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GOT KIDS? HANG IN THERE 'CAUSE THESE WELL-TESTED STRATEGIES ARE HERE TO HELP

From Breast Feeding To Meltdowns To Potty Training, Parenthood Finally Comes With Instructions Via Pediatrician & School Psychologist Tested Tips

Stuart, FL (September 7, 2016) – After nine months of pregnancy and absorbing those what-to-expect manuals, baby finally arrives. But where's the instruction manual now for every day uh-ohs? A brilliant concept from a pediatrician and a school psychologist (who admirably raised their own five children!) is a palm size deck of cards aptly called **Hang in There!** No matter the hour, these portable cards are loaded with well-tested tips, because who has time to read a parenting book during a temper tantrum?



Family First Aid

Without having to wait until the pediatrician's calling hours, these handy cards cover must-know topics like first-aid, newborns, toddler years and subjects new parents may not have considered -- positive psychology, relaxation, and optimism. The pearls of wisdom come from Dr. Patricia Gage, a licensed school psychologist with Dr. Gina Penafior, a board certified pediatrician.

“Life has its ups and downs, but when you add the needs of a child, life becomes a roller-coaster!” whimsically advises visitors to their resourceful website, www.hangnthere.com. It's a metaphor veteran parents can certainly relate to! “Roller coasters do eventually come to a stop! ... until the next ride begins again. Hang in there!”

The condensed card packets hone in on exactly what moms need to know, now. Plus they are affordable, perhaps priceless at \$34.99! The card collections are broken down by theme: **Infant, Toddler, Teen and overall Family First Aid** from babies to teens. Individual decks hone in on need-to-know titles like **The First Days of Breastfeeding** with a follow up, **The First Weeks of Breastfeeding Frequently Asked Questions and General Advice**.

Handling Your Child's Meltdowns and Temper Tantrums is an easy-to-follow set of cards to keep your child (and maybe yourself) from melting down. Each card set is palm-size so they can fit in a diaper bag, glove compartment or on a stroller for on-the-go advice.



Infant Collection

It's not just new moms and dads but the future grandparents who might want to brush on their parenting skills. Good thing there's **Grandparents Guide: Congratulations, you're going to be a grandparent!** Things have changed in the last 25 years so important baby topics of what's new in caring for a precious new baby is spelled out.

The feedback on these handy guidelines from moms, dads, grandmoms and caregivers has been glowing. One purchaser gushed, "as a mom and after school teacher, I found these tiny fact-packed easy-to-follow guides to be invaluable! Whether I face meltdowns at home or in the classroom, I feel I can now react with expert advice from a professional team of a school psychologist and pediatrician. Especially love the hints about fostering optimism in children--so important!"

Mom blogger *Jenn's Blah Blah Blog* heartedly agrees. "Each card set has their own helpful signs, common strategies, coping skills, motivational tips, and much, much more. The tips are written and edited by Hang In There, LLC, the school psychologist and pediatrician team. All the mini booklets contain colorful cards presented in a simple, concise format for ease. The cards are in full-color with bright and cheerful illustrations, and they are double-sided, UV coated, measuring 3.5 x 5 inches. I love that each card set also comes with a super cute character or figure related carabiner for easy carrying. The colorful carabiner allows you to hang your cards just about anywhere like backpacks, diaper bags, wall hooks and more."

Have a baby shower on the calendar? Know that these card decks make a wow gift that will be truly appreciated in the months (and middle-of-the-nights) ahead. "I plan to give this booklet as part of a baby shower gift basket!" wrote in one enthusiastic Hang In There! shopper. "The new mom can hang it in a central location or on the handle of her diaper bag or carriage for quick reference in case of emergency. Easy to read, great demo photos!"



Getting Your Child to Sleep Without Stress (from Toddler Collection)

Even if you've made it through the baby and toddler years, that doesn't mean you can't benefit from some wise words for raising teens! The Teen set covers things like how parents can help their teens improve their organizational skills and giving teens a specific protocol on how to work smarter not harder.

Some may joke that "friends don't let friends have babies" without these must-have card sets. They are that well received by friends, neighbors and grandparents-to-be to give at Baby Showers or Welcome Home parties.

Habla espanol? Several sets are translated into Spanish! Shop online at www.HangNThere.com for these Parenting Card Collections:

Hang In There!

Choose the theme and then breathe a sigh of relief. Childhood experts share their wisdom on these handy card sets. Plus they know what they advise – they're moms too! Pick one or more Collections, each is \$34.99:

NEWBORN-Infant Collection • \$34.99

1. Newborn Development: Your Amazing Newborn
2. Bottle Feeding Your Baby
3. The First Days of Breastfeeding
4. The First Weeks of Breastfeeding: Frequently Asked Questions and General Advice

Color: Purple

TODDLER Collection • \$34.99

1. Getting Your Child to Sleep Without Stress
2. Let's Potty: An Introduction to Toilet Training
3. Helping Your Child Relax
4. Handling Your Child's Meltdowns and Temper Tantrums

Bonus Feature: One set of Medical Information Cards

Color: Yellow

TEEN Collection • \$34.99

1. Coach Your Teen to Get Organized and Learn
2. Work Smarter, Not Harder: Make More Time For Yourself (written for teens!)
3. Addressing Grief and Loss with Teens: Divorce-Death-Moving-Critical illness-Separation
4. Give Your Child the Gift of Optimism

Color: Navy

Hang In There! Master Deck • \$69.99

Both a money saver and a lifesaver, this everything-you-need-to-know set includes all three topics from newborn to high school—12 decks in all! This makes a fabulous baby shower gift that will be used and appreciated for many years.

Also! Bonus subject deck:

FIRST AID Collection (for Families, Teachers & Coaches) • \$34.99

1. CPR and Choking
2. Asthma Attacks and Severe Allergic Reaction (*Anaphylaxis*)
3. Broken Bones, Bleeding, and Shock
4. Seizure, Concussion & Head Injury, and Fever

Bonus Feature: One set of Medical Information Cards

Color: Red

Beyond Hang In There's online store is the informative "Ask The Dr.'s Parenting Tips Blog" with topics that are timely. Recent article titles included *What Is Mindful Parenting?* and *Is Constant Worry Taking a Heavy Toll on Your Teen*.

Poke around their site and discover the Freebies button with free downloads, school tips and suggested books and websites when moms have a longer stretch of time to ponder. Just remember to Hang In There! There's help on the way. Share your anecdotes on their Facebook page.

ABOUT HANG IN THERE!

Parenting has its joys and challenges and for a mom trying to juggle work and build a career, the experience can be overwhelming. Dr. Patricia Gage, a licensed school psychologist and Dr. Gina Penaflor, a board certified pediatrician, understand what moms (and dads) are going through. To make the journey easier, they launched HANG IN THERE with a range of thoughtful parenting resources in the form of on-the-go decks that give many parenting tips accessible at the fingertips. HANG IN THERE's mission is to help parents become more informed, to be more mindful of their daily experiences and to communicate more effectively with their children. Enjoy parenthood with empathy and with wisdom at www.HangNThere.com.