

THE FAMILY ZONE

Welcome to The Family Zone Newsletter!



HELLO! And Happy 2009!!

I can't tell you how excited I am about this newsletter and the direction that The Family Zone is taking in 2009 - new Blog, this newsletter, added events and so much more! There is much to share with

you as we journey and grow The Family Zone so keep watching this newsletter for details.

Be sure to check out the website for new products, ideas and more! Content is updated regularly ...
www.stuff4families.com

Upcoming Events

Sue will be speaking at these events:

Feb. 20 - C.H.A.T. parent group, Sherwood Park, AB

April 25 - Literacy Day, Edmonton, AB

May 2 - Grant MacEwan Child Care Conference, Edmonton, AB

June 25 - Ontario Child and Youth Care Counsellors Conference, Toronto, ON



Sue at Brigitte's Book Talk Oct'08

NEW!

Blog me!! Check it out at
www.thefamily-zone.blogspot.com

SUE'S PICKS - BOOKS AND WEBSITES

Books:

- PE.T (Parent Effectiveness Training) by Thomas Gordon

- How to Be a Great Kid: 44 Tips to Make Your Parents Beam! by the Kruszewski kids (available through The Family Zone website, at the link below).

Websites:



Some fun places for kids to go on the net:
www.learningplanet.com - interactive games and puzzles
www.bats4kids.org - all about bats!
www.auntannie.com - crafts etc. to
www.krazydad.com - mazes of all levels

THE BEST SKILL TO HAVE ...

Can you guess? What do you think is the best skill any person, not just parents, should have?

As many of you may know already, or if you know me, I will say it's 'listening'! Listening is THE best skill for a parent, employer, friend, anyone, to have. This one skill alone can positively change relationships and completely turn them around. It's one skill also that can always be improved upon, no matter who you are or how much training you have. Read more about listening as a parenting skill on our website at www.stuff4families.com

Because I feel so strongly about having great listening skills and that listening is such a powerful tool for healthy relationships, I have decided to enroll in the Parent Effectiveness Training (tm) Course with Gordon International Training this fall and will be teaching the P.E.T. classes this fall for anyone who is interested. The one skill that is extensively covered in this course is how to effectively listen. I am VERY excited about this and being able to share and teach this to parents, teachers, caregivers and anyone who works with kids and people!

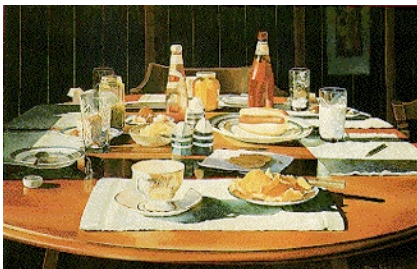
If you are interested in taking this class or would like more information, please contact me. This is the one course I recommend all parents, teachers and everyone

really, to take. You will not believe the difference it will make in the relationships with your children, your



employees and with everyone around you! Please contact me at my email: sue@stuff4families.com with any questions you may have. I am happy to help you.

RECIPE TIME!



This painting is by one of my favorite artists, Mary Pratt, and this is her painting of the 'Supper Table'. I love it because it IS my house and my kitchen table after supper time! And it reminds me of food, fun times, conversation and connection. So, in the spirit of

food, fun, conversation and connection, here's a recipe to share with your family to encourage these things:

Best Ever Maple SalmonIngredients:

- 4 salmon fillets
- 3/4 cup maple syrup
- 1/4 cup soy sauce
- 1/2 tsp. oil
- cracked black pepper

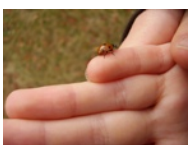
Method:

Combine syrup and soy sauce.
Marinate salmon in sauce mix at least

4 hours or overnight. Spread oil over parchment paper. Place salmon on the parchment-lined cookie sheet. Cover the salmon with cracked pepper. Bake at 500F for about 8 minutes or until cooked through, moist and pale pink in colour.

For even more great family recipes designed for busy families, check out *The Instead Of... Cookbook: 101 Terrific Alternates to Junk Food and the Take-Out Menu!*, available to order through The Family Zone website:

www.stuff4families.com



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Thank you for subscribing and please contact me with your ideas, suggestions and comments. I love receiving your feedback! The newsletter will come out every 2 months and, as always, if you wish to unsubscribe please send us a message and we will honor your request. If you've enjoyed this newsletter, please forward it on to others. If you have comments, please let us know! Thank you.