



Perspectives®

NEWS ON THE NET:

Helping organizations and individuals maximize their human assets.

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QUOTE OF THE MONTH:

“Try not to become a man of success but rather
to become a man of value.”

-Albert Einstein

IN THIS ISSUE:

Time Management Tips for the Busy Parent

Pick up any popular “time management” book these days and you’ll see the same list of quick fixes: prioritize, delegate, learn to say “no” -- the list goes on. But while these rules of thumb are helpful in the office, it’s hard to “delegate” with children. Or is it? How can today’s busy parents learn to streamline their schedules while keeping the kids in the picture? [MORE...](#)

In Case of Emergency (ICE)

Have you put ICE in your mobile? Following the disaster in London . . . East Anglian Ambulance Service have launched a national “In case of Emergency (ICE)” campaign with the support of Falklands war hero Simon Weston. The idea is that you store the word “ICE” in your mobile phone Address book, and against it enter the number of the person you would want to be contacted “In Case of Emergency”. In an emergency situation ambulance and hospital staff will then be able to quickly find out who your next of kin are and be able to contact them. It’s so simple that everyone can do it. [MORE...](#)

How Much Are You Eating?

Don’t be fooled by large portions. Many items sold as single portions actually provide 2 or more Pyramid servings. For example, a large bagel may actually be equal to 3 or 4 servings from the Grains group. A restaurant portion of steak may be more than the recommended amount for the whole day. [MORE...](#)

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Time Management Tips...

Choosing Child Care

Perhaps the easiest way to manage your time effectively is to pick the best child care arrangement for your family. If you have a long commute, for example, you might want to pick a child care center that's close to your office. This way, car time can be spent interacting with your child -- telling stories on the way to work, asking questions about your child's day on the way home. This mental buffer can also help ease the transition from work to home, which many parents find particularly stressful.

Other families find that the convenience of having an in-home child care provider is well worth the cost. Being able to rely on a day-nanny who arrives on time, or a live-in caregiver who is ready to take over the kids before you leave, can ease the strain many working parents face in the morning.

Finding the child care situation that best suits your needs can make all the difference in your daily routine, not to mention relieving your sense of worry so you can concentrate on your work during the day.

Hungry Mouths

Finding a child care situation that includes meals is another way to whittle down your daily time commitments. Many centers and family day cares will feed your children, and most nannies will prepare food during the day, whether or not they help the family with dinner.

If you find a good child care provider who doesn't provide meals or snacks during the day, consider preparing the next day's food while you're making dinner. Some parents make food for the whole week and freeze it (for both lunches and dinners), others rely on pre-packaged options. Of course, what works for your family will depend on



the ages of your children and the types of food they will eat. For example, if your kids are older, left-overs from the previous night's meal are often suitable for lunch. Time-saving recipes can also help cut down on food preparation.

Maximize the Morning

Many parents find the mornings to be the most stressful time of the day. You've got to feed and dress the children, make beds, find missing objects, and help get the kids ready to go, let alone get yourself ready for work. Even on a "smooth day" this can seem hectic, but imagine dropping your child off at the child care center and realizing that you've forgotten something: your daughter's favorite stuffed animal, or her

lunch, or the child care monthly check, or a signed permission slip to have a family friend pick her up that day. What can be done to avoid this scene?

Time management experts recommend establishing a morning routine -- the same things are done every morning, in the same order, at roughly the same time. Although this can be difficult to implement, it can help in the long run -- when you run on auto-pilot, you're less likely to forget anything. In addition, creating an area for all "child care necessities" can help save time later, whether you take your child to day care or have an in-home caregiver. Everything from a favorite blanket to an important form can be placed in this spot (often by the door), which you can easily check on your way out of the house.

Prioritize

Perhaps the most essential piece of time management is prioritization. Before you can really achieve a true work-family balance, you need to have a clear understanding of what you're trying to accomplish. If spending time with your family is more important than working late, you should obviously come home earlier. But if career advancement and quality family time are both important, something else will have to give. With a clear idea of what your priorities are, you'll be able to identify your version of the perfect balance -- and then achieve it.

Source: Find Care Now



How Much Are You Eating...

“Make that mega-sized.”

“I’ll have the gigantic-gulp.”

“I can’t believe I ate the whole thing!”

“I’m stuffed!”

Many people feel that the bigger the portion, the better. But is that so? Not if you’re trying to manage your weight. One key to getting or keeping your weight in a healthy range is to eat sensible portions. That’s easy to say—but not always so easy to do! Here are a few tips to help you decide what sensible portions are for you, and to help you stick to those reasonable portion sizes.

How much do you eat?

Suppose you had dinner at an Italian restaurant last night. You ordered spaghetti with meatballs. While you were waiting for your order, you ate 2 slices of garlic bread. How can you tell if this dinner is too much food for you?

Estimate how much you ate, and then compare that to Food Guide Pyramid recommendations.

Nutrition Facts label serving sizes

The serving sizes listed on the Nutrition Facts label may be different from Food Guide Pyramid serving sizes. Many Pyramid serving sizes are smaller than those on the Nutrition Facts label. For example, 1 serving of cooked cereal, rice, or pasta is 1 cup for the label but only 1/2 cup for the Pyramid.

Use the Nutrition Facts label to make nutritional comparisons of similar products. The label serving size is not meant to tell you how much to eat, but to help identify nutrients in a food and to make product comparisons easier. To compare the calories and nutrients in two foods, first check the serving size and the number of servings in the package. Serving sizes are provided in familiar units, such as cups or pieces.

Think about your plateful of spaghetti and meatballs. Estimate the amounts of spaghetti, sauce, and meat. You may decide, for example, that the spaghetti portion was about 2 cups, the tomato sauce looked like about 1 cup, and the meatballs were about 6 ounces. With the 2 slices of garlic bread, you now have an idea about how much you ate for dinner. But how do your portions translate into standard servings? According to the Food Guide Pyramid, your portions equal the following number of servings:

Spaghetti Dinner

Food	Your portion	One Pyramid serving	Pyramid food group	Number of Pyramid servings you ate
Spaghetti	2 cups	1/2 cup	Grains	4
Garlic bread	2 slices	1 slice	Grains	2
Tomato Sauce	1 cup	1/2 cup	Vegetables	2
Meatballs	6 oz	2-3 oz	Meat and beans	2-3

One key to making wise food choices is knowing how much you are eating, as well as how much you should eat. This is especially important if you are trying to lose or manage your weight.

Information Source: USDA Center for Nutrition Policy and Promotion, How Much are you Eating?

Great news! Perspectives, Ltd. has joined forces with an outstanding wellness company called

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