



Try not to become a man of success but rather try to become a man of value.

— *Albert Einstein*

A successful team is a group of many hands but of one mind. — *Bill Bethel*

Wise are those who learn that the bottom line doesn't always have to be their top priority.

— *William Arthur Ward*

Everyone is entitled to their own opinion, but not their own facts. — *Daniel Patrick Moynihan*

In these days, a man who says a thing cannot be done is quite apt to be interrupted by some idiot doing it.

— *Elbert Hubbard*

Be ashamed to die until you have won some victory for humanity. — *Horace Mann*

If you have knowledge, let others light their candles in it. — *Margaret Fuller*

Too old to plant trees for my own gratification, I shall do it for my posterity.

— *Thomas Jefferson*



Don't "Should" Your Child

At several seminars, I've heard the speakers say, "Don't 'should' all over yourself." Telling your children what they should have done is counterproductive, because there is nothing they can do to change the past. Using the word should forces them to relive the negative incident by reminding them of their mistake. When you admonish your children by telling them what they should have done, you are not giving them any options. They can not go back and change the past and you are not giving them a way to fix the future. Instead teach your children a lesson at the same time they are disciplined. Give them a way to take positive action and learn responsibility.

For example, if your child fails a test and admits that he or she did not study, simply saying, "You should have studied," does nothing to help the situation. Instead of forcing them to relive their mistake by using should, decide on a punishment that helps them learn from their mistake and improve their grade. Maybe they will not be allowed out on school nights or have to study for a certain amount of time every night. When the next test rolls around and they do better, they will not only see their mistake in not studying, but will also improve their grade, tying the discipline into future accomplishment.



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Another danger in using should is when telling your children what to do. Look at the difference between telling them, "You should eat your vegetables," and "You must eat your vegetables." Saying should makes the order seem like a suggestion. Saying they must eat the vegetables leaves no room for uncertainty. The decision has already been made by a wise parent.

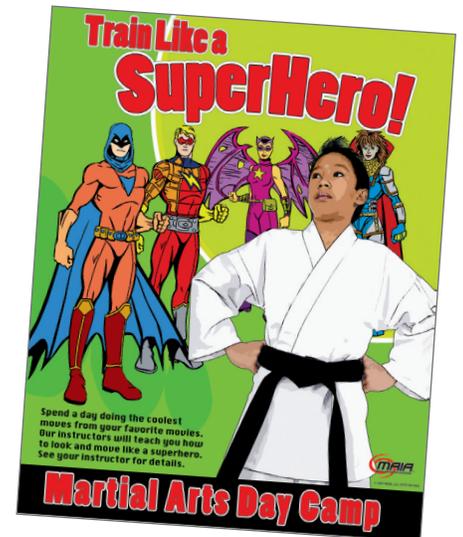
Parents need to use must not only when talking to children but also when talking to themselves. Don't think to yourself, "I should really get to the gym," when you are trying to get in shape. Saying should leaves plenty of room for making excuses.

If you remember to use must, there is no room to reason yourself out of it. "I must get to the gym." It doesn't depend on whether you have time; it adds your workout to the to-do list.

Using should gives you and your children a crutch for not getting done the things you want to get done. Anything you think you should do, you can do – if you put your mind to it. Set every goal with a must.

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Special Events:

