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GIVE 'EM SOMETHING TO TALK ABOUT: SIX BASIC RULES FOR INTERNET SAFETY

With the never-ending path of the information superhighway, your child likely spends a great deal of time using the Internet. This can be an enriching learning experience, or it can lead to dangerous situations that put your child at risk of being a victim of an online predator. Here are some basic Internet rules to share with your child:

1. Get to know the Internet and any services your child uses.
2. Never arrange a face-to-face meeting with someone you meet online.
3. Never upload pictures of yourself into the Internet and send them to people you do not personally know.
4. Never give out identifying information such as name, home address, school name or telephone number.
5. Never download pictures from an unknown source as there is a chance they could be sexually explicit images.
6. Never respond to messages or bulletin board postings that are suggestive, obscene, belligerent or