

HI,

Happy New Year to all parents and grandparents!  
Parent Kids Right wishes you the Best Year Ever!

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### HUG AND BE HUGGED!

There was an item in the New York Times a while back about robot researchers who designed a pillow called "The Hug" that combines wireless phone and sensing technology with a soft cuddly pillow shaped roughly like a person about to give a hug.

Its use? To send long-distance hugs to grandparents. The grandchild squeezes her pillow and speaks the word "Grandma." Grandma's pillow lights up and plays sounds. To activate the pillow and get her "hug" all Grandma has to do is squeeze the left paw of the pillow and say hello.

Not on the market yet but the fact that a prototype of this device was made focuses on a universal need of all people: to touch and be touched. Even people in coma may respond to the touch of a loved one.

In our busy lives sometimes we parents forget how much we need to stop what we are doing and hug our kids. Maybe we need a new type of break, the hug break. You can take a hug break any time of the day. It doesn't cost anything and doesn't take long. It provides us with a tangible and tactile connection to the children we love. Plus it feels great!

Here is Dr. Heins' prescription for your home:  
Hug breaks p.r.n.(an abbreviation for a phrase that means when needed) or at least three times a day. This remedy will help revive just about all cranky or tired family members. While you're thinking of hugs, call Grandma and blow her some hugs and kisses over the telephone.