

**Chapter 1 : 25 Ways To Keep Your Child Safe Healthy And S by DebbraCazares - Issuu**

*I find '25 Ways to Keep Your Child Safe, Healthy and Successful' an invaluable resource. While our children have not yet experienced most of the problems presented in this book, I am grateful for the increased awareness of the potential dangers and how to guide them down the right path.*

Healthbeat 7 tips for a safe and successful strength-training program Strength or resistance training challenges your muscles with a stronger-than-usual counterforce, such as pushing against a wall or lifting a dumbbell or pulling on a resistance band. Using progressively heavier weights or increasing resistance makes muscles stronger. This kind of exercise increases muscle mass, tones muscles, and strengthens bones. It also helps you maintain the strength you need for everyday activities – lifting groceries, climbing stairs, rising from a chair, or rushing for the bus. The current national guidelines for physical activity recommend strengthening exercises for all major muscle groups legs, hips, back, chest, abdomen, shoulders, and arms at least twice a week. One set – usually 8 to 12 repetitions of the same movement – per session is effective, though some evidence suggests that two to three sets may be better. Your muscles need at least 48 hours to recover between strength training sessions. These seven tips can keep your strength training safe and effective. Warm up and cool down for five to 10 minutes. Walking is a fine way to warm up; stretching is an excellent way to cool down. Focus on form, not weight. Align your body correctly and move smoothly through each exercise. Poor form can prompt injuries and slow gains. When learning a strength training routine, many experts suggest starting with no weight, or very light weight. Concentrate on slow, smooth lifts and equally controlled descents while isolating a muscle group. Working at the right tempo helps you stay in control rather than compromise strength gains through momentum. For example, count to three while lowering a weight, hold, then count to three while raising it to the starting position. Pay attention to your breathing during your workouts. Exhale as you work against resistance by lifting, pushing, or pulling; inhale as you release. Keep challenging muscles by slowly increasing weight or resistance. The right weight for you differs depending on the exercise. Choose a weight that tires the targeted muscle or muscles by the last two repetitions while still allowing you to maintain good form. When it feels too easy to complete add weight roughly 1 to 2 pounds for arms, 2 to 5 pounds for legs , or add another set of repetitions to your workout up to three sets. If you add weight, remember that you should be able to do all the repetitions with good form and the targeted muscles should feel tired by the last two. Stick with your routine – working all the major muscles of your body two or three times a week is ideal. You can choose to do one full-body strength workout two or three times a week, or you may break your strength workout into upper- and lower-body components. In that case, be sure you perform each component two or three times a week. Give muscles time off. Strength training causes tiny tears in muscle tissue. Always give your muscles at least 48 hours to recover before your next strength training session. For detailed workouts and more on the benefits of exercise and how to develop a plan stick with it, buy Exercise:

## Chapter 2 : Motivating Kids to Be Active

*25 Ways to Keep Your Child Safe, Healthy and Successful: Lessons from a School Counselor by Michelle Farias This book gives parents the knowledge and tools needed to successfully guide their children through the challenges of school and childhood issues.*

