

Updates from your friends at



November Newsletter

Tee It Up Fore Kids Golf Tournament **THIS MONDAY**

The M-Pak, Inc. Tee It Up Fore Kids Golf Tournament will be held this Monday, November 18, starting at 11 a.m. Make sure to arrive early to register and take pictures with your team!



A time for giving

The Parenting Center's [Hand-in-Hand Program](#) gets ready for the holiday season.

The Parenting Center's [Hand-in-Hand Program](#) provides guidance, mentoring, family support and assistance with referrals to families who have children with mental and/or severe behavioral problems.

During the holiday season, the Hand-in-Hand program hosts a holiday party for participating families with dinner and gifts for everyone. The gifts are graciously donated by [Fort Worth Margarita Society](#) and [Children's Charities of Fort Worth](#). These organizations host the Annual Fort Worth Margarita Charity Ball each year to collect toys for Tarrant County underprivileged children.

The Parenting Center is so thankful for the love and support received from Children's Charities, and we are so excited to distribute the toys to the Hand-in-Hand families! TPC also thanks [XTO Energy](#) for volunteering to wrap ALL these wonderful gifts!



Lara Gay, Office Manager, with all the amazing gifts TPC received from The Margarita Ball.



Crystal Cardwell, Development Director, and Henrietta Williams, Development Associate, enjoy the Margarita Ball on November 9, 2013.



Old wives' tales about the eyes

From watching TV to eating carrots, here's the lowdown on some vision facts & fiction.

via KidsHealth.org

Myth: If you cross your eyes, they'll stay that way.

Fact: Contrary to the old saying, eyes will not stay that way if you cross them. If your child is crossing one eye constantly, schedule an evaluation by an ophthalmologist.

Myth: If parents have poor eyesight, their kids will inherit that trait.

Fact: Unfortunately, this one is sometimes true. If you need glasses for good vision or have developed an eye condition (such as cataracts), your kids might inherit that same trait. Discuss your family's visual history with your doctor.

Myth: Computer use can damage the eyes.

Fact: According to the AAO, computer use won't harm the eyes. However, when using a computer for long periods of time, the eyes blink less than normal (like they do when reading or performing other close work). This makes the eyes dry, which may lead to a feeling of eyestrain or fatigue. So encourage your kids to take frequent breaks from Internet surfing or video games.

Myth: Wearing glasses too much will make the eyes "dependent" on them.

Fact: Refractive errors (near-sightedness, far-sightedness, or astigmatism) change as kids get older. Many variables come into play, but most of this change is likely due to genetics and continues despite wearing glasses earlier or later or more or less. Wearing glasses does not make the eyes get worse.

For more eye myths and facts, please visit

http://kidshealth.org/parent/general/eyes/vision_facts_myths.html



PARENTING 101

tips and tricks for the holiday season



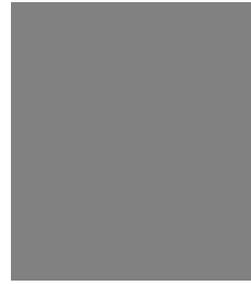
Gratitude Turkey

Check out this awesome Thanksgiving craft for your family and talk about what it means to be grateful. [Learn more.](#)



Little Helpers

Here's a few ways for kids to help out on Thanksgiving while they're awaiting their meal. [Learn more.](#)



The History of Thanksgiving

For the older children who may want to know a little more about the holiday, here's a [brief history.](#)

Thank you!

With The Parenting Center's new look and feel, there have been quite a bit of new materials to print. TPC could not have done it without the help and printing expertise from Tonya Lenning of [Cockrell Enovation](#) and Randy Perez of [Lone Star Imprints!](#)



Like what you see or want to be a part of making Tarrant County a stronger community?

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