

# Children's Health Update

## Finally, An Owner's Manual For Kids

(NAPSA)—It has been said many times that there is no owner's manual for children. While that may once have been true, the information gap is beginning to be filled by a number of charities and Web sites that offer free, expert resources to help parents succeed in doing the most important job in the world.

One place to turn when crises hit or questions arise about pressures and dangers affecting today's kids is the Internet Web site [www.kidspeace.org](http://www.kidspeace.org). The site hosts a wealth of information put together by 3,000 doctors, child development specialists and parenting experts at the national children's crisis charity KidsPeace, which is celebrating its 125th year of helping kids and families avoid and overcome the common challenges facing youngsters.

### Bullying to School Shootings

Worried about your child being bullied? You'll find a list of common warning signs that something is wrong, followed by simple things you can do to help. Think other kids might be tempting your child to try cigarettes, alcohol or drugs? You can find resources to help resist peer pressure. Is your littlest one scared by what she hears on the evening news about war, terrorism or the latest school shooting? Find calming tips on how to talk to children—and even ways violence might be prevented.

The site even has advice on such topics as childhood obesity, autism, depression and grandparenting.

### Helping Parents Help Kids

Another useful site for parents when they don't have an answer for their children or they think their children may not want to talk



**Free, expert resources are helping parents succeed at the most important job in the world.**

to them about serious issues but need good, safe information is [www.TeenCentral.net](http://www.TeenCentral.net). Developed with the support of famed Harvard child expert Dr. Alvin Pous-saint and Brown University child development pioneer Dr. Lewis Lipsitt, this unusual problem-solving tool helps older children and teens to work out stresses and questions before they become overwhelming. The free, safe and anonymous site is staffed 24/7 by trained counselors and overseen by master's-level clinicians.

### Parenting Ops

With both parents working, it sometimes seems as if there's more time for family photo ops than real "parenting ops." Several nonprofit Web sites can help:

• **NationalKidsDay.org**: There's a Mother's Day, there's a Father's Day...now there's a National KidsDay®. Get information on this congressionally recognized nationwide celebration to help adults spend meaningful time, build valuable bonds and

create priceless memories with the children in their lives.

• **NationalFamilyMonth.net**: National Family Month®, which runs from Mother's Day to Father's Day each year, was created to provide an opportunity for families to share special time together, to develop or renew relationships, identify or rediscover needs, and to remind everyone of the importance of family involvement in raising healthy, confident kids for America's future. This site has ideas galore.

• **Fostercare.com**: For parents with more love to spare, or those who want to help a needy child, this nonprofit site tells you how to get started on the road to foster care and adoption with a youngster who needs more than just a warm, loving home, but also tender care to overcome crises of the past.

Raising healthy, happy children is tough enough today—with or without an owner's manual. But parents can rest a little easier knowing there are many free tools and sources of information available on the issues that most affect children and families today.

### The Parenting Pages

Parents can visit these Web sites for parenting advice:

**NationalKidsDay.org**—Learn about the national holiday dedicated to helping children and parents spend time together.

**NationalFamilyMonth.net**—Find out why family involvement is vital to raising healthy, happy children.

**Fostercare.com**—Learn how to get involved with foster care and adoption. T