

## Eagle View



## Elementary

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## Where's the Parenting Manual?



As parents, we are faced with an assortment of challenges; some have existed for generations and others that didn't exist five years ago. Did you ever ask where can we go for help?

## Hot Topics

### Discipline

"Top 7 Tips for Disciplining Your Grade-Schooler"

<http://childparenting.about.com/od/behaviordiscipline/a/disciplinechild.htm>

What's wrong with a little attitude?

<http://life.familyeducation.com/behavioral-problems/parenting/36601.html?detoured=1>



### Household Chores

#### How To Get Started

<http://www.parenting-ed.org/html/html/chores.htm>



## Meal Time

#### Positive impact of eating together:

<http://www.sciencedaily.com/releases/1997/08/970821001329.htm>

#### TV or No TV? That is the Question!

<http://www.sciencedaily.com/releases/2007/10/071014200545.htm>

#### Fast Food

<http://www.parenting.com/article/Toddler/Recipe-s--Nutrition-For-Children/5-Healthier-Fast-Food-Choices-for-Kids>

#### Healthy Eating

[http://kidshealth.org/parent/nutrition\\_fit/nutrition/habits.html](http://kidshealth.org/parent/nutrition_fit/nutrition/habits.html)

### Bed Time

#### Routine

<http://www.supernanny.com/Advice/-/Supernanny-techniques/-/Routine-and-teamwork/Bedtime-routine.aspx>



How much sleep does my child need??

<http://childparenting.about.com/od/healthsafety/a/kidsneedsleep.htm>

## Homework

Homework Friendly Home

<http://video.about.com/singleparents/Make-a-Homework-Friendly-Home.htm>

Got a library card? Get a Tutor!

<http://www.fairfaxcounty.gov/library/dbsRemote/auth/livehomeworkauth.htm>

## Car Safety

**GIVE 'EM A BOOST!**

[http://www.vahealth.org/Injury/safetyseat/PSAs/TVads/GMB\\_10/GMB\\_10.htm](http://www.vahealth.org/Injury/safetyseat/PSAs/TVads/GMB_10/GMB_10.htm)



## Screen Time

### Rating Systems



**Video Games**

[http://www.childdevelopmentinfo.com/health\\_safety/video\\_game\\_rating\\_system.htm](http://www.childdevelopmentinfo.com/health_safety/video_game_rating_system.htm)

**Television**

<http://www.tvguidelines.org/>

**Movies**

[http://www.mpa.org/FilmRat\\_Ratings.asp](http://www.mpa.org/FilmRat_Ratings.asp)



*Videos  
Time Limits*

[http://www.aap.org/publiced/BR\\_TV.htm](http://www.aap.org/publiced/BR_TV.htm)

Should my child have a T.V.  
in his bedroom?

<http://www.sciencedaily.com/releases/2005/07/050705005926.htm>

*ScienceDaily (July 5, 2005)* — A study of elementary school students found that children who had television sets in their bedrooms scored significantly lower on school achievement tests than children without TVs in their bedrooms.

## Home Alone

Supervision Guidelines

[http://www.fairfaxcounty.gov/dfs/factsheets/child\\_supervisionguidelines.htm](http://www.fairfaxcounty.gov/dfs/factsheets/child_supervisionguidelines.htm)



Here are some  
additional resources:

Child Development Institute

<http://www.childdevelopmentinfo.com/index.htm>

American Academy of Pediatrics

<http://www.aap.org/parents.html>

Parenting Support

<http://www.about.com/parenting/>

<http://life.familyeducation.com/parenting/manners-and-values/34453.html?detoured=1>