will better prepare you for your time away from home.

- Bring lots of underwear and socks!
- Bring a bathrobe, a pair of shower shoes, and a shower caddy.
- Bring your favorite sports equipment: tennis racquet, baseball mitt, roller blades, etc. Don't forget helmets and shin guards.
- Will you need thermal underwear, gloves and hats or sandals and extra bathing suits?
- Since you will be living on your bed, your comforter needs to be washable.
- Sign up for frequent flyer programs with your favorite airlines.
- Poster putty or Multi-Tak is ideal for putting up posters without damaging walls.
- Put a dry-erase message board on your dorm room door so others can leave messages.
- Keys - be sure to have an extra set.
- Make two photocopies of everything in your wallet and all your important papers. Keep one copy at home and one at school.
- Memorize your social security number.
- Use cinder blocks to raise your bed, increasing storage space underneath. You can also use them and a board as extra shelving.
- Bring headphones for your radio, stereo or TV. They offer a little solitude from other people's noise.
- Take along a disposable camera.
- Take extension cords, lamps, and extra bulbs.
- A roll of duct tape can be indispensable for securing wires and fixing almost anything.
- Take along spare pairs of glasses or contact lenses and copies of the prescriptions.
- Keep a running list of all your extracurricular activities. You'll need them for your résumé.
- Stock up on individual packets of salt, pepper, sweetener, ketchup, mayonnaise and mustard.
- Rolls of quarters are a hot college commodity, needed for laundry, soda, snacks and meters.
- Assemble a small sewing kit with pre-threaded needles, extra buttons and safety pins.
- Write your name or initials on clothes.
- Apply for a passport now. You'll may need it for that Study Abroad Program or Spring Break trip.
- Take a supply of your regular medications, prescriptions, and your doctors' phone numbers.
- Know what you are allergic to - the specific names and types of drugs.
- When did you have your last tetanus shot?
- You can never have enough batteries.
- Stamps for snail mail or paying bills.
- Assemble a small tool kit with all the essentials.
- Use collapsible luggage for easy storage.

MOMMY, I'M BORED!

Those lazy days of summer are here. Who didn't enjoy summer vacation; lying under a big, shady tree and watching the clouds pass by? Every child needs some time to just enjoy these carefree summer days. But after the initial glow begins to fade, when all the neighbors are on vacation and there's no one to play with, you may hear, "Mommy, I'm bored."

You don't need to take a trip to Orlando or Los Angeles to help them get the most out of their summer vacation. Get those creative juices flowing. Use this opportunity to spark your child's interests in the world around them.

I'm an Author - Kids love having their own personal journal. Even preschoolers enjoy using theirs to draw pictures in. Start out the summer with a brand new journal and a pen (or crayons and markers) for each child.

I'm an Artist - Stock up on inexpensive art supplies -- large newsprint, crayons, markers, poster paints, glitter, glue, etc. When your child is in the mood, you'll be ready with the proper supplies. Use an egg carton to place glue, paints, and glitter in while working on that special creation.

I'm a Baker - Get out your cookbooks or recipe file and find a simple recipe for cookies or muffins that would be fun to make together. Read the recipe all the way through, assemble the ingredients and get started. Then enjoy the fruits of your labor -- and don't forget to share with the rest of the family!



I'm a Jeweler - Younger and older kids alike can enjoy creating their own special necklace. Use egg cartons to organize beads for your older kids and macaroni for the younger set. Older kids can thread the beads using fishing line, and make long enough to slip over their head. Preschoolers will enjoy threading their noodles onto shoelaces. (Younger children should not wear necklaces when unsupervised.)

I'm a City Planner - Does your child enjoy playing with trains or cars? With a bit of help from you, they can create their own city -- the perfect playspace for cars, trucks, trains and play people. Buy an inexpensive vinyl tablecloth with felt backing. Use the back of the tablecloth to draw roads, houses, parks, schools, etc. with permanent markers. Or cut out pieces of felt in the shape of lakes, trees, animals and people. This activity encourages your child's creativity and imagination.

I'm a Clothing Designer - Kids can create their own special T-shirt. Purchase an inexpensive light colored cotton shirt. You will also need a thick piece of cardboard or a paper grocery bag, nontoxic colorfast markers or puffy paint for fabrics and masking tape. Set up a workspace and stretch the T-shirt over the cardboard or grocery bag, securing it with tape. Once the materials are assembled, allow your child to design a T-shirt that's totally unique.

