



Dear Family Man® Reader:

Back to school, which is heaven sent for many parents who ran out of ways to keep the kiddies entertained in early August. But it's bittersweet as schedules get tighter and children reach new milestones. Slow the pace down and read about everything from middle school transitions to terrific music to rock the carpool.

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HEATHER KEMPSKIE OFFERS 'A LUNCH NOTE OF LOVE'

"I will have packed his favorite lunch and added some snacks so he won't get hungry and I'll include a handwritten note that reads, 'Have a fun first day of kindergarten. Can't wait to hear all about it. Love, Mom.'"

What Dads Need to Know

ASK FAMILY MAN ABOUT DOUBTING DADS

"While you may also be thinking about the kind of mother your partner will be, you'll spend more time worrying about your prospects as a dad."

Ask Family Man

DR. KEER ON SWINE AND COMMON FLU VIRUSES

"The best protection against both the usual and the "novel flu" is a vaccine. These vaccines are being developed and should be available for distribution and administration this fall."

Dr. Keer on Kids

A TALK WITH THE DARING PETER HIMMELMAN

"To be more reflective, I happen to know that my kids are all very proud and inspired to have been raised in a loving home where their father has been doing something rather daring and interesting."

Family Man® Blog

FAMILY MAN ON RADIO DAD: ARE DADS USELESS?

"On Mike Austin's Radio Dad podcast (episode #15), Mike and I discussed a topic I covered in a recent Ask Family Man piece about the anxieties of expectant dads."

Family Man® Blog

HIMMELMAN BOUNCES BACK WITH 'MY TRAMPOLINE'

"Himmelman's talent and hard work have taken him to enduring popularity as a singer-songwriter for grown ups and as a composer for TV and film projects, but he inhabits rarefied air as the philosopher-jester of the family music

GREGORY KEER SENDS HIS SON TO 'MIDDLE EARTH'



"My oldest son is entering middle school and I'm wondering who tinkered with my clock? Wasn't I so afraid of talking to other kids that I lugged a heavy book bag to avoid locker conversations?"

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