

N.E.W. FAMILY LIFE SERVICES, POSITIVE PARENTING TIPS

Emotional health is important to us all and it is especially important for us to make sure our children have the best start mentally that they can.

We can help them get that start by consciously showing our love to them. We achieve this by doing four simple things: loving them unconditionally, giving them positive eye contact, us-

ing positive touch and giving them your focused attention.

Loving your child unconditionally means that no matter how your child acts or what your child may do, you love them just because they are.

When a child receives positive eye contact they are able to receive your love in a way that is undeniable. When you give positive eye contact, you are speaking directly to your child's soul. Eye contact imparts a sense

of intimacy and leaves your child feeling more positive about themselves and more connected to you. Eye contact is a very powerful tool. Always remember to use it in a positive way.

Positive touch has been proven to lower heart rate, allow for better food absorption in the gastrointestinal tract and causes the body to release serotonin into the blood stream, which decreases pain and heightens alertness. Touch can even stimulate the body to better

equip its natural killer cells to fight off bacterial infections and even more serious health threats like cancer.

Focused attention is doing something with your child where your child has your undivided attention. Activities like coloring a picture together, putting a puzzle together or playing a board game together show your child you love them. These types of activities make your child feel as if they are the only person that matters to you, at that time, in the whole world. Your focused attention instills in them that you value them.

Try adding these positive tips to your parenting techniques and watch your child grow.

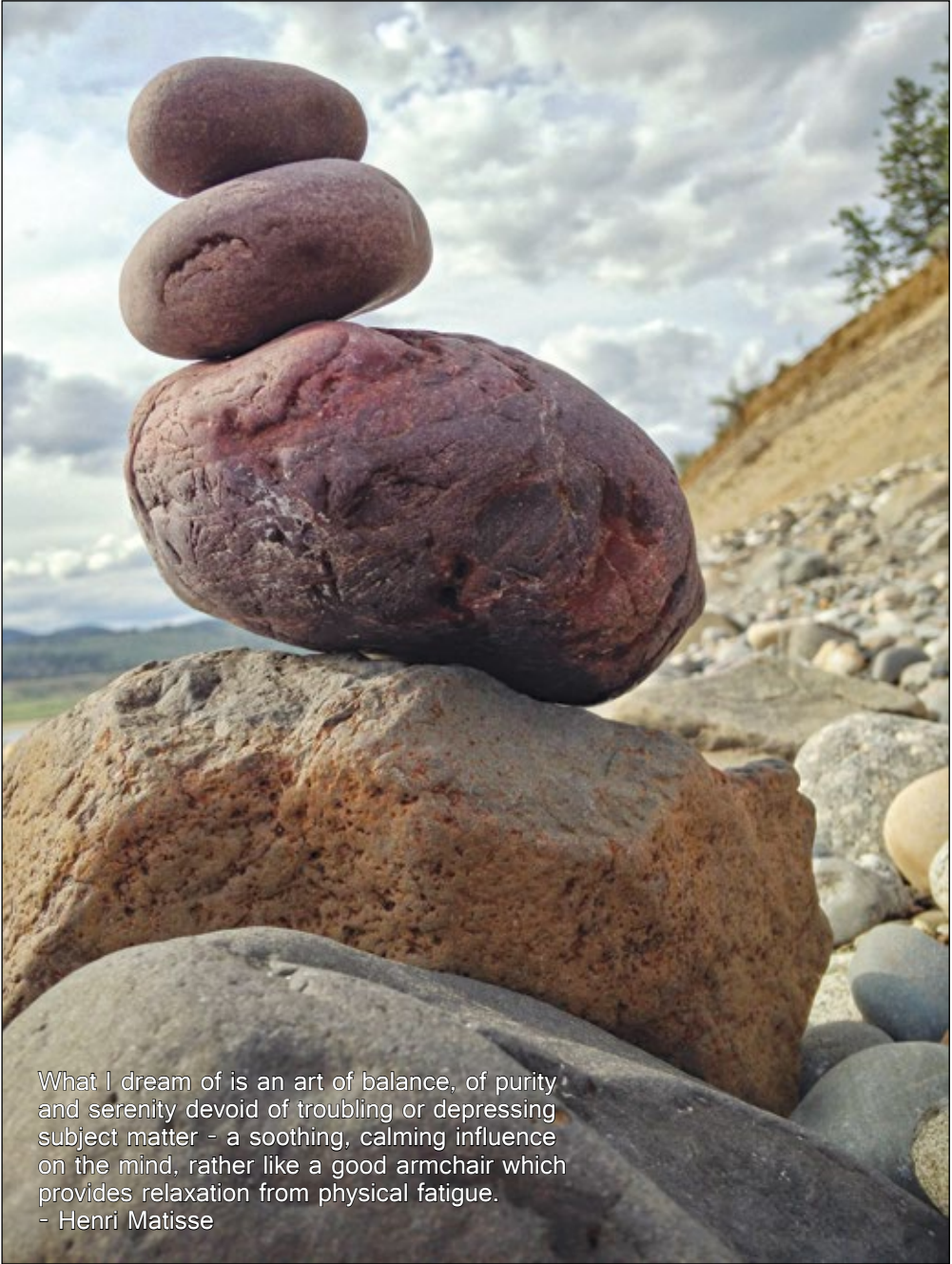
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Healing Powers of a Cat's Purr
With their purring, cats create vibrations within a range of 20-140Hz and may have medically therapeutic benefits.

Shortness of Breath: Cat's purr lowers dyspnea. **Bone health:** Frequencies of 25 & 50 Hz are the best for promoting bone strength. **Blood Pressure:** Lowers blood pressure by interacting with the cat and hearing the purring sound. **Stress Reliever:** Petting a purring cat is calming. **Heart Health:** Cat owners have 40% less risk of heart attacks. **Wound Healing:** The vibrations are helpful for healing tendons and muscles. **Muscles Healing:** Cat's purr can heal infections and swelling.

Who knows if everything above is true. However, has a purring kitty ever helped you feel better? Lois, the newest kitten at Huckleberry HQ, loves sharing her healing purrs.



What I dream of is an art of balance, of purity and serenity devoid of troubling or depressing subject matter - a soothing, calming influence on the mind, rather like a good armchair which provides relaxation from physical fatigue.
- Henri Matisse

photo credit: Tony Cook, Lake Roosevelt

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- aids in reducing stress
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- helps reduce depression

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