

**Special
First Style
edition!**



Become a First Style Fashionista!

By Beth Newman

Available through Amazon in August!

First Style-helping girls discover confidence through fashion, etiquette, and healthy lifestyle choices.

Newman's Notes....

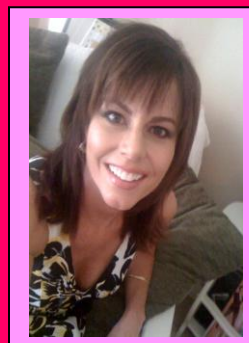
Hello and welcome to a very special *First Style* edition of *Elegant*!

August is officially *First Style* month, and we've loads of information for parents of tween and teen girls.

Moms, you can take advantage of the current 80's trends that our girls have adopted....do it wisely, though...details in our *Fashion Forward* section. *For the Boys*, we've got tips on getting involved, and we'll take a look at the oh-so-important task of getting organized before school starts in *Healthy Home*.

My book, *Become a First Style Fashionista*, will be available later this month through Amazon. Become a fan of Newman Image on Facebook, and follow me on Twitter for up-to-the-minute reports!

Remember, children everywhere look to us to set the standard. Let's make it an oh-so-*Elegant* one, shall we?



Cheers, Sweeties!

Beth

Brown Like Me. I've returned to what I can only assume is my natural hair color.



No doubt about it: the 80's are back in a BIG way, and our girls dig it, for sure. So how do we as moms adopt this particular trend without appearing as though we're in a time warp or that we're competing on some level with our daughters?

Nice and Easy Does It – An old wardrobe rule states that if you were old enough to wear it the first time around, you shouldn't wear it when it's back in style. I think that's just rubbish – we CAN adopt a few of the new trends without looking, well, sad. Pair a skinny pant with a buttoned-down shirt and tailored jacket. Avoid neon colors. Use accessories to your advantage, but don't overdo it (go with a big bold necklace and leave it at that).

A Hairy Situation – Do insure that your 'do is up-to-date and age-appropriate. We all sported giant hair back in the day, and I can assure you that it's not coming back any time soon. If it does, leave that one for the younger set.

Makeup – we are seeing more dramatic makeup with this 80's revival. Harsh eyeliner doesn't do a gal of a certain age any justice, so leave that look alone, too. You can play up your eyes in a much softer fashion by opting for brown tones instead of coal-black tones.

Durability over dirt-cheap – Do enjoy the 80's look, but be very careful where you accumulate your retro goods: if your daughter shops Forever 21, I advise you to steer clear of it and find a place that is more suitable for 'grown-ups'. White House Black Market has some to-die-for looks happening now with just enough hint of the 80's to keep us all satisfied.

What goes around....Lourdes Leon, the 13-year-old daughter of Madonna, has launched her own clothing line. *Material Girl* fashions is geared toward the younger set, and appears to be something right out of Madonna's closet circa 1984. Soon available at Macy's, Lourdes blogs about it <http://blog.materialgirlcollection.com>

So enjoy the trends, my dears...but carefully. Let's let the girls have their own fun with it!





With today's increasing exposure to international fashion and beauty trends, girls are becoming conscious of make-up at a younger age than the earlier generation. In fact, many want to start using make-up earlier than you would like or approve. Since teenage years are when girls tend to revolt against restrictions, it is a good idea to let her have a few good quality make-up products. While you can be strict about the no-makeup rule with 12-14-year-olds, by the time they turn 15, you may find yourself giving in to their demands. Let them use a nude lip gloss and maybe beige eye shadow.

The first step to starting a skin care regime is with the cleanser. The right cleanser can balance the oil production in the skin and wash away dirt and grime, the key culprit behind the outbreak of acne. Research shows that more than an oily diet or stress, pollutants in the environment and dirt give rise to pimples as they clog the pores.

To fight regular oiliness, give your daughter a soap-free foaming cleanser. Make sure that this cleanser does not strip her skin of too much oil, which can actually trigger an increase in sebum production. If her skin feels sensitive, then an oil-control cleansing cream is a better option. If she has acne-prone skin, consider washes that contain salicylic acid to control oil production. Look for medicated face cleansers that have benzoyl peroxide or salicylic acid to treat pimples or glycolic acid to rid skin of dead skin cells. If your daughter suffers from excessively greasy skin, then give her an alcohol-free toner that will close and tighten her pores. And under no condition should she squeeze her pimples

or zits, which can lead to permanent scarring of the skin.