I'm an Entomologist - Do your kids love bugs? Then this is the perfect "job" for them. Younger children love to catch bugs and observe them. (First, find out which bugs in your area are best avoided.) Using a cleaned clear jar with holes in the lid, set out to capture an insect. Put a bit of grass in the bottom of the jar to give this little creature a place to hide, and don't keep it for more than a few hours. Keep a notebook listing bugs you have found in your own backyard. Younger kids may enjoy drawing a picture of the insects they have found. For older children, purchase a piece of foam board from an art supply store. Start a bug collection, using pins to mount bugs on the foam. Using a field guide, identify and label the bugs you've found. (You may want to keep this treasure in the garage.)

I'm a Landscape Artist - Help your child to plan and create a garden that's all their own. Begin on a very small scale. You'll both be very surprised how many plants can happily coexist together in a small space. Invest in a set of child-sized gardening tools and gloves. You might want to check out a couple of books from the library to learn how to properly care for your garden.



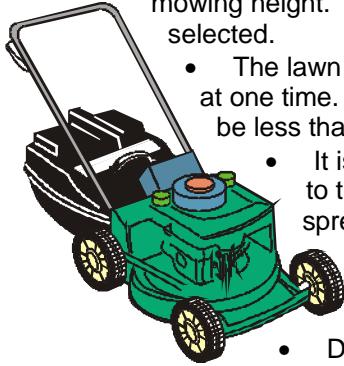
I'm a Photographer - Buy your child a disposable camera, and a small photo album at the start of the summer. Allow him to capture his favorite summer memories on film. You might also like to encourage your child to record their vacation on film. Why not try a disposable underwater camera? Kids love to take underwater pictures.

Source: www.parentsplace.com

PROPER LAWN MOWING

Proper lawn mowing involves the interaction of the height and frequency of mowing.

- Most lawns should be mowed no lower than 1 1/2 inches and up to 3 inches. Shaded lawns need the taller mowing height. The personal preferences of the homeowner usually determine the exact height selected.
 - The lawn should be mowed often enough so that no more than 1/3 of the leaf area is removed at one time. For example, a lawn mowed at 1 1/2 inches should be mowed when the clippings will be less than 1/2 inch long.
 - It is not necessary to remove the clippings at each mowing. Clippings do not contribute to thatch development. Collect the clippings from diseased lawns to help prevent the spread of the disease. Also collect excessively long clippings to prevent them from piling up and shading spots of grass.
 - Dull mower blades shred the grass blades rather than cut them. The shredded ends dry out giving the lawn a brownish cast.
 - Dead grass appearing in the tire tracks from riding lawn mowers can be a hot weather problem. These occur when the lawn was mowed during a time when it was dry. The injury is most evident where the mower turns corners or is on slopes. The lawn will recover once it starts growing again.



SOURCE: Michigan State University Extension

SAFELY CELEBRATING INDEPENDENCE DAY

The American tradition of parades, barbecues and fireworks help us celebrate Independence Day; however, fireworks can turn a joyful celebration into a painful memory when children and adults are injured while incorrectly using fireworks. Consumers should be aware that fireworks--even legal fireworks--can be dangerous, causing serious burns and eye injuries. Did you know that sparklers burn at over 1,200 degrees? Illegal fireworks are especially dangerous and present substantial risks that can result in death, blinding, amputation and severe burns. The U.S. Consumer Product Safety Commission strongly recommends that consumers leave fireworks to the professionals.



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Summer in the city, summer in the country, summer is definitely upon us. Let Work|Life Benefits help occupy your children's time and minds with our SummerPak 2001. Both kids and adults will have a blast investigating the how and why of motion, friction, gravity, balance, spinning and energy by constructing working contraptions found in *Gizmos & Gadgets*, our featured award-winning book.

As always, we have included our favorite sumptuous summer recipes and clever craft ideas. SummerPaks begin shipping the first day of summer, June 21, 2001 and are available for a limited time. Don't delay - order your sizzling SummerPak 2001 today.

TO RECEIVE YOUR SUMMERPAK, PLEASE CALL 1-888-775-2240