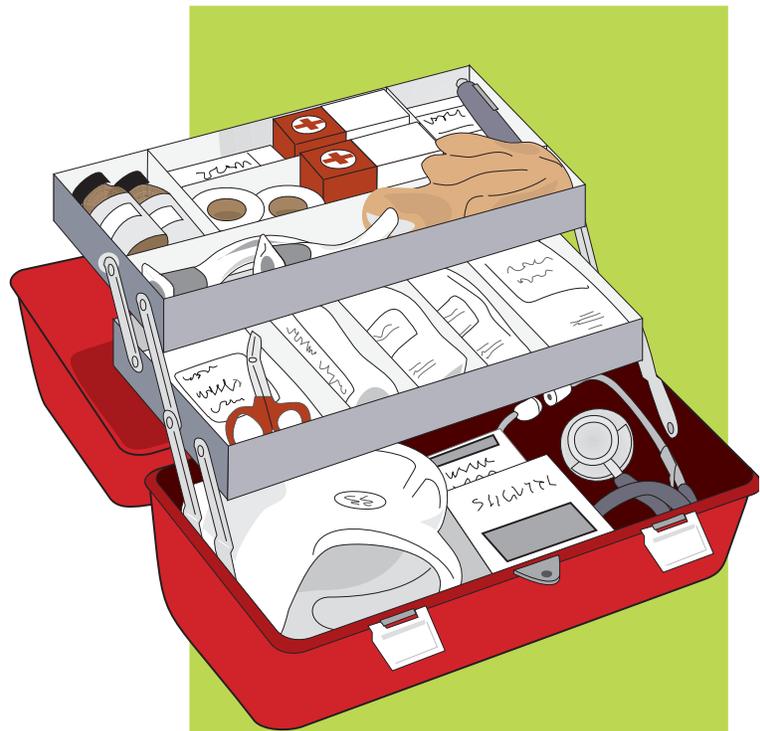


Are You Prepared?

Summer is always an exciting time. Everyone loves the chance to swim, hike and go to camps and fun activities where running and playing are always taking place. And when kids are running and having fun, accidents happen. However, you can and should be prepared with a well-stocked first aid kit.

Many stores carry pre-made first aid kits, but you can easily make your own to fit your activities. Below is a list of things to consider having in your kit. If you bring children, other than your own, on an activity have a medical release form signed by their guardians in case of emergency. The form should contain child's name, blood type if known, doctor's name and number, allergies, current medications, medical conditions and insurance name and phone number. You also need a statement from the parent/guardian authorizing any necessary emergency treatment by a licensed doctor, signed and dated with the address and number where they can be reached.

- Extra inhaler per asthmatic child
- Cell phone
- Eye patch
- Cold packs & towel to wrap it in
- Bandages
- Tweezers
- Safety pins
- Compresses
- Blanket
- Sterile pads
- Triangular bandages
- Scissors
- Ace bandages
- Tape
- 2 pairs of latex gloves
- Antiseptic towelettes
- Anti-bacterial cream
- Sun screen
- Emergency & CPR cards
- Emergency phone numbers for each person



* While instant cold or gel packs are more convenient than ice, experts say that they may damage the skin because of the cold temperatures they reach. Always wrap the pack in a small towel or cloth before using. While you should have a cold pack in the first-aid kit as a back up, ice should be used if possible.

Lead by Example

Many years ago, a rider came across some soldiers who were trying unsuccessfully to move a heavy wood log that blocked the road. Their corporal was standing by as the men struggled. The rider asked the corporal why he wasn't helping his men and the corporal replied, "I am the corporal; I give orders."

The rider dismounted, went up and helped the soldiers and as they struggled to lift the wood so the approaching troops could pass. With his help, the task was carried out. The rider was George Washington, the Commander-in-Chief. He quietly mounted his horse and went to the corporal and said, "The next time your men need help, send for the Commander-in-Chief."

Years later, when George Washington and some friends were riding in the countryside outside of Washington, D.C., their horses leaped over a wall. One steed didn't quite make it, and kicked off a number of stones.

"Better replace them," suggested the General.

"Oh, let the farmer who owns it do it," replied the friends.

When the riding party was over, Washington turned his horse back the way they had come and rode back to the farm where the fallen stones lay. He dismounted and carefully replaced the stones.

"Oh General," said a companion, "You are too big to do that."

"On the contrary," answered Washington, "I am the right size."

George Washington earned the respect of his men, country and allies by the example he set for those around him regardless of their station in life.

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Time: _____

Good for one private lesson with

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