Nail care for teens, both girls and boys, is important for many reasons. Not only does it say a lot about your attention to personal grooming, but proper care can prevent painful problems, and the appearance, condition and colorization of your natural nails can indicate possible underlying health problems.

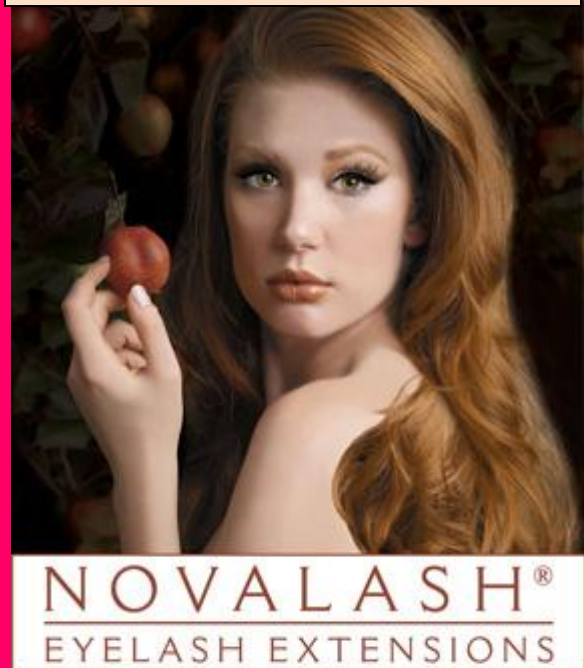
Too often, nail care is relegated to a category of luxury and not need. Many teenagers neglect to care for their nails with frivolous excuses like not enough time or it's too expensive. Nail care does not have to be costly; there really is no a reason to see a manicurist.

Remember, you set the primary fashion and grooming example for her, so it's important that your own look reflects the one you wish for your daughter. Keep it classy!

Ramon' is a stylist and regular Elegant contributor.

Contact Tish Wolter

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First Style!

Empowering girls through fashion, etiquette, and healthy lifestyle choices!



First Style was developed by Image Consultant and Life Coach Beth Newman in 2007. As a former teacher and school administrator, part of Beth's mission is to help young women succeed. Through her *First Style* program, Beth has worked with countless young women in the Greater Houston area and beyond with fashion, etiquette, and in making healthy lifestyle choices!

Beth travels to numerous schools, presenting etiquette courses, leadership workshops, and motivational seminars. She also offers online *First Style* tutoring, assisting pre-teen and teen-aged girls in the areas of confidence, poise, wellness, and more.

Find out more about Beth by visiting www.newmanimage.info. She also invites you to become a *First Style Fashionista* on Facebook!

First Style Parties!



First Style Parties are a fun and fashionable way to discover the best clothes, the best skin care, and the best makeup for young women! *First Style Parties* are great for birthdays, slumber-parties, church lock-ins, etc.



Houston-area residents, contact Amanda Rizzotto, *First Style Party Consultant*, in order to book your *First Style party*! She's awesome!
amanda.rizzotto@sbcglobal.net

Bring *First Style* to your city by becoming a *First Style Party Consultant*. Empower young women and set your own work schedule! Online training and your materials provided! Email beth@newmanimage.com



Creating effective organizational systems poses one of the greatest challenges for students leaving elementary school. Students who learn how to manage the flow of information and materials from school to home experience higher levels of academic achievement during the first year of middle school. The challenge for most students is finding a system that gives them access to their school supplies and papers in a timely manner. Although most orientation programs assist students with strategies for organizing lockers and binders, perhaps an even greater challenge waits for them at home. Creating a study center at home provides middle schoolers with the final piece of their organizational system. When papers leave a student's backpack and binder they should be moved into some type of filing system.

* Hanging files and a standard egg crate typically meet the needs of most students. The key to the success of any organizational system is consistent use.

* Each week any papers, not currently in use at school, should be removed from the backpack and binder and transferred to the file crate.

*As the end of the first semester approaches students will need access to past assignments as they begin to study for their exams.

With a limited amount of time and patience, middle schoolers will appreciate having quick access to the information they need to study effectively.

