



Motivational Speaker. Coach. Writer.

## Family Matters Newsletter

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### ~ Tools for Empowering Kids & Families



Welcome to the first edition of **Family Matters**. While my focus has always been on nurturing and empowering children -- I realized early on that the adults in their lives required tools and inspiration as well, especially if they are helping their kids succeed.

Hence, my new newsletter, is about providing information, tools and stories to help empower kids and their families -- because a happy family, makes for a happier child. Below you will discover two tools that can be downloaded right off my website, as well as my newest book for expectant parents.

I plan on publishing this newsletter monthly. If you have any questions or comments regarding the newsletter, A Child's Voice practice, the tools that I've created, or the stories that I will be sharing, please feel free to contact me at [info@traceyserebin.com](mailto:info@traceyserebin.com) or call 888-261-7177.

<http://www.TraceySerebin.com>

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### ~ 101 Questions for Expectant Parents -- Now Available

**101 Questions for Expectant Parents; Preserving Your Relationship Through the Transition** is a tool developed to preserve a couple's relationship through the transition from coupledom to parenthood. While couples prepare for their baby by getting the nursery ready and gearing up for the baby's birth, they don't really prepare for how this birth will affect their relationship.

I created this book because I believed my husband and I had talked about everything before our son arrived, but a few weeks after being home from the hospital, it appeared as if we hadn't talked about a whole list of things. These miscommunications caused us to communicate on two totally different levels, and created a lot of friction in our marriage.

When I became pregnant, all the books, as well as friends and family told me how life would change; sleep deprivation, spending more time at home and career adjustments. But no one mentioned how the strong relationship with my husband would be altered.

As a family communication specialist for more than 15 years I have written this book as a "talking tool" -- to help others preserve their relationship and prevent misunderstandings during the difficult transition from being a couple to becoming new parents.

**The book can now be purchased on [www.Amazon.com](http://www.Amazon.com)** -- if you know of anyone who is pregnant or just recently had a child, please recommend this book as an accompaniment to "What to Expect When Your Expecting."



### ~ Babymoon Package Required Reading



Babymooning is a trend that has become popular over the last 5 years, with 60% of pregnant couples partaking in a Babymoon before the birth of their child. For many it represents a last vacation as a couple, before bringing a baby into their lives. For others it is a respite from a long struggle to finally become pregnant.

No matter what the reason, going on a Babymoon has become so popular, Hotels and Inns across the country have created special packages to attract these couples, and two websites in particular are catering to the demand. **Babymoonfinder.com** is a site where an expectant mother can find over 200 packages to choose from across the country and abroad. While **BnBfinder.com** also has a special area dedicated specifically for packages that Bed and Breakfasts are offering expectant parents.

My book **101 Questions for Expectant Parents** is on these two Popular websites -- as Inns and Hotels can include this book as a part of their package, and couples can order it to take with them on their trip.

**A Babymoon is the Perfect Opportunity** for a couple to work with this book. While away being pampered, relaxing and reconnecting, a couple can spend uninterrupted time discussing how to handle the adjustments that will occur, and how to parent together. So as Expectant Couples head off on their own Babymoon, take along a copy of this book, as well as a book on baby names, and enjoy quality time together.

[www.Babymoonfinder.com](http://www.Babymoonfinder.com)

### ~ Problem Solving Worksheets

#### Problem Solving Worksheets

I have found over the years that many kids are not equipped with the right tools to help deal with the stress and challenges in their lives. One example is when faced with a problem -- many times kids get so overwhelmed with the problem itself they rarely see past it to find a solution. Instead they become filled with anxiety, depression or anger.

What they need to do is to sit down and address the problem by looking for a solution. But they also haven't learned to believe that **every problem has a solution, you just need to find it**. If they could incorporate that philosophy into their life -- they would become more resilient when challenges occur in the future.

On my website I have created a **Problem Solving Worksheet** that kids and parents can download to use when a problem occurs. There are also two worksheet examples, listing the problem at the top with brainstorming solutions underneath.

The best way to address a problem is to get it out of your head and down on paper to see what it really is -- then start looking for answers. Also, let kids know that they can ask other people for ideas as well, in fact they should welcome the help, and realize that they don't have to come up with the answers on their own.

I hope all parents will pass along this tool to their children, and teachers will incorporate this worksheet into their classrooms. This tool will help build inner strength.

<http://traceyserebin.com/curriculum.html>

### ~ Activity Booklets for Kids



Here are three Activity Booklets that I created years ago for children 6 to 9 years old. Each booklet teaches kids about releasing fear, targeting their goals and dreams, and opening up their creativity.

You can download all three booklets and have fun doing the activities with your children. These will also help them understand about being fearless versus fearful, how important having goals are and ways to open up their imagination. These are great tools to use in dialoguing.

The Daisy Button Storybook is an introduction to three of seven characters created for a series of empowering stories for 6 to 10 year olds entitled Daisy Button Adventures. In each adventure the kids come together to "prove that anything is possible if they all work together."

This series will be launching next year with further information being released later on in 2008.

<http://traceyserebin.com/publications.html>

### ~ Promotion Tour in Florida

A few weeks ago I was in Florida kicking off the promotion of my new book. From Jacksonville, to Tampa I was interviewed on several television stations and received positive feedback about the book.



On the home page of my website there is a link to Channel 10 in Tampa Bay's website to see the interview on their Studio 10 lifestyle magazine show. [www.TraceySerebin.com](http://www.TraceySerebin.com)

### ~ Speaking to Moms Groups



Over the next few months I am speaking with Expectant and New Mom Groups in the New Jersey and New York Area, to talk about **What No One Tells You To Expect When You're Expecting**.

Based on my new book, I am meeting with mom groups to discuss the changes that their relationship is going through with the addition of a new baby in their lives.

If you would like me to come and speak to a group in your area please contact me at 201-394-5328 to arrange a time.