



Spark a Love of Learning

As students head back to school, parents often focus on the practical side of the transition: school supplies, schedules, transportation, and homework routines. While [practical back-to-school tips](#) keep things running smoothly, there's one important thing we can give our children that doesn't come in a backpack: a lifelong love of learning.

Research shows that children take cues from the adults around them. When parents demonstrate curiosity, ask questions, and continue learning throughout their lives, children begin to see learning as something that extends far beyond the classroom. One way to foster curiosity is to make learning visible. Let your children see you reading a book, taking a class (see our suggestions below), learning a new skill, or tackling a project you've never done before. Share interesting facts, discuss current events, or simply wonder aloud together about how something works. Plan vacation activities such as visiting museums, exploring nature,

or doing projects together that will spark curiosity and the love of learning.

Keep the focus on the learning process itself. Instead of asking, "What grade did you get?" consider asking, "What was the most interesting thing you learned today?" Celebrate effort, persistence, creativity, and problem-solving to help develop a growth mindset and build confidence. Encourage questions, but when children ask why something happens, resist the urge to provide the answer. Looking up information, discussing possibilities, and discovering answers together can be more valuable than the answer itself.

Make this back-to-school season an opportunity to spark a love of learning. By nurturing that spark in children and sharing in their discoveries, you can rekindle your own love of learning!

Take the "Summer Unplug" Challenge

Summer is an ideal time for stepping away from screens and reconnecting with the people, places, and activities that matter most. Yet fears of missing out (FOMO) keep many of us tethered to our phones, emails, social media feeds, and notifications, even on vacation.

The result? More stress, more distractions, and less enjoyment of the season. This summer, challenge yourself to unplug a little more each week:

- Silence non-essential notifications and resist the urge to check every alert.
- Set work boundaries by limiting after-hours email and messaging.
- Create device-free times during meals, family activities, and outdoor adventures.
- Take a social media break for a few hours, a full day, or even an entire weekend.
- Replace screen time with a walk, a bike ride, reading, gardening, or another favorite summer activity.
- Leave devices behind occasionally when heading to the beach, park, pool, or neighborhood gathering.

★ Featured



August Webinar

College Scholarships: Where to Find Money for Your Education

Get help for ways to finance education, including what a student must do to position themselves for future scholarship dollars. **It will cover timing, taxes, types, funding sources, and scam avoidance.**

To access this Webinar and related resources, simply log in to www.HealthCareEAP.com during August.



Take the “Summer Unplug” Challenge (Continued)

- Create memories, not just content. Resist the urge to photograph and post everything. Put the phone down and experience summer as it happens.

At the end of the summer, you might not remember the emails you answered or the posts you scrolled through, but you’ll remember warm experiences and connections you shared!

Back to School

Don’t get rusty over vacations! Stay sharp by exploring thousands of topics in the Training Center, from in-depth courses to quick micro learning sessions. Here are a few suggestions or search for your own topics. Click on “**Member Login**” at www.HealthCareEAP.com, sign in, and click on the Comprehensive library in the Training Center.

- **NEW! Communication at Work: The Art of Saying No | Course ID: SVL_1023532**

Learn how to decline requests with confidence and professionalism. Balance assertiveness with empathy so that boundaries are understood and respected while maintaining positive relationships with colleagues in this 7-minute session.

- **Digital Detox | Course ID: SVL_4000195**

In this 17-minute video course, explore techniques to reduce screen time, set healthy boundaries with technology, and cultivate habits that promote a balanced lifestyle.

- **Simplify Work In 10 Ways Using AI | Course ID: SVL_005514**

Unlock the power of AI to reduce overwhelm, organize messy work, speed up preparation, and embed simple habits that save time and energy every week with 10 practical usage tips in this 11-minute course.

Accessing Your EAP Training Center

1. Go to www.HealthCareEAP.com and click the ‘Member Login’ button.
2. If you’ve already created an account, log in with your Username/Password.
3. If it’s your first time, click **REGISTER** to create your Username and Password. *You only need to register once.*
4. Click the ‘Training Center’ and then choose ‘Comprehensive Training Library’.
5. In the Search bar at the top of the screen, type the course code or search for a topic.
6. Click the course icon and click the ‘Play’ or ‘Start’ button to begin.

To get a certificate: View the course and take the quiz. Not all courses require a quiz, but if so, **you must score at least 80%** for a certificate. To download your certificate to your computer, click the ribbon icon below the right corner of the video.

Key August Dates

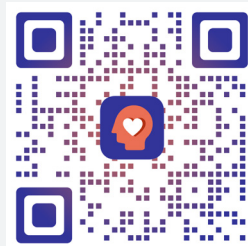
- [Summer Sun Safety Month](#)
- [National Breastfeeding Month](#)
- [National Immunization Awareness Month](#)
- [Spinal Muscular Atrophy \(SMA\) Awareness Month](#)
- [8/1 - World Lung Cancer Day](#)
- [8/2 - 8/8 - National Farmers Market Week](#)
- [8/10-8/16 - Safe + Sound Week](#)
- [8/19 - World Humanitarian Day](#)
- [8/19-9/7 - Drive Sober or Get Pulled Over](#)
- [8/23-8/27 - World Water Week](#)
- [8/31 - International Overdose Awareness Day \(IOAD\)](#)

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How to Scan A QR Code

1. Open the camera app.
2. Select the rear-facing camera in photo mode.
3. Center the QR code you want to scan on the screen and hold your phone steady for a couple of seconds.
4. Tap the notification that pops up to open the link. (You will need to be connected to the internet to do this.)



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