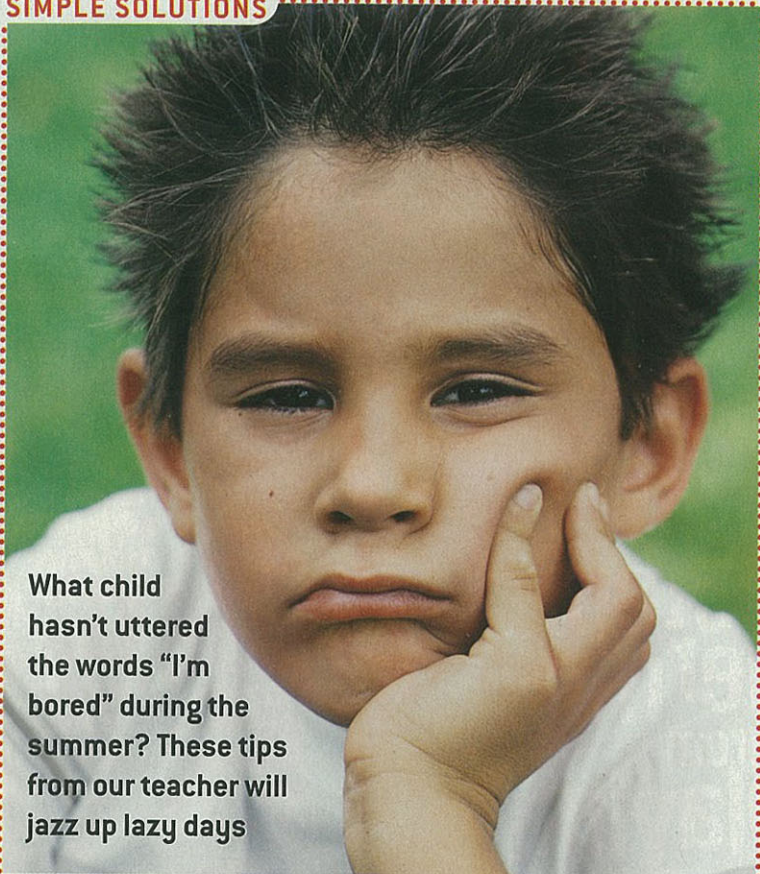


SIMPLE SOLUTIONS



What child hasn't uttered the words "I'm bored" during the summer? These tips from our teacher will jazz up lazy days

Boredom Busters

Modify activities. Often children who say they're bored aren't being challenged enough. While repetition is good for learning skills, children need to be challenged to try things in new ways. Modify finger-painting by switching the painting surface from paper to a tray, cardboard, or a three dimensional object. Change the feel of the paint by adding little bits of texture such as sand, sawdust, or dry lentils.

Mix things up. If summer days become too predictable, they can seem dull. Shake things up by taking a meal outside, or do something quirky like having lunch for breakfast and breakfast for lunch. Surprises like these can actually stimulate new synaptic connections in the brain.

Take a walk. Sometimes a "change in venue" is all you need to end boredom. Take a walk to look for birds, numbers, or letters. Take a silent walk together, and point out discoveries without talking. —Ellen Booth Church

Best New Parenting Books

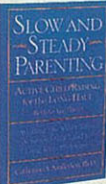
I Was a Really Good Mom Before I Had Kids: Reinventing Modern Motherhood
by Trisha Ashworth and Amy Nobile



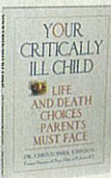
If you're exhausted by your family schedule and constantly comparing yourself to seemingly perfect others, this is a must-read. Hilarious and honest, this book addresses the insane expectations of modern moms, and offers suggestions for how to relax.

Slow and Steady Parenting: Active Child-Raising for the Long Haul from Birth to Age 3
by Catherine Sanderson, Ph.D.

Centered on the principle that "slow and steady wins the race," Sanderson's parenting method will help you replace quick-fix solutions to problems with scientifically based, long-term approaches to raising healthier, happier children.



Your Critically Ill Child: Life and Death Choices Parents Must Face
by Dr. Christopher Johnson



No parent expects her child to become critically ill or injured. However, should such a trauma occur, parents must know where to turn. This book explains the many challenges and decisions children and their families face when severe illness or injury strikes.

Cute Couture

This darling dress was designed by Marisa, age 8, who told us: "I want to be a fashion designer when I grow up."



Send us your child's paintings, photographs, and drawings. A selected piece will appear in a future issue. Send art to: Alisa Stoudt at 557 Broadway, 5th Floor, New York, NY 10012.