An organized student is a successful student!

Olivia Fine is a decorator and regular Elegant contributor.

Create Change Now Radio

With Cari L. Murphy

Cari welcomes you every 2nd and 4th Wednesday of each month from 2:00-3:00 p.m. Pacific as she hosts the Create Change Now radio show and interviews leading personal development experts, success coaches, speakers, mystics, visionaries, and authors from around the globe who share their research, ageless truths, perspectives, and personal stories. Cari's show will uplift your spirit, shift your perspective, and support you in making more conscious choices in your day to day life. She inspires listeners to take responsibility for the quality of their lives and embrace their full potential.



<http://createchangenowradio.com>

Cari L. Murphy,

Best-selling author and
radio host



Middle school can be a confusing time, for dads as well as for their daughters. Your daughter is becoming more independent yet still needs your support as much as ever (even when she says she doesn't). While you may decide to allow her more autonomy in some areas, be sure to stay actively involved in her school. Research shows that children whose parents are engaged in their education are more likely to achieve academic success. Here's what you can do:

***Get to know the teachers.** It's a good idea to meet each of your child's teachers. Ask about their expectations. Find out how much time your child should spend on homework each night. Find out whether there will be regularly scheduled tests and if so, when. Ask about the best way to get in touch if you have questions. If the teachers use email, be sure to get their addresses.

***Find a niche for yourself at your child's school.** Unlike in the lower grades, middle school classrooms don't need extra adults on hand. But you can volunteer in other ways.

Serve as an adviser for an extracurricular activity such as the school paper, chess club, or science fair. Help out in the computer lab. Being in the school is a great way to get a feel for what goes on there.

***Do behind-the-scenes work.** If you can't be in school during the day, ask teachers and other school personnel to pass along some work that you can do on your own. Photocopy homework assignments; collect recyclables for a science or art project; serve on a parent-school advisory council; join your middle school PTO or PTA.

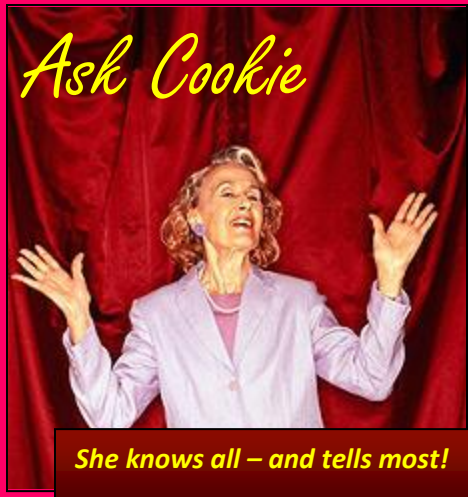
***Go to school meetings and events.** Attending concerts, plays, assemblies, meetings, and other activities is a good way to become familiar with your child's school community.

***Talk to your child about school.** Ask specific questions to draw out your child. Ask "How do you think you did on the math test?" "What games did you play in PE?" and so forth.

Staying involved in her academic life is vitally important, for her success, and your peace of mind.

Barry Levine is a stylist and regular Elegant contributor.

	<p>Beth Newman, featured contributor!</p> <p>www.chicgalleria.com</p>
<p>Chic Galleria magazine is your premier, social destination for all that is Chic. A place where globetrotting professionals chat about Style and Beauty, Home and Family, Arts and Entertainment, and Body and Mind. Audiences enjoy informative, interesting articles, exciting introductions of new businesses, useful life tips and knowledge of quality products from our online magazine.</p>	



Dear Cookie,

What say you to school uniforms? My private-school daughter hates hers, and has been quite vocal about wanting to enter a public school merely to get out of wearing a uniform. I'm tired of her complaints and am seriously considering giving in to her demands. I feel so helpless!

Dear Helpless,

Uniforms are a fact of life in private schools, and are becoming more popular with the public sector. Your daughter needs to realize that a good education far outweighs what she's required to wear.

My primary concern is the fact that you state you feel like 'giving in' merely to get her to stop making so much noise about it. I strongly caution you against this; you are the adult here, so act like it. Compromise is one thing – being a wimp is quite another.

Elegant Musings

www.newmanimage.blogspot.com

Dear Cookie,

What's the best way to confront a teacher regarding my child's progress in school? She's entering 8th grade, and I've heard rumors that the teachers she'll have this upcoming year are quite tough.

