

June: Raising Healthy and Safe Children

My child is just starting to walk. What do I need to do to childproof my home?

What should I be looking for when choosing a pediatrician?

How can I help my child make good decisions in the preteen and teenage years?

Being a parent today can feel more challenging than ever. Whether you have a newborn or a teenager heading to college, you will always have questions. You may be looking for the best child care arrangement for your new baby, trying to set appropriate limits for your child's online activities, or answering your teenager's questions about drugs and alcohol. No matter what your concern, LifeWorks consultants can provide you with answers and support.

LifeWorks also offers publications to help you address health and safety concerns with your children, including a booklet series that addresses common questions parents ask at various stages of their children's development. To read about the health, safety, and emotional concerns in your child's age group, select the booklet that best describes your child's age:

- *Questions Parents of Infants Ask*
- *Questions Parents of Toddlers Ask*
- *Questions Parents of Preschoolers Ask*
- *Questions Parents of Young School-Age Children Ask*
- *Questions Parents of Preteens Ask*
- *Questions Parents of Teenagers Ask*

You can also visit www.lifeworks.com to read or download informative articles, such as:

- *Choosing a Pediatrician*
- *Kids and Weight Control: The Role of Parents*
- *Bullies and Best Friends*
- *Teaching Your Child About Staying Safe from Strangers and Other People*
- *Internet Safety Basics*
- *Outdoor Play Safety for Children*
- *Summer Planning for Children with Special Needs*
- *Quick Tips for Teaching Your Teenager How to Drive*

**To order your free materials or to speak with
a consultant, call LifeWorks at 888-267-8126 anytime.**

En español: 888-732-9020, TTY/TDD: 800-346-9188

You can also visit the LifeWorks Web site at www.lifeworks.com

**(user id: notredame; password: gond) and click on This Month's Feature. You can
also order additional free materials or email a consultant.**