

Hellos and Goodbyes

Destination: a new reality and a new you. That's what transitions are all about - and life is full of them! Whether change is happy or sad, large or small, there are always hellos and goodbyes. Something is lost and something is gained. This month's spotlight is on navigating transitions successfully for growth and gain.

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Transitions: Loss, Limbo and Lasting Change



Change – we've all heard it a million times! – is a constant in life. Winters give way to summers, children grow into adults, businesses open and close, and so on. Some changes – like marriage, divorce, or relocation – can be more disruptive than others.

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School Bells are Ringing

Three quick tips for a smooth start to school mornings:

1. Do as much as possible the night before.
2. Get up 10 minutes earlier for a cushion of time.
3. Brainstorm with your children to create a to-do list to go by.

Worklife Balance



Transitioning to New Child Care

Feeling tense about changing your child's caregiver? Your child "reads" you more than you may realize. Children pick up on your body language, tone of voice, and attitude. Read some helpful tips to help your child adjust. [More...](#)

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Webinars

The Many Faces of Loss: Healing Through Grief

Choose a session below and register today!

September 14th @ 3PM EST

September 16th @ 12PM EST

[Download a list of free webinars for September 2010.](#)

Mind Matters



A Reason for Rituals

With today's hectic lifestyles, we may not give much thought to the value of rituals. Rituals are meaningful in and of themselves. But they also serve a number of personal, family, and societal purposes.

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Off to College

Here are 10 must-have items for the college student:

1. Zip-lock bags
2. First-aid kit
3. Sunscreen
4. Umbrella
5. Jump start battery kit
6. Plastic buckets
7. Flash drive
8. Backpack
9. A cell phone and a plan
10. A digital camera

When Fashionistas Rule



Wearing White after Labor Day: The Scoop

Fashionistas once made it clear: white must only be worn between the start of summer and Labor Day. This was perhaps one of the most sacred of fashion rules in days gone by! Find out a few possible explanations to this tradition. [More...](#)

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Thoughts on Teaching

Out of the Mouths of Babes

A child promoted to a new class said to a dearly beloved teacher, "I wish you knew enough to teach me next year." (Anonymous)

And the Sublime

"Education is not the filling of a pail, but the lighting of a fire." (William Butler Yeats)