Dear Confrontational,

You used the word confront, and that worries me a bit. Parents should never confront a teacher; they should go into a meeting with them open and ready to coolly and calmly discuss any issues their children are having. It's vital, too, that they actually listen to what the teacher has to say. There should be no conflict whatsoever.

Also, I encourage you to ignore the rumors. It's quite unfair to make assumptions before gaining a first-hand experience on any matter.

Quandary? Conundrum? Perplexity?

Cookie McDaniel-Stein, world traveler, fashion guru, and all around devotee to tasteful living, has the answer. Contact Cookie via beth@newmanimage.com

Dear Cookie,

When is the best time to discuss 'the facts of life' with my daughter?

Dear Ms. Garrent,

Whenever you suspect she's ready. Go into it gingerly, though, to insure that she is, in fact, prepared to listen. The sooner the better, though, before she hears misinformation from the gym locker room.



Middle School.

What an interesting transition period for students, particularly girls. No longer babies anymore, they don't quite fall into the 'young adult' category either. It's an eye-opening ride, to be sure – for the girls themselves and for their mothers. It's a fun journey, a tumultuous journey, a trying journey, and a blissful one as well – and that's just within the course of one day.

So what gives with middle school girls? How can they go from sugar to spice within a matter of seconds? How does an easy-breezy attitude shift so quickly to one of 'life stinks?' And how can the moms of middle school girls handle it all?

I've worked with middle school girls for a very long time, and am often asked by their moms how to handle the magnificent madness that comes along with raising a daughter. I offer the following:

- 1) *First and foremost, remember that you were once where she is today.* Recall the chemistry changes, the bodily changes, and those feelings of just being out of sync with your surroundings during those times. It's biology, and we grown-ups must remain mindful of it. Growing into adulthood can be quite confusing for girls.
- 2) *Set a positive example for her in everything that you do.* This includes your daily priorities, your manners, your health, your wardrobe selection, and such. Be the type of woman you want your daughter to become.
- 3) *Give her some space...but not too much.* She needs some alone time. She needs time with her friends. She needs to know that you are confident in her level of responsibility; however, she must earn your confidence, so don't be afraid to hold her accountable. It's okay for her to become upset with you when you put on the 'mommy hat'; she WILL get over it.
- 4) *Develop an awareness of her TV/computer time.* Kids today have access to so much more than we did growing up. Too many teen-oriented television programs, quite frankly, make me blush. With a touch of a button, our girls can easily access information and websites that are intended for adults only. I fear that our society has evolved into a highly sexual one, and that certain forms of media are attempting – successfully – to sexualize our children. You have the power to keep your child just that – a child, so don't be afraid to monitor what she's watching, reading, listening to, and downloading.
- 5) *Trust her.* If you've provided her with tools she needs in order to become a positive

member of society, you need not question every little things she does. If she's never given you reason to doubt her, she most likely won't. Of course, she will make mistakes (we all do!), so it's vital that you talk openly and calmly about them, offer guidance, and enforce the appropriate consequences

- 6) *Realize she is her own person.* She may not be the 'Mini Me' version of you, and that's okay. Encourage her talents, praise her for her successes, and don't question her about things she enjoys (unless they are, of course, harmful to her or to others).

Kids today – both girls and boys – need boundaries, even as they get older. We need not fear their anger and wrath. We merely need to stand up for what is right for them, exemplify the high standards we want them to strive towards, and remain open and loving to them – even during the most trying of times.

Style Watch with Beth Newman



www.youtube.com/user/newmanimage

And that's it for this very special *First Style* edition of *Elegant!* Remember, darlings, I've got online *First Style* tutorials available for middle and high-school girls, so feel free to contact me for details. I'm also pleased to offer *Newman Image All Access* and *Newman Image Daily Dose* for the grown-ups. Details at www.newmanimage.info

We at *Elegant* wish everyone – students and parents- a truly successful school year!



August Dates To Know...

- 8/5 National Forgiveness Day
- 8/13 National Left-Handers Day
- 8/16 Elvis Day
- 8/18 Bad Poetry Day
- 8/22 Tooth Fairy Day
- 8/23 Rick Springfield's birthday
- 8/25 Kiss and Makeup Day
- 8/28 Just Because Day