Parents can play a vital role in helping teens succeed in school by being informed and lending a little support and guidance. Even though teens are seeking independence, parental involvement is an important ingredient for academic success. Here are 10 ways to keep your teen on track to succeed in high school. School administrators may discuss school-wide programs and policies, and post-high school options that parents and guardians of juniors and seniors need to know about. Attending parent-teacher conferences is another way to stay informed, although in high school, staff usually set these up only when parental involvement is needed to address issues like behavior problems, falling below grade-level expectations, or alternatively, benefiting from advanced class work. If your teen has special learning or behavioral needs, meetings can be scheduled with teachers and other school staff to consider setting up or revising individualized education plans IEPs , education plans , or gifted education plans. Keep in mind that parents or guardians can request meetings with teachers, principals, school counselors, or other school staff any time during the school year. Visit the School and Its Website Knowing the physical layout of the school building and grounds can help you connect with your teen when you talk about the school day. On the school website, you can find information about: Special resources for parents and students are also usually available on the district, school, or teacher websites. Support Homework Expectations During the high school years, homework gets more intense and grades become critical for college plans. Amid all these changes, many teens are learning how to balance academics with extracurricular activities, social lives, and jobs. Distraction-free means no phone, TV, or websites other than homework-related resources. Most teachers are available for extra help before or after school, and also might be able to recommend other resources. In general, teens who eat breakfast have more energy and do better in school. If your teen is running late some mornings, send along fresh fruit, nuts, yogurt, or a peanut butter and banana sandwich. Many schools provide nutritious breakfast options before the first bell. Lack of sleep is linked to decreased attentiveness, decreased short-term memory, inconsistent performance, and delayed response time. Most teens also have a change in their sleep patterns , with their bodies telling them to stay up later at night and wake up later in the morning. Ideally, teens should try to go to bed at the same time every night and wake up at the same time every morning. You can help by reminding your teen before bedtime to turn off the phone and limit video games and TV. Many teens try to catch up on sleep on weekends. Instill Organizational Skills Learning and mastering the skills of getting organized, staying focused, and seeing work through to the end will help teens in just about everything they do. But this is not usually explicitly taught in high school, so teens can benefit from some parental guidance with organization and time-management skills. Parents and guardians can help teens keep assignments and class information together in binders, notebooks, or folders that are organized by subject. Creating a calendar will help teens recognize upcoming deadlines and plan their time accordingly. It also helps for teens to make prioritized daily to-do lists, and to study and do homework in a well-lit, quiet, orderly workspace. You can remind your teen that when it comes to studying and homework, multitasking is a time-waster. Working in an environment free of distractions like TV and texts works best. Offer Help With Studying Planning is key for helping your teen study while juggling assignments in multiple subjects. Remind your teen to take notes in class, organize them by subject, and review them at home. If grades are good, your teen may not need help studying. If grades begin to slip, however, it may be time to step in. You can help your teen review material and study with several techniques, like simple questioning, asking to provide the missing word, and creating practice tests. The more processes the brain uses to handle information “ such as writing, reading, speaking, and listening “ the more likely the information will be retained. Repeating words, re-reading passages aloud, re-writing

notes, or visualizing or drawing information all help the brain retain data. Even if your teen is just re-reading notes, offer to quiz him or her, focusing on any facts or ideas that are proving troublesome. Encourage your teen to do practice problems in math or science. If the material is beyond your abilities, recommend seeking help from a classmate or the teacher, or consider connecting with a tutor some schools have free peer-to-peer tutoring programs. Recent studies show that students who sacrifice sleep to study are more likely to struggle on tests the next day. Know the Disciplinary and Bullying Policies All schools have rules and consequences for student behaviors. Schools usually cite disciplinary policies sometimes called the student code of conduct in student handbooks. The rules usually cover expectations, and consequences for not meeting the expectations, for things like student behavior, dress codes, use of electronic devices, and acceptable language. The policies may include details about attendance, vandalism, cheating, fighting, and weapons. Many schools also have specific policies about bullying. Bullying via text or social media should be reported to the school too. Parents and guardians can get involved by: Even giving a few hours during the school year can make an impression on your teen. Take Attendance Seriously Teens should take a sick day if they have a fever, are nauseated, vomiting, or have diarrhea. Teens may have many reasons for not wanting to go to school “bullies , difficult assignments, low grades, social problems, or issues with classmates or teachers. Students also may be late to school due to sleep problems. Keeping your teen on a consistent daily sleep schedule can help avoid tiredness and tardiness. For teens who have a chronic health issue , educators will work with the families and may limit workloads or assignments so students can stay on track. A plan can help teens with medical needs or health concerns be successful at school. Talk to school administrators if you are interested in developing a plan for your child. Make Time to Talk About School Because many teens spend so much of the day outside the home “ at school, extracurricular activities, jobs, or with peers “ staying connected with them can be challenging for parents and guardians. While activities at school, new interests, and expanding social circles are central to the lives of high school students, parents and guardians are still their anchors for providing love, guidance, and support. Make efforts to talk with your teen every day, so he or she knows that what goes on at school is important to you. Because communication is a two-way street, the way you talk and listen to your teen can influence how well he or she listens and responds. Remember to talk with your teen, not at him or her. Be sure to ask open-ended questions that go beyond "yes" or "no" answers. When teens know they can talk openly with their parents, the challenges of high school can be easier to face.

