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EAP INC
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Ways to Keep Your Children Occupied While Traveling

Traveling with your children can be a fantastic way to bond with them, show them the world, make memories to last a lifetime, and feed their sense of adventure. Unfortunately, traveling with your children also means they may have to sit for a long time in a vehicle or an airplane and you just know the dreaded “Are we there yet?” is coming soon. Never fear, here are a few tips to help you keep them occupied on your journey.

1. Music—Music soothes children. Make sure you have a portable CD player with fresh batteries and their favorite CDs for the trip.
2. Books on CD—There is a tremendous number of kid books available on audio disc.
3. Snacks—Some snacks are good, like fruit or nuts. Avoid sugary snacks or your kid will be bouncing off the seat when you’re still 150 miles away from your destination!
4. Games—No, not just the hand-held type, but the kind that use their imagination. Like “I Spy with My Eye...” or maybe license plate games, like counting to see how many different states you can find, or try to make a sentence with the letters in a passing car’s license plate.
5. Puzzle Books—Puzzle books are great because they take the child’s attention away from the road. Save a couple of new toys to be dramatically unveiled just when your child is about to melt-down.
6. Plan Your Trip Wisely—If your kids nap, use their schedules to your advantage. For example, if you’ve got a long car ride, see if you can’t leave an hour or so before their nap time. Once they fall asleep around their normal nap time, you just bought yourself an hour or two of bliss on the way to your destination.
7. Make Frequent Stops—This isn’t really realistic when you’re flying, but can be a decent option in the car. Unfortunately, it takes you longer to get there, but it can make the trip more bearable for children. Getting out to stretch their legs and look at the scenery is sometimes all they need to get them through to the next stop.

There are times during a long trip where everybody gets a little antsy. Try some of these tips on your next trip and everyone will arrive happier.

THANK YOU TO OUR FIRE FIGHTERS!

If anyone is suffering from stress, fatigue, exhaustion, loss, trauma or other symptom related to the fires, (and non fire related symptoms) your EAP is here to assist you at your time of need.

Please call for a **FREE** and confidential appointment. **530-891-5571**



Couples Reconnect: Ways to Have More Fun



Couples need three types of time together: close time, relaxed time and fun time. Having fun together is not optional. No, fun is the glue of intimacy. Sometimes when couples do find time for recreational activities, they feel guilty for having fun without the kids. But Joel D. Block, Ph.D., author of *The Marriage-Work Connection: A Couple's Guide to Balancing Your Life Together* (Citadel, 2006), says parents who don't make one-on-one time a priority are actually doing their kids a disservice. "[Spending time alone] sends an important message to children: Their parents are a loving team, and they need special time together," he says. "This is a lesson I hope children will take into their own love relationships."

Surefire ways to have fun with your significant other.

See a movie

Matinees are good for a tight budget.

Explore yard sales or flea markets

Make a day of discovering new treasures.

Tackle a high-tech project

Take advantage of a cold or rainy day. Bake some cookies and stay in your pajamas all day.

Visit a farmers' market together

Shopping at farmers' markets is a great way to get exercise and fresh air .

Volunteer for a day

Pitching in at a shelter will give you a shared sense of accomplishment and values.

Learn more about your city

Most cities have free, self-directed or inexpensive, guided historic and architectural tours.

Try a new sport

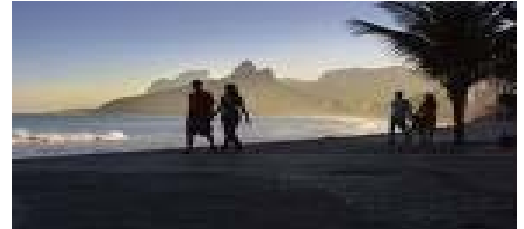
Participating in a physical activity can get both your blood and your romance pumping.

Pack a picnic and take a hike

This is the perfect short-term getaway.

Play games

Dig out your board games or a deck of cards and engage in a little friendly competition.



Research indicates that couples need to have one real connection every single day. It doesn't have to take more than five minutes. It might be nothing more than a long, sexy kiss — or a few minutes where one of you shares something important and the other really listens. But this one real connection every day can keep a relationship alive.

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(800) 207-7233
EAP, Inc. is available to assist you with all of life's challenges. All services provided by EAP, Inc. are **FREE and confidential** to you and your family.

Peachy Keen Smoothie



Ingredients:

- * 2 cups peaches
- * 1 cup 2% milk
- * 2 scoops of vanilla ice cream or 2 cups of vanilla yogurt
- * pinch of nutmeg
- * 1 cup of orange juice
- * 1/4 teaspoon almond extract

The almond adds a nice flavor, but try it without, you'll still find it delicious. Adding the ice cream really sweetens it up, so yogurt can take some sugar out.