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**Impair Healthy Healing In People Over The Age Of 30!**

**How To Keep Your Kid'S Brain Healthy**

**By News Canada**

**How To Keep Your Kid'S Brain Healthy**

by: **News Canada**

Give lots of unconditional love. Play with them often.

Remind them of their achievements frequently. This helps boost their self confidence and self esteem.

Provide safe and secure surroundings.

Offer appropriate guidance and discipline. Enforce limits. Explain consequences.

[www.iristhedragon.com](http://www.iristhedragon.com)

News Canada

provides a wide selection of current, ready-to-use copyright free news stories and ideas for Television, Print, Radio, and the Web.

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## **A PEARfectly Fun Snack For Kids**

**By News Canada**

www.usapears.com

In the meantime, here are a few quick and easy ways to add fresh pears to your child's snack menu:

- Add fresh sliced pears to peanut butter and jelly sandwiches.
- Top a bowl of frozen low-fat vanilla or chocolate yogurt with wedges of fresh pears.
- Sprinkle chopped pears on hot or cold cereal.
- Tie pieces of "string cheese" around fresh slices of pears

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