



Road To Safety Newsletter



Hello!

This issue of our newsletter is being sent to you courtesy of **Hope4myteen, LLC.**

It is our way of saying that you are important to us and we truly value serving you. Please feel free to pass this newsletter on to friends and family. Enjoy!

February 2016 

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You can only become truly accomplished at something you love. Don't make money your goal. Instead, pursue the things you love doing, and then do them so well that people can't take their eyes off you.

Maya Angelou

Safe Driving During Inclement Weather



Safe driving during inclement weather takes a little more skill than driving than ordinary circumstances. Here are some tips for safe driving during inclement weather.

Driving in Snowy or Icy Conditions

- **Watching for black ice** – It's almost impossible to see black ice, but at night if you are watching you'll be able to spot it because your headlights reflect of it. During bad weather slow down a couple of hundred feet before stop signs and lights, and be careful whenever you are hitting your breaks such as on corners.
- **Slow down** - Reduce your speed below the speed limit to match road conditions. When it is snowy you should slow at least 10 mph below the speed limit and even more if the roads are poor.
- **Don't tailgating** - On the highway you should leave approx. 100 yards between you and the vehicle in front of you so that you can stop safely should the need arise.
- **Avoid braking during a turn** - Avoid a spinning out by gradually turning the steering wheel and before the curve lightly feathering your brakes. Then coast through the turn. If you have your foot on the brake your wheels stop turning and that's when you can lose control.
- **Turn into a skid** – If you start skidding, stay calm, remove your foot from the brake and the gas, and then steer into the direction the car is skidding. This will cancel out your skid.

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Safe Driving During Inclement Weather

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Driving in Foggy Conditions

• **Turn your fog lights on** - Fog lights are yellow, so they cut through fog much better than your regular headlights which are white. They are also lower to the ground so they illuminate the road better.



• **Pump the brakes before you enter a fog bank** - This will alert the cars trailing you that they need to back off.

Driving in Rainy Weather

• **Reduce your speed 5 to 10 mph** - In rain your car can hydroplane, which lifts it off the pavement and making it impossible to steer. Slowing down can avert this. If you do hydroplane slow down until your vehicle feels normal again.

• **Feather your brakes if you have driven through a puddle** - Take your foot off the gas and feather your breaks, which creates heat and friction that helps to dry your brakes so you don't lose breaking power.

February 2016 Word Search Challenge

V K S Y Y
J T S C W O H B
C I R U B K C J
D E O P N J C C U
N W M I M Z G U B I
R A D F N O E U I O E P C S
D N E T A L O C O H C P R O P O S A L E
C S U P E R B O W L P T R A E H Y D N A C
E X H U G S U T G Y T R A E H T E E W S D S
S E L P U O C R O S E S T N E D I S E R P P
S D I K I S S E S P B J E N I T N E L A V E
E O V F L O W E R S G K Z K D A T E J T V N
F N Y Y M P O U W K R Q H T K C T J O P
H L G Z F M R L
Q H R F

**SUPERBOWL
VALENTINE
PRESIDENT
PROPOSAL
SWEETHEART
DATE
LOVE
ROSES
KISSES
HUGS
ROMANCE
HEART
FLOWERS
CANDY
CHOCOLATE
COUPLES
CUPID**

Teach Your Children to Apply Themselves

Helping young people understand that applying themselves to tasks like schoolwork and household chores are important to their long-term attitudes and ultimate success in life. Teach your kids to try harder without resorting to threats or bribes with these tips:

- **Get to the root of problems.** Kids are usually motivated simply by the prospect of pleasing their parents and teachers. If their efforts start to drop, check with your pediatrician and school counselors to find out whether an emotional issue is creating difficulties, and talk with your kids directly.
- **Focus on progress.** Goals are important, but steady progress is the secret of success. Instead of insisting that your child become a star quarterback or a champion speller, emphasize improvement as he or she makes progress.
- **Give children a choice.** Don't try to force your children into an activity because you think they should do it (or because you did it yourself as a child). If kids feel they have a choice, they'll try harder. Point out what talents they have, provide options and opportunities, and be honest about what to expect as they try to excel in any chosen activity.
- **Make them feel positive.** Give children lots of praise. They'll want to do more if they feel good about what they're doing. Just make sure you're sincere, honest, and specific.
- **Use rewards wisely.** Sometimes a reward helps a child get started in an activity or motivate kids when they're losing interest. But use the reward only to give them a jump-start. After that, replace rewards with verbal encouragement.

Find the Proper Balance for Your Work and Your Life

The balance between work and life can be difficult to achieve, but it's worth the effort for you and your family—and ultimately for your career. When you're healthy and relaxed, you'll do better at work and feel better at home. Here are some tactics for finding the right balance:

- Define balance in your own terms. Don't try forcing yourself to split your time in precisely equal amounts between your family and your work. Decide what your priorities really are so you can arrange your life in a way that works for you.
- Just say no. Once you've evaluated your priorities, give yourself permission to say no to "opportunities" that will disrupt your balance. This may mean learning some negotiation skills so you can bargain with others at work for flexibility: Perhaps you can compromise on an assignment's scope, or share chores with your partner.
- Make personal appointments. Don't fill your time with work commitments alone. Make dates with yourself or your family to do things that promote the kind of balance you want to achieve—going out to dinner, seeing a child's play, or just getting away for a weekend.
- Find a job you love. If you hate your job, your life will suffer no matter how hard you try to achieve balance. Think about what you like in your current job, and what you'd like to do more of. Then see if you can adjust your job to fit your needs better.

Safe Travel Tips

A vacation on the road can be both stressful and incredibly joyful, but there are some tips to make sure that whatever else your vacation may turn out to be,



it will always be safe.

One good tip is to make sure you and everyone else in the vehicle has put on their seatbelt for every trip, regardless of whether it is a long trip around the country or just for a spin around the neighborhood. Make sure you always keep electronic devices out of your hands when you are driving. It is not worth the risk to you and your family just for the sake of putting on a playlist or reading a text message.

You never know when something might happen to cause you to have to stop your vehicle in an abrupt manner, so make sure there is nothing that could turn into a flying projectile loose in your car such as large gifts, hot food, etc.

Make sure you stay safe on your road trip!

5 TIPS FOR SAFE DRIVING





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Good news and information for the friends and customers of Hope4myteen, LLC

February 2016

Parents Concerned About Oversharing Online

Parents are quick to share information about their children on Facebook and other social media sites, but how much is too much?

A survey from the C.S. Mott Children's Hospital found that 74 percent of parents know someone who overshares about their children by posting potentially embarrassing information, providing information that could indicate a child's location, or sharing inappropriate photographs.

Still, lots of parents enjoy talking about their kids online. Sixty-eight percent are concerned about their kids' privacy, 67 percent worry about someone else reposting photos of their children, and 52 percent wonder whether their postings will embarrass their children when they're older.

From Hope's Desk

February is Black History Month. It is an annual celebration of achievements by black Americans and a time for recognizing the central role of African Americans in U.S. history. I salute those brave men and women who blazed a trail for others to follow. They removed the excuses of what cannot be achieved. As stated by Martin Luther King Jr., "if you can't fly, then run, if you can't run, then walk, if you can't walk, then crawl, but whatever you do, you have to keep moving forward." No one can stop you but YOU!



February is also the month of LOVE. What is something you love doing so much you would do it for free? This is your passion! What keeps you up at night? What dreams have you yet to achieve? I challenge you to discover your passion and fiercely pursue it. Do something today that your future self will thank you for.

Have a Fabulous February!

Our Mission: To increase safety and awareness, reduce accidents, driver frustration and stress, and to provide parents with a peace of mind while their teen is behind the wheel. We are committed to making the roads a safer place for everyone.

