



Healthy Kids Monthly

(Created for CAA's by CAA's)

Starting Towards your Success!

In providing services as well as being a leader in your community, the beginning often determines the end. Weak foundations can be destructive, here are five insights to help you **start** successfully.

1. Start with Yourself

Others are attracted and inspired by those with confidence, so start by strengthening your confidence levels. In order to be an influence in the lives of others, you have to develop a leadership foundation.

2. Start early

When we invest our time and talent wisely from a young age, we reap the benefits of a successful future. Start early and...

- | | |
|--------------------------------|------------------------------------|
| 1. Know yourself | 6. Settle your family life |
| 2. Determine your priorities | 7. Develop your philosophy of life |
| 3. Get physically fit | 8. Learn your trade |
| 4. Develop solid relationships | 9. Pay the price |
| 5. Prepare for the future | 10. Find purpose for your life |

3. Start small

When you accomplish a small step, you gain confidence that you can accomplish the next step.

4. Start with the end in view

To start with the end in view let your passion pull you forward and identify a purpose for your life. Consider your strengths, weaknesses, and past successes. Also consider the roles you find most enjoyable and what brings you the greatest satisfaction. Find people who have been successful in the area of your interest and listen to them.

5. Start now

Make each day your masterpiece; you'll be surprised where you end up after stringing together a few months of superb days.

-By John C. Maxwell



Have a Healthy Halloween

Halloween is a great time for kids. They have lots of fun with parties and with trick-or-treating. The problem for moms and dads is deciding what to do with those big trick-or-treat bags full of candy and sweet treats. Many kids have difficulty with their weight and loading up on all that sugar isn't a good idea. Here are a few tips to help control your children's consumption of candy:

- ☆ Serve a healthy snack such as a peanut butter sandwich and fruit before trick-or-treating
- ☆ Let your children enjoy their Halloween candy in moderation
- ☆ After a couple of days take the rest of the candy to work or group meetings
- ☆ Put any extra candy in a high kitchen cabinet. Out of sight out of mind
- ☆ Don't buy Halloween candy early
- ☆ Skip the Halloween candy sale on November 1st.

By Shereen Jegtvig, about.com



Issue 6

Healthy Kids Special Points for September 2008:

☺ 15 - New Enrollments

☺ **Nora Baca with Family Health Care Network submitted the most Healthy Kids applications in September!!!**



How to pay monthly insurance premiums...

- ◆ Personal Check
- ◆ Cashier's Check
- ◆ Money Order

Mail payments to:
Health Net
Health Net, File # 52630
Los Angeles, CA 90074-2630

Insurance Plans Contact Info.

Health Net—1-888-231-9473
Delta Dental—1-877-580-1042
VSP—1-800-877-7195

First 5 Tulare County
3435 South Demaree, Suite A
Visalia, Ca 93277
559-622-8650