# DOWNLOAD PDF 25 WAYS TO KEEP YOUR CHILD SAFE, HEALTHY AND SUCCESSFUL

## Chapter 3 : 25 Ways to Keep Your Child Safe, Healthy & Successful - book review

*School counselor and author, Michelle Farias, provides much needed guidance to blended families with her definitive book 25 Ways to Keep Your Child Safe, Healthy and Successful: Lessons from a School Counselor.*

But what might not be apparent is that climbing to the top of a slide or swinging from the monkey bars can help lead kids to a lifetime of being active. As they get older, it can be a challenge for kids to get enough daily activity. This can be due to: So their opportunities to be active might be limited. In spite of these barriers, parents can teach a love of physical activity and help kids fit it into their everyday lives. Doing so can set healthy patterns that will last into adulthood. Benefits of Being Active When kids are active, their bodies can do the things they want and need them to do. Because regular exercise provides these benefits: And mastering physical skills builds confidence at every age. The three keys are: Giving kids plenty of opportunity to be active: Kids need parents to make activity easy by providing equipment, signing them up for classes or sports teams, and taking them to playgrounds and other active spots. Keeping the focus on fun: When kids enjoy an activity, they want to do more of it. These good feelings often make kids want to continue the activity and even try others. Age-Appropriate Activities The best way for kids to get physical activity is by incorporating physical activity into their daily routine. Toddlers and preschoolers should play actively several times a day. Children 6 to 17 years should do 60 minutes or more physical activity daily. This can include free play at home, active time at school, and participation in classes or organized sports. Preschoolers need play and exercise that helps them continue to develop important motor skills – kicking or throwing a ball, playing tag or follow the leader, hopping on one foot, riding a trike or bike with training wheels, or running obstacle courses. Instead of playing on a team, they can work on fundamental skills. With school-age kids spending more time in front of screens, the challenge for parents is to help them find physical activities they enjoy and feel successful doing. These can range from traditional sports like baseball and basketball to martial arts, biking, hiking, and playing outside. As kids learn basic skills and simple rules in the early school-age years, there might only be a few athletic standouts. As kids get older, differences in ability and personality become more apparent. Teens have many choices when it comes to being active – from school sports to after-school interests, such as yoga or skateboarding. Do what you can to make it easy for your teen to exercise by providing transportation and the necessary gear or equipment including workout clothes. In some cases, the right clothes and shoes might help a shy teen feel comfortable biking or going to the gym. Which of these three types best describes your child? This child may lack athletic ability, interest in physical activity, or both. This child has athletic ability, is committed to a sport or activity, and likely to ramp up practice time and intensity of competition. Some kids want to pursue excellence in a sport, while others may be perfectly happy and fit as casual participants. The athlete, for instance, will want to be on the basketball team, while the casual athlete may just enjoy shooting hoops at the playground or in the driveway. Whatever their fitness personality, all kids can be physically fit.

## Chapter 4 : 10 Ways to Help Your Teen Succeed in High School

*25 Ways To Keep Your Child Safe Healthy And Successful ways to keep your mind healthy oedborg, email it! whether you are 25 or 75, its always a good time to think about ways to keep your mind healthy people with.*

## Chapter 5 : 7 tips for a safe and successful strength-training program - Harvard Health

*25 Ways To Keep Your Child Safe Healthy And Successful Lessons From A School Counselor Document for 25 Ways To Keep Your Child Safe Healthy And Successful.*

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## Chapter 6 : Help Keep Your Kids Safe at Home “ Esperanza Mansion

*25 Ways To Keep Your Child Safe Healthy And Successful Lessons From A School Counselor Ebook 25 Ways To Keep Your Child Safe Healthy And Successful Lessons From A School Counselor currently available at [www.nxgvision.com](http://www.nxgvision.com) for review only, if you need.*

## Chapter 7 : How to keep a Child Safe in School “ WH Magazine

*25 Ways To Keep Your Child Safe, Healthy And Successful: Lessons From A School Counselor - Farias, Michelle. DOWNLOAD HERE. This book gives parents the knowledge and tools needed to successfully.*

## Chapter 8 : Michelle Farias Interview - 25 Ways to Keep Your Child Safe, Healthy & Successful

*25 Ways to Keep Your Child Safe, Healthy and Successful: Lessons from a School Counselor was written to provide parents with the knowledge and tools needed to help their children stay safe and healthy and find success in today's society.*