



Learning To Adjust In a Blended Family With Step Parents

It's never easy to blend families. The modern step-family (now called blended family) comes with a lot of common conflicts. Most of the common conflicts occur between the parents who are blending their children's lives together. Frequently, they will involve one parent upset because they feel the other parent is taking the side of their own children and disregarding their step-children. Read More at: parent.net

Help Working Families Claim the Tax Credits They Deserve

The National Women's Law Center just finalized an easy way to use outreach materials including state fliers in English and Spanish.

Some materials are also available in Chinese and Vietnamese. You can access these materials on their website: www.nwlc.org/loweryourtaxes.

On the NWLC website, you can also:

- **Find resources for your state**, including fliers on the federal and state tax credits in English, Spanish, and other languages;
- **Check out our Media Tip Sheet**, which can help you organize a press conference, start a PSA campaign, or draft an op-ed or letter to the editor about the importance of tax credits for working families;
- **Find a sample newsletter article** that you can include in your end-of-the-year mailings; and
- **Get a short list of outreach activities** and get even more information from our **Toolkit for Advocates**.

Together, we can help families put money back in their pockets by spreading the word about tax credits. [Download our new materials on tax credits for working families.](#)



Kids, Calories and Fast Food

**U.S. Department of Health and Human Services
Health Beat**

Kids in a fast-food restaurant might not count calories, but parents could. And a study indicates that, **when parents can count calories, the food they get for their kids would have fewer calories.**

At Seattle Children's Research Institute, Pooja Tandon tested this on about 100 parents of 3- to 6-year-olds. Half considered menu items they might buy for their kids. Tandon says the rest considered the same menus – but also saw calorie information for each item.

Here's what happened with them: "They chose about 100 calories less than parents who didn't see that information. And 100 calories, added up over time, is actually a significant amount."

The study in the journal Pediatrics was supported by HHS' Health Resources and Services Administration.

[Learn more at hhs.gov.](http://hhs.gov)

Our Pledge: The KY T/TA State Office pledges to provide timely, current, and interesting monthly newsletters for the Head Start and Early Head Start communities and others interested in the field. In keeping with our mission to be more "green," we will provide our easy to read newsletter via email.

We would like to hear from you and encourage your suggestions for newsletter content. Contact the editor: Christine Killen

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