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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!

Your Child's Most Basic Needs!

By Frank W. Thatcher Jr.

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Children are supposed to be well-taken care of by adults. They are supposed to have their basic needs met. These include the need for food, warmth, physical comfort, adequate clothing and a healthy environment. These needs also include their emotional needs, such as comfort, closeness to other human beings, and love.

Unfortunately, due to the hectic and extremely busy lifestyle we all lead, sometimes we unintentionally neglect some of our children's basic needs which are necessary to facilitate positive growth mentally and physically.

Most of us love and care for our children as we should. We do our best for them by working many hard hours to make the money so we can provide as much as possible. However, we must remember to address their most basic needs.

For example, this one very fundamental need is extremely important and very frequently forgotten due to lack of awareness.

This basic need is "water".

Evidence from teachers, school nurses, and school doctors show that many children suffer discomfort such as stomach aches, constipation, poor appetite, frequent bladder infection, and backaches all linked to not drinking enough water.

Children don't always realize that they are thirsty and in need of water. They do know they feel uncomfortable, unwell, tired, lethargic, and restless which in turn can lead to irritability and the inability to focus on tasks assigned by their teachers.

Children at school are expected to concentrate, play well together, share toys, and to follow instructions from their

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teachers or to sit quietly and listen. A child that is uncomfortable cannot always co-operate and may be labeled as behaving badly or hyperactive when in fact they may just need to drink some water!

Getting enough water is an important aspect of brain function. It is especially important for children. Water assists digestion, washes away toxins, aids the lungs, heart, and blood vessels and energizes the brain and body.

Water has the amazing ability to enliven us, fostering the development of energetic, naturally curious, and more focused children. We need to teach our children the importance of drinking enough water all day long.

Water is best taken in frequent small amounts. Parents and teachers should make sure all children have easy access to water and, if possible, carry their own water bottle throughout the day. Parents can set a good example, and would be wise to carry a water bottle with them and drink from it.

Many of us have a habit of choosing soft drinks, carbonated beverages and juices over water. Frequent sugary drinks cause the blood to become too sweet, fluid is drawn out of body cells to dilute the high sugar levels in the blood, this then leads to thirst and dehydration in the child. De-hydration results in poor concentration and short attention span.

Also, It is a well documented fact that sugary drinks cause tooth decay.

Teaching by example is one of the bests way to educate. Choose water instead of drinks and you will see the difference. The children will learn from our example and will benefit many, many ways by having this most fundamental need met.

Frank W. Thatcher Jr. is an experienced educator specializing in children and their special needs. For additional information regarding what you can do towards raising happy children, click <http://www.onlineshoppersmarket.com/parenting1.html>

Ten Things You Should Know Before Buying

By Michelle Andrews

Your young child's playtime is his first real learning experience, and toys can act as catalysts in your child's growth. The benefits of educational toys are many and varied, and by choosing the right toys, you create an environment that is fun and conducive to learning vital skills.

But currently it is hard to find what you need if you do not know what you are looking for. With a million toys on the market today, it is tough to pick out the best combinations of fun and learning. However, every beneficial toy should be fun, safe, and help the child develop and exercise some skill. When faced with so many choices, asking yourself some simple questions about your child's development

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can help you make the best selection.

The following is a list of characteristics you should look for in a good, educational toy:

- 1.Sensory attraction: How many senses will the toy occupy? Does it respond to and with lights, sounds, or movement? Is it colorful? Does it have a smell or a texture?
- 2.Activation method: Will the toy provide a challenge without frustrating your child? Will it be a fun and rewarding experience?
- 3.Self-expression: Will the toy allow your child to express himself, be creative, and make choices?
- 4.Success potential: How many "correct" ways are there to play with the toy? Can play be open-ended with no right or wrong responses? Will the toy adapt to your child's ability and style?
- 5.Ways of use: Can the toy be used in many different positions? Can it be used in different kinds of play?
- 6.Popularity: Is it a popular toy? Can it be tied-in with other media such as storybooks, television or movies?
- 7.Flexibility: Does it have adjustable volume, speed, and level of difficulty?
- 8.Opportunities for interaction: Does the toy provide a chance for you or other children to be involved? Will it build social skills?
- 9.Individuality and growth: Will the toy engage your child in activities that indicate the child's developmental age and growth? Does it reflect the child's interests?
- 10.Safety and durability: Is the toy durable, considering your child's age and strength? Is it safe?

So, giving your child the right toys will be benefit for all. Your child's play time is not only a time of fun and development for them, but can also be a great way for you to relax and enjoy your child's company. With educational toys, you can follow, supervise and direct your child's development, and find great thrill and amusement in their playtime activities.

Michelle Andrews, a former middle school teacher who now stays home with his three children. He wrote "Parent's Guide on How to Raise a Smart Child by Choosing the Right Educational Toys." Visit his Website EducationaltoysGuide.com at

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