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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**13 Things For Your Child To Do (Instead Of Watch Tv)**

**By Carrie Lauth**

C'mon, admit it. You sometimes use the television set as a cheap babysitter. That's ok...we ALL do it sometimes! Ah, but it's a double-edged sword, because kids who watch a lot of TV have trouble keeping themselves entertained, which in the long run makes your job harder!

If you're trying to limit the TV viewing in your household, you might need a little inspiration. Try these TV-free activities guaranteed to keep the kids busy... at least for a little while!

- 1) Make paper airplanes Warning: This one is highly addictive! My two boys absolutely love making paper airplanes. Buy them a book on the fine arts of paper airplane making, and then put your feet up and read a book.
- 2) Make a tower with toothpicks and peas Go ahead- encourage them to play with their food!
- 3) Make homemade ice cream Put two parts milk and cream and one part sugar in a coffee can, with any flavorings you want. Put the lid on, then put it in a bigger can and pour ice around the little can. Put rock salt on the ice. Put a lid on the big can, and give it to your child to roll it back and forth for about 1/2 hour or until it turns into ice cream! (Do this one even if it's winter...I won't tell!)
- 4) Give them a magnet and instruct them to run it all over the house and see what they find. And loose couch change is fair game!
- 5) If you have bunk beds, put blankets around the lower one and make a submarine. Make it a yellow blanket. Then sing the appropriate Beatles tune.
- 6) Play First Family Savings and Loan Save your cancelled checks and fake credit cards that come in the mail. Supply the kids with a calculator, pencils, small table and Monopoly money. This one was my favorite as a kid!
- 7) Build a mini log cabin with twigs

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8) Have a tic-tac-toe tournament

9) Make your own soda. Here's an easy recipe:

<http://www.easyfunschool.com/article2052.html>

10) Make a card for Grandma. Get out the rubber stamps, art supplies and construction paper and make a greeting card for Grandma or another loved one.

11) Bake a cake Buy the kids an easy cake or brownie mix and let them loose in the kitchen. Tell them they can enjoy the fruits of their labors as long as they clean up all mess.

12) Make up a treasure hunt Buy cheap dollar store toys. Hide in your closet. Make a list of items they must find outside. (A white rock, a feather, a red leaf, a penny, etc) Tell them an exciting booty awaits when they bring all the items to you.

13) Make a cave inside the house. Put old blankets over the backs of chairs or over a table to make a tent. Grab a flashlight and instruct child to go read scary stories inside it.

<http://www.InsteadofTV.com>

is a resource for parents trying to turn off the TV and turn on life. Sign up

for our free newsletter and get "101 Things To Do Instead of TV".

### **Child Safety Tips**

**By Monique Dyer**

#### **Child Safety Tips by Monique Dyer**

##### 6 Ways to Prevent Child Abduction

1. Never leave your child alone in a public place, car, or stroller.
2. Point out a safe house or houses in your neighborhood, where children can go if they are in trouble.
3. Check older friends of your child and all potential babysitters.
4. Do not use clothing and toys with your child's name on it. A child will less likely to fear someone who knows his/her name.
5. Always accompany your child into a public restroom.

## 13 Things For Your Child To Do (Instead Of Watch Tv)

6. Keep an up-to-date color photograph of your child, a Child ID, and medical and dental history, and have your child fingerprinted.

Child abduction is a growing concern and there are simple precautions that you can take to help safeguard your children.

Monique Dyer, President of Accurate Drug & DNA Testing, a Atlanta-based company selling on-site drug testing kits to businesses and DNA Testing services to consumers. She currently has a bi-weekly child safety tips newsletter, promoting safety with Children's identification, fingerprinting, and DNA Kit to parents. To subscribe go the website at the bottom of the page  
[http://www.accuratedna.com/childrenSAFEGUARD YOUR CHILD!](http://www.accuratedna.com/childrenSAFEGUARD_YOUR_CHILD!)



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