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Homeletter

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San Diego County Family Child Care Association

Quit Supposin'!

By Helen Steiner Rice

If you desire to be happy,

*Don't think of the things that you
dread—*

*Just give up "Supponin' the
Worst Things"*

*And look for "The Best Things"
instead!*

A New Year Means New Beginnings...

*Submitted by Cheryl Cook,
SDCFCCA President*

Do you remember as a child thinking when you moved to a new area or even went to a new school, that this was your chance for a new beginning? Even as children we thought that someone else's life must be better than our own, and starting out in a new area where no one knew you was an opportunity to re-invent yourself. After all if no one knew you, then you could become anyone, right? Or perhaps it was simply an opportunity to "clean the slate" and start over.

The beginning of a new year can feel like that as well. We use it not only as a mark of time but also to mark new beginnings. Many of us make New Year resolutions that we are doomed to break in a woefully short period of time. But we keep making them year after year. I think that we keep making them because we optimistically think that if we make a New Year's resolution it somehow counts more than any other time of year.

I found a list of the top ten New Year Resolutions that I thought most of had tried at one time or another. What I found so interesting about the list is that we ALL have resolved to do at least 1/2 of them! It just goes to show you that we are more alike than not and each of us have doubts and insecurities. Maybe if we make several resolutions we stand a better chance of keeping at least one or two. I don't

know, but it's worth a shot!

1. Spend More Time with Family and Friends

Just by the nature of our profession I think that we all have made a commitment to spend quality time with our families. I do think that because of the long hours we work we do sacrifice time with our family and friends. Try having a date night with your significant other or have a night out at least once a month with your friends. Put it on your calendar, it will help you keep your dates.

2. Fit in Fitness

You would think that working in our homes would make it easier to workout, but for most of us when our day is done, so are we! Try getting a workout buddy; sometimes a little support and encouragement can go a long way.

3. Tame the Bulge

The kitchen is so close when you are working at home! Try making up some healthy snacks that you can just grab when you have the munchies. At nap time read a book or call a friend instead of grabbing that bag of chips.

4. Quit Smoking

Do we even need to talk about this one? For every pack you don't smoke put the money in a jar, at the end of one month you will be surprised at the amount of money you have saved. Besides, your family loves you and wants you to be around as long as possible.

5. Enjoy Life More

This one sure does sound simple doesn't it? One of the best tips I was ever given was to take out the calendar

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