

Articles for Parents

Here are articles with useful information for mothers and parents collected from a variety of experts who have spoken at our seminars and conferences. If you have an idea for an article or topic you would like to see, please contact us.

The New Madness of Motherhood: How to Create Better Relationships with Our Children

In a time when there are SO many demands on our lives and so many distractions, life has become incredibly busy and even overwhelming for some. Finding ways to manage caring for our family while working full time and answering all of the other demands that come at us can leave us with very little left for ourselves. This session, delivered by Ron Villano, was a great reminder of the importance of making our children a priority. Your children need YOU — their mother and father — most of all. Children need their parents' guidance, discipline, support and love to grow up with healthy self esteem that will allow them to lead productive lives.

Working Mothers: Jobs — What Works for Mothers and What Doesn't

Today there are more mothers in the workforce than ever before — and not always for the reasons people may generally think. While there are more options for women, women don't have more choices. Some women work because they have the opportunity and because they want to. But more work because they have to keep up with the financial demands of raising a family. And still other mothers want to work, but have difficulty finding a job that will provide them with the flexibility or salary to ensure that their children will be properly cared for. The answers today are not simple.

Elder Care Tips: Sandwich Generation - Surviving the Midlife Tug-of-War

While many of us are choosing to have children later in life, our parents are living longer than our grandparents did. The result is what has been coined the "sandwich generation" — a generation of adults who find themselves juggling the responsibilities of working full time, raising children and caring for aging parents. The care you may have to provide could range from supporting a parent or parents in making difficult decisions about where they live to caring for them through illness and advocating for your parents with doctors and hospital staff.

Keeping Kids Safe: Counter-Intuitive Tips to Keep Your Child Safe

One of the surprising facts was that even though the public focuses on past offenders and where they live, identifying them allows us to control their contact with children. The bigger threat is from people your children (and probably you) know and trust. Child sexual abuse affects everyone. When a child is abused, the impact does not remain just with the child but extends to his or her family, community and society. Children who are sexually abused are more likely as adults to have mental health issues including depression or anxiety, skip or not complete college, and give in to addictive behavior. While this can be a difficult topic, we need to educate ourselves so that we can take preventative measures and recognize dangers or when abuse is occurring so we can protect our children.

Managing the Work and Life Juggle: How to Have it All & Make It Work - Liza Burby, *Newsday's* Parents & Children Magazine

Liza Burby, Editor of *Newsday's* Parents & Children magazine, eloquently shared her personal story of integrating motherhood and her career along with the lessons she learned from her connections with other mothers. Liza began by sharing that at the age of 7, she declared to her parents that she was going to be a mom and a writer. Thirty plus years later, her conviction has proven to more than come to pass. But at 7 years of age, Liza could not have imagined the full meaning of what she was about to embark upon.

Financing A Family Article: Michelle Miller, Great Eastern Financial & Melissa Badlu, Morgan Stanley

When it comes to the topic of finances, many people experience a mental block. Having a family can add a level of complexity that can throw off even someone who considers themselves on top of financial planning. This seminar made the topic much more approachable.

