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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!

Nurturing Play

By Vicki Durr

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It's a constant endeavor to try to keep kids busy and interested in daily activities. Nurturing play such as jigsaw puzzles, scavenger-treasure hunt games, camping, healthy cooking, educational toys, or kids crafts are a great way to spur their imagination, keep them busy and interested in a specific task and help them learn great skills and family values.

Jigsaw puzzles have for years been enchanting both children and adults alike and providing hours of fun. Jigsaw puzzles originated in the 1760's by European mapmakers and is a key element in building strong family relationships as well as:

- Developing concentration & memory skills
- Fostering fine motor skills
- Increasing your child's self-esteem
- Encouraging matching & sorting skills
- Teaching team-work
- Re-enforcing your child's education
- Stimulating discussion & language development

Scavenger-treasure hunt games have become an integral part of our pastimes and continue to be an exciting family tradition. The scavenger minded people are energetic when searching for unique items that will earn the greatest point potential for their team before the clock runs out. Whereas the treasure minded people appreciate the challenge of solving mysteries by decoding clues that lead them to a precious, valuable treasure. We use scavenger-treasure hunt games for entertainment at parties and other family get-togethers.

Family camping trips are excellent opportunities to spend together as a family. You learn how to work together as you forget all the cares of your everyday life and at the same time discover Mother Nature's beauties. You won't have all the luxuries of home, but camping provides unique lifelong experiences that you don't find at home, such as...

- No showers except for an occasional bath in the nearby stream
- Hikes to discover wild animals, flowers and tall meadow grass
- Gathering firewood for the campfire to roast hotdogs or marshmallows, bake campfire pies or Smores
- Flashlight tag played in the dark, stories told or songs sung around the campfire
- Cooking in or on the fire, a brown paper sack, or on a propane stove

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The kitchen is a great place to communicate and re-connect with your child as you prepare meals and snacks. Reading recipes and measuring ingredients teaches math concepts in a hands-on environment. This is a perfect opportunity to find out what's going on in your child's life while spending quality time together.

We want to give our children the best to help them learn and grow. Educational toys and kids crafts are a great way to accomplish this goal while both you and your children have fun. Educational toys and crafts come in many different forms and will vary according to your child's needs, age, and preferences.

Sprinkling a combination of these nurturing play activities throughout your child's daily, weekly, monthly, and yearly schedule are proven and time-tested to produce happy, healthy, confident children in a securely rooted family. What better way to spend a childhood than with parents who care, support,

and love unconditionally...all through the power of play!!!

I come from a family of 8 siblings, have been married for 26 years, raised two girls, and have been actively involved in the raising of numerous children.

Gardening Your Personality: The Greens Of Growth

By Kirsten Hawkins

Many gardeners are the nurturing type: just like Mother Nature. People say they have "green thumbs" because they can make anything grow. Is your personality the growth type? Are you the kind of person who wants to see others grow and develop? If so, you probably love to be around children and, though you are exhausted at the end of the day, you feel like it is all worth it if you have helped other people. So is there green in your garden?

It seems to be a silly question: is there green in the garden? Most people think that green automatically appears in the garden. Leaves and stems are almost always green. But green can also be used as an accent color itself, though it's often overlooked - just like the nurturing individual - a teacher, a preacher, a farmer. These nurturers are vital to the world, but often go overlooked.

Why does the color of a garden even matter? Many psychologists have studied the effects of colors on the human psyche for years. Colors both reflect our current emotions and elicit certain emotions from us. In other words, if you feel happy, you may wear your yellow shirt to work. Yellow is a happy color. If you look on the walls in the doctor's office, they are most likely blue or some other calming color. Green is a color of growth and nurturing. Used in the garden, can give those feelings liberally.

Many people focus on the brightly colored flowers - the reds, yellows, and oranges, but they overlook what a simple green can do for the garden. The next time you go to the greenhouse to pick out flowers for your garden, take a moment and consider this. It's important because the garden - and your whole house - should reflect your personality. If you are the nurturer, let the green come out and show the neighborhood that this is your sanctuary.

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When it comes to greenery, use it liberally in the garden. It's difficult to have too much green. Using green in the garden has a two-fold effect. First, by filling the garden with a green backdrop, the other colors will stand out more vibrantly. If you set off a firework in the middle of the day, it's rather unimpressive. But if you place it on a dark backdrop, it will light up the sky. Green in the garden helps to accomplish this. Green also has a second effect. It gives the appearance of a lush, healthy garden. It's nice to see the different flowers in a garden, but if you fill in the areas between them with some greenery it makes the entire landscape seem to jump to life.

So when it comes to your garden, does your loving and nurturing side come to the front? Can your neighbors see the effect of your green thumb? With the careful placement of some green plants, you can bring your garden to life and make it an extension of yourself. After all, you spend a great deal of time, effort, and money in the garden. Shouldn't it reflect part of you?

Kirsten Hawkins is a food and nutrition expert specializing the Mexican, Chinese, and Italian food. Visit [for more information on cooking delicious and healthy meals.](#)



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