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February 2017

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How to Raise Self-Confident Daughters

Eating disorders and depression are on the rise in teenage girls, so equipping your daughter with confidence is vital if she is to grow into a happy young woman. Against the morale-bashing images of skinny women in magazines and sexism from their peers this may seem like an impossible task, but as a parent you have the power to influence the strength of the self-esteem she will develop.

It is important to help your daughter to see, and appreciate, what she is capable of. Praising her regularly

for her achievements, both big and small, will start to engender in her a sense of achievement. It doesn't have to be top marks at school or passing a dancing exam, it could be smaller accomplishments like finding some information for you on the internet, standing up for herself in a disagreement or anything that will help her to see herself as an able, increasingly independent person.

Encourage your daughter to try new things. It may be that she has always wanted to play football or learn how to fix her bike but has just never

Girl power!!!

had the opportunity. There may be local community or youth groups she could join where she can explore new interests with peers. If she finds she has a flair for something new this will boost her confidence no end.

Help your daughter to express her feelings. Adolescence is a difficult time, full of a wide array of emotions and turmoil. Friendships are passionate and intense, sexual feelings may start to appear and her body, mind and personality are maturing and changing at a rapid rate. She may not have the vocabulary to adequately describe how she feels, so help and encourage her to talk. When she feels more able to express herself clearly, she will be more likely to share her feelings rather than keeping them bottled up. When she does share her emotions with you, listen and don't dismiss what she is saying. If you disagree, tell her why, but never make her feel like her opinions and reactions are invalid or ridiculous. In order for her to start to have trust in herself, she needs positive reinforcement.

The reality of life is that things will sometimes go wrong. If your

daughter finds herself in a tricky situation your instinct may well be to try to put it right. However, this does not teach her that she is able to manage difficult situations. Instead of rushing to fix it, ask her how she would like it to be handled. Respect her wishes and encourage her to take action herself.

Your daughter will make mistakes. It is vital that she learns that this is a normal part of life and that it does not reflect badly on her. Remind her of her many good qualities to reassure her that she is wonderful, even if she doesn't always make the best choice. As long as she learns from her mistakes and knows when to apologize, most difficult or embarrassing situations can be remedied.

Critical thinking is an incredibly valuable skill to hone. If your daughter watches a reality TV program featuring conventionally beautiful women battling to become models, for instance, discuss any issues which arise with her. Ask pertinent questions about how it makes her feel and whether she thinks the program is a realistic



portrayal of women's lives. If she watches sports, bring up how women are represented compared to men and ask her what messages she thinks that sends out. Learning to question what the mainstream media says about women could make all the difference when negotiating the complex and confusing world ahead.

Assertiveness is a key skill for your daughter to learn. If she can stand up for herself and clearly state, as well as justify, her opinions, this will equip her well for the rest of her life. Learning to say 'no' is a skill that a lot of people lack so if she learns it from an early age she will enter adulthood with an advantage denied to many. You may fear that you will rue the day you taught your child to refuse to do what you tell her to,

however the overriding pride of arming her to put her needs first will always remind you of why you did it.

Encourage her ambitions. If your daughter wants to be a doctor or a firefighter, challenge anybody who tells her they are jobs for men. If her dream is to be an engineer but when she goes to University she finds herself the only girl in some of her classes, reassure her that her dreams are valid and that she is just as capable as her male peers. Equally though, if she wants to become a nurse or a secretary or any other stereotypically female job, her ambitions are just as valid. Let her know that you support her goals and will do what you can to help her achieve them.

Always bear in mind that your daughter looks on you, as her parent, as an example of how to behave. It is easy to forget that you are amongst her most prominent role models. Remember that if you frequently talk about how much you hate your body, refuse to eat anything other than salad, or fail to acknowledge your own achievements she will learn from what she sees and believe that that is the way to act. Making an effort to respect your body, its needs, and your successes could do your own confidence a world of good, as well as teaching her, by example, how to live with decent self-esteem.

Finally, be open with your daughter about the things which you might rather not discuss. Having the dreaded sex talk may make you, and her, cringe, but ensuring that she understands what to expect in terms of the changes her body and feelings are going through, as well as how to stay safe in the choices she makes will prepare her for the realities she is going to face. You may not want to come face-to-face with the prospect of your child becoming an adult but it is far better for her to know what to expect. If she is armed with the facts about sex and relationships she is less likely to believe playground gossip and misinformation.

None of this is easy. Just as your daughter is negotiating a strange new world so are you, as her parent. She needs support to grow into the assertive, confident and self-assured woman you wish her to become, and you can play a significant role in providing this support. Encourage, inspire and challenge her with love and acceptance, do not hold back in expressing your pride, and live knowing that she learns as much from what you do as what you say.



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Chocolate



8 Reasons to Include Chocolate in Your Diet

Many health-conscious individuals shy away from chocolate. Fears of weight gain and acne breakouts have given chocolate a largely undeserved bad reputation. There are plenty of reasons to indulge in chocolate, and here are eight good ones to get you started.

- Chocolate is high in antioxidants. Antioxidants battle the potentially harmful free radicals that influence the aging process and the development of disease.

- Antioxidants are also a factor in maintaining a healthy blood pressure level.

- Chocolate reduces the low-density lipoprotein (LDL), or "bad cholesterol," levels in the body's cholesterol. LDL is the one you need to keep to a minimum to support cardiovascular health and reduce the risk of heart disease. Chocolate, therefore, may be considered one of the weapons against heart attack and stroke.

- Chocolate is brain food. Chocolate, especially when served as a hot beverage, increases blood flow to the brain and reduces memory loss. This could have long-term implications for diseases of the brain, such as Alzheimer's or dementia.

- In addition to reduced memory loss, chocolate has been linked to improving day-to-day thought processes. Not only will you forget less as you age, you'll speed up your problem-solving abilities right now.

- Despite the commonly held belief that chocolate and diabetes go hand in hand, studies have shown that small amounts of

chocolate on a regular basis may lower the risk of diabetes when eaten as a part of an overall healthy diet.

- Don't let that strict athlete's diet discourage you from a small indulgence. There is evidence that fitness training and endurance might be enhanced by chocolate treats. Epicatechin, a flavonoid found in dark chocolate, has been linked to reducing fatigue during a workout.

- If you fear that chocolate will come back to haunt you on the scale, think again. A small amount of chocolate, especially dark chocolate, may be all it takes to calm a craving to snack. Because chocolate is satisfying, a modest number

of chocolate calories may give you willpower to avoid a much larger calorie-bomb.

- Do not discount chocolate's effect as a mood enhancer. Splurging from time to time and on special occasions is a great way to brighten the day. Life isn't just about what you sacrifice; it's also about making positive choices for your enjoyment.

The love of chocolate is legend, and many people consider it the nectar of the gods. That may explain why it's the favorite choice for so many people for Valentine's Day, Halloween and any other time when a gift of sweets is appropriate.

You needn't feel guilty the next time you get the urge to indulge in a chocolate treat, but don't let passion and perceived benefits of chocolate override common sense when it comes to consumption. Remember, moderation is always the key to a well-balanced life.

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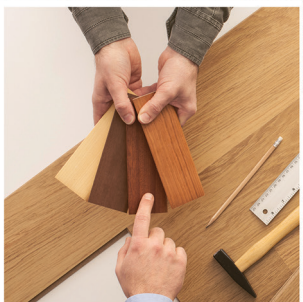
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10 Ideas for Random Acts of Kindness Week



Valentine's Day is for lovers, and it gets all the hype during the month of February. However, the week of February 14 through 20 is known as Random Acts of Kindness Week. For seven days, you'll have an excuse to do nice things for others -- not just your lover, but anyone, even strangers. A plethora of scientific studies suggest that paying a kindness to someone else will make you feel better too, whether the gesture is big or small. Here are some suggestions to inspire you:

1. Surprise your spouse by ordering lunch and having it delivered to their place of employment. You could do this for anyone that you know well enough to order what they like without asking them.
2. When ordering your morning coffee and/or breakfast sandwich, pay for the next person in line. If they try to refuse, just tell them to pay it forward.
3. Volunteer at an animal shelter. Walk dogs, pet cats, play with them, feed them, and help clean up after them.
4. Volunteer at a nursing home. Sadly, many residents don't get regular

visitors and would love to have someone to play cards with, or to read to them.

5. When you are standing in the checkout line at the supermarket, and you see someone with only one or two items, let them go ahead of you.
6. Offer to mow the lawn for an injured or disabled neighbor. If they already have lawn service, maybe they could use a little help with some simple household chores.
7. If you are cooking a meal, and you know you will have plenty of food to spare, bring a plate to a friend who doesn't like to cook or simply doesn't have time to.
8. Buy a homeless person a meal or even a gift card for the local supermarket.
9. Smile at everyone you make eye contact with. Sometimes that's all it takes to brighten someone's day.
10. Give away belongings you don't need or don't use, such as clothing, kitchen gadgets, tools, furniture, or anything that's just taking up space or collecting dust. There are people out there who need the items you don't have a use for.

These are but a handful of ideas. There are innumerable ways of incorporating kind gestures into daily life. Donate money to a charity; if you don't have extra money, volunteer your time. If you have no spare time, let someone merge in front of you in traffic or give away that department store gift card you know you are probably not going to use anyway. You also can help your neighbor carry her groceries up the stairs or make lunch for your co-workers. Seize every opportunity to perform a kind gesture, do anything you can to help someone or make them feel special and appreciated. Kindness is contagious; it has a way of spreading. It doesn't hurt to remember to be kind -- always.

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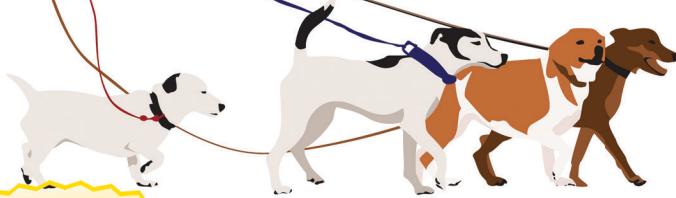


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Run For Angels 5k/10k & Chicken Q

Feb 4

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The 2017 Angel's House Chicken Q will, once again, be held in conjunction with our Run For Angel's on Saturday, February 4, 2017, in the First United Methodist Church Parish Hall in Newnan. We include Huckleberry's famous chicken, potato salad, bread, baked beans and delicious homemade desserts in our Chicken Q plates! To meet the demands of our customers, our drive-thru pick-up line will now open at 10:00am for those who would like "to go" plates. Of course, you are welcome to eat in the Church Parish Hall beginning at 10:00am until 1:30pm.

Active.com

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Feb 11

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February Events

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www.peachtree-city.org

Founder's Day Callaway Gardens

Feb 21
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(Infant-Teen Consignment Sale)
Feb 24-25 8am-4pm (select merchandise 1/2 price all day Saturday!)
Consigning Closets is a semi-annual Children's Consignment Sale hosted at SonRise Baptist Church located in Newnan, GA. With over 15 years of experience and a reputation for quality and abundant selection, Consigning Closets is the largest Sale on the south side of Atlanta!
SonRise Baptist Church
6 Shendoah Blvd.
Newnan, GA
ConsigningClosets.com

Free Admission at ChildrenConnect Museum in Newnan

Feb 25 at 10:00 AM
ChildrenConnect Museum is a hands-on Creativity Workshop for children and their families. Each month we explore a new theme or topic through fun and simple hands-on activities and programs that engage kids' curiosity, encourage them to ask questions and spark their creativity.
ChildrenConnect Museum
30 Temple Ave.
Newnan, GA
(470) 414-2455

The Nixon Centre & Patrons of the Centre Mark Randisi and the Motor City Horns

March 5 at 3:00 PM
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Friday & Saturday, February 24th & 25th, 8am - 4pm

Half-Price All Day Saturday (select merchandise)
Credit Cards Accepted

SonRise Baptist Church: 6 Shenandoah Blvd. (Newnan)

US-85 South to Exit #47 (Newnan/Shenandoah): Turn left after exiting and go approximately 1 mile. Turn right at Metro Petro Gas Station – go a short distance and turn left into SonRise Baptist Church (across from Junction Lanes).

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Exclusive Preview Event for Teachers and Military Families:

Thursday, February 23rd, 8-9 pm

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Homeschool teachers are welcome (must display Declaration of Intent Letter)

Note: one shopper per badge or letter





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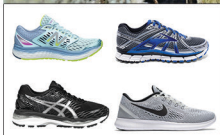
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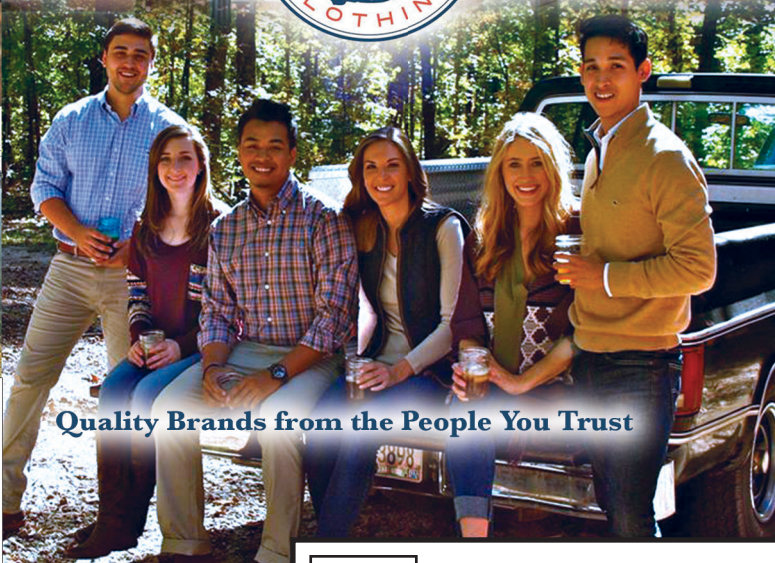


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