

# Metro Family

SEPTEMBER 2010

## Tweens & Teens

The tough topics you need to tackle to raise successful kids

**Geocaching: high-tech outdoor fun**

**The smart parent's guide to teen discipline: 11 effective tactics**

## Problem-Solving Products

When we hear about new or helpful products, we like to let our readers know! Here are a few of the interesting items we've recently found. Visit the product website for a list of local retailers.

**Problem:**

**Chapped lips, lost lip balm.**

**Solution:**

**Blamtastic lip balm** (\$2.99) is created by kids, comes in fun flavors that kids will like (grape and green apple, to name a few) and fit in a sleeve that can clip on, making it hard to lose. (blamtastic.com)

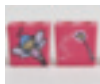


**Problem:**

**You need help teaching her to tie her shoes**

**Solution:**

**Tie Buddies** (\$8.99) slip through shoelaces and come with instructions to help your child easily learn to tie her shoe. (tiebuddies.com)



**Problem:**

**Those expensive robot toys sure do break easily.**

**Solution:**

**Zibits** (\$9.99) are a line of battery-operated mini robots that are sturdy and inexpensive. (zibits.com)



**Problem:**

**Your notepad is getting in the way of your mousepad.**

**Solution:**

**Quirky's Scratch & Scroll mousepad** (\$14.99) is a notepad and mousepad in one—make notes with the included stylus and erase by lifting the edge of the plastic sheet. (quirky.com)



**Problem:**

**You're at the checkout, but where did that gift card go?**

**Solution:**

**The Card Cache** (\$12.99) system keeps all of your gift cards (or photos or membership cards) on a handy ring. Comes with an attached mini-Sharpie to note the card balances. (thecardcache.com)



**Problem:**

**You spend way too much on sandwich bags for school lunches.**

**Solution:**

**Bento Buddies** (\$12.99) containers come in many shapes and sizes, perfect for a variety of lunch or snack items. (laptoplunches.com)



## Character Corner: Self-Control

Having self-control means that you strive to do what is right, rejecting impulses to do what you know is wrong. Self-control means that you practice positive habits and disciplines, which leads to freedom from bad habits.

**To promote self-control in your home:**

- Control tempers and work together to resolve anger.
- Be careful to speak words of encouragement in favor of criticism; work to build one another up rather than tear one another down, even when irritated.
- Parents should instill the good habits of proper nutrition, vigorous exercise, rising early and following a daily schedule.

Encourage self-control in your home by committing to the following statements. Say these "I will" statements aloud with your children, and encourage them to apply them to situations in their everyday life.

**I will:**

- ... think before I act.
- ... take care of my body.
- ... sit still in class.
- ... control my temper.
- ... not give in to do wrong.

Contact **Character First!** for more character-building resources. To learn more, call 405-815-0001 or visit [characterfirst.com](http://characterfirst.com).

Most wonderful is he who has himself in his own power.

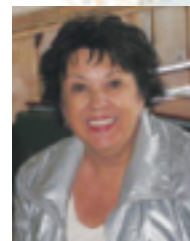
~ Seneca, Roman philosopher

## Single Moms Become Queen for a Day

Thanks to the Single Parent Support Network, approximately 300 single mothers in Oklahoma will receive the "royal treatment" at the organization's annual Queen for a Day event. Scheduled for **Saturday, October 2**, the event will be held at Oklahoma City Community College (7777 South May, OKC) from 9:00am-5:00pm, with registration beginning at 8:00am.

Queen for a Day is an annual event that focuses on single moms and their need for a day of pampering, a break from their kids and new insight as to how to keep going in the endeavor to successfully raise their children. The Network defines a single mom as any mother or grandmother raising children alone, including women with a husband in prison or deployed or that may have an extended bed-ridden illness.

At the event, every single mom will be escorted to their table by a knight in shining armor, handed a flower and seated at the table of great honor. The day will include a keynote address from **Deborah Phelps**, single mother to US Olympic Gold Medalist Michael Phelps, testimonials from single mothers, sessions on how to help your family write a family vision plan, a special lunch and pampering sessions including manicures, pedicures, massages, and haircuts. Participants will also shop for a new outfit and clothing for their children, and a grand prize will be given to a "Queen for the Day" winner. The event is free to single mothers, but space is limited. For more information or to register, call 405-210-5072 or visit [kfor.com/queenforaday](http://kfor.com/queenforaday).



Deborah Phelps, single mother to US Olympic Gold Medalist Michael Phelps, will give the event's keynote address.