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Touching Lives of Children  
February/March, 2003 Chat Box

Tuscola County  
Health Department  
989-673-8114,

# Parenting Is for a Lifetime



## Good parenting includes...

- iShowing children love, concern, and respect at all times.
  - iGiving children a safe place to live and play.
  - iHelping children express all their feelings appropriately and listening to what they say.
  - iGiving children appropriate choices whenever possible.
  - iHaving reasonable rules that are understood by all.
  - iBeing responsible and teaching children to be responsible.
  - iSpending time with children.
  - iSetting an example by what we say and do.
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# Parenting Awareness Michigan March is Parenting Awareness Month



## *A Dozen Ways to Strengthen Your Family*

*Spend time with each other; do things together as a family.*

*Plan ahead with your family so things will happen and not just happen.*

*Establish a reasonable balance between outside activities, work schedules and your family.*

*Talk with each other and listen carefully to understand each other's viewpoint.*

*Show each family member consideration and appreciation, especially in everyday ways.*

*Respect each person—his or her ideas, thoughts, and feelings.*

Schedule of Center Based Programs  
Highland Pines School  
1381 Cleaver Road, Caro, MI 48723

## Learn CPR

*You must attend both sessions to receive certification*

**March 12, 2003:**

### CPR and Your Infant (Age 0-1)

Learn lifesaving techniques for infants. Light meal and freshments will be served. Child care with activities will be provided.



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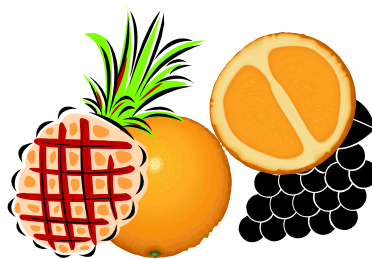
**March 19, 2003:**

Each family enrolled in TLC will receive a

### Spring Chicken Salad

A salad full of fruit—grapes, pineapple and oranges!

- 2 cups cooked chicken, cut into cubes
- 1 cup red grapes, sliced into halves
- 1 can (8oz.) pineapple chunks, drained
- 1 can (11oz.) mandarin oranges, drained
- 1 stalk celery, chopped
- 2 cups cooked macaroni
- 1/2 cup flaked coconut (optional)



Combine chicken, grapes, pineapple, mandarin oranges, celery, macaroni, and coconut in large bowl. Add Fruit Dressing (recipe below) and mix together. Serve.

**Tuscola County Health Department**  
**1309 Cleaver Rd.**

