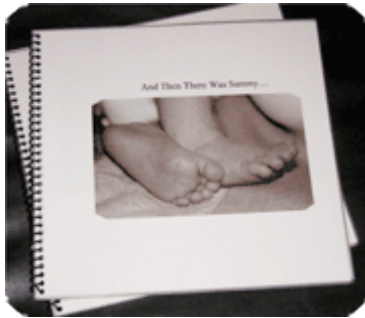


Raising Healthy Children



[Spotlight - Personal Child Stories](#)



Customized Help for your Specific Situation

Many of you come to healthy-children.org looking for ideas, advice, and solutions. Raising a healthy child in our modern world is not a simple task. New challenges face parents every day - challenges so new that there are no obvious and simple solutions. Personal Child Stories is here to address just those situations.

What is a Personal Child Story?

Quite simply: a book. But a Personal Child Story is much more than just a book. A Personal Child Story is a customized laminated keepsake featuring photos of your child and/or family and friends as well as text developed especially for your child. Each page is fully laminated allowing younger children to handle them (i.e. chew on them, bend them, stomp on them) without ruining the book. Lamination also allows the reprinted photos to remain safe below the surface.

If you are having a problem with your child, the owners of Personal Child Stories will write a story that addresses the specific issue and attempts to correct the problem. If your child deserves praise for an accomplishment, they will write a story that commends the child and celebrates the accomplishment. If you want to teach your child to spell, to count, or even to develop an appreciation for diversity, they have a book just for that. You can even have a book written to help avoid future issues before they arise (such as a coming baby's place in the family).

How can this product help you raise a healthy child?

The first answer to this question is this: learning to read and developing a love for reading is an incremental factor in both a child's intellectual and psychological health. Children who read well and enjoy reading do better in school and often stay in school longer. Better grades in school can lead to an increase in self-esteem, especially in the earlier years.

The second answer to this question is somewhat vague because it really depends on the child and the parents' desires to see the child grow into a healthy adult. If there is a problem developing in a child's life, a Personal Child Story may be a wonderful tool that can be used to address the issue and help to rectify it. In this way, there is no end to how these books can contribute to raising a healthy child - they can be customized to fit almost any family and situation.

The third answer is more light-hearted but just as important: praising accomplishments with tangible objects (as opposed to verbal praise) can be an amazing morale boost for children (even adults get trophies for excellence in sports and the arts). It gives them something to show their friends and family and instills the desire to accomplish more in life. Determination is a virtue sadly lacking in much of today's youth, and a desire to achieve will greatly increase your child's chances of success in life.

An interesting aspect to this question is that these books can even help you raise a *physically* healthy child. To find out how, keep reading.

Who writes these stories?

A graduate of the Institute of Children's Literature in Connecticut, Australian native Shara Lawrence-Weiss came up with the idea of writing Personal Child Stories after suffering the loss of her son's eye and facing the need to emphasize



safety surrounding her son's remaining seeing eye. She created two books to help him learn to wear his safety glasses consistently and take care of his new prosthetic eye. Finding a niche that was unexplored peaked her interest and she later began selling these customized books.

Shara has over 16 years experience working with children and is currently earning a degree in Elementary Education. She is a nationally published writer and currently a columnist for Ahwatukee Magazine in Arizona. Her current column focuses on children and their special achievements in their community. She is also co-owner of the MommyPerks.com website which offers discounts for other online retailers nationwide.

A Book for Everyone

Personal Child Stories can be created not only for children with physical handicaps, but even for those with emotional or intellectual handicaps as well. Special books are available with pages specifically made to be used with a dry erase marker, allowing children to write again and again on the same page until the answers come more easily.

If any parent spends a few minutes thinking about their child and the challenges that crop up on a daily basis that have no obvious solution, they can come up with a topic for a Personal Child Story. It didn't take long for this author to realize that a book about Not Destroying Books would be a happy addition to the many wrinkled, ripped-up, chewed-on half-books lying on the shelves.

Beyond raising a healthy child, these books can also be used as keepsakes for friends and family members. A birthday party or a family vacation are a couple of the many reasons to create a memory book that everyone can enjoy and that will stand the test of time.

They can even be used to raise healthy *parents*. Shara remembers a recent purchase for a grandmother with Alzheimer's disease: "They wanted a book for their mother that featured their young daughter, so that her Grandma could read it to her and look at the photos and hopefully it would spark her memory. Making that book truly made my heart ache."

The Future of Personal Child Stories

Shara is currently developing books featuring groups of students for teachers to use in their classrooms. These books can be read in class and possibly auctioned off at the end of the year at a parent fundraiser. She is also working on marketing her counting, spelling, and name books to teachers for use with their students. With books in the classroom too, Personal Child Stories can contribute to raising a healthy child both at home and in school.

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You want your children to grow into healthy adults. You need to address the challenges that arise in their lives. Personal Child Stories can be one step on the stairway to a healthier life for your child. The possibilities are as endless as your imagination.

Personal Child Stories can be purchased online at <http://www.personalchildstories.com/>. Shara recommends ordering your books four weeks in advance if you need it by a certain date, although rush orders may be possible for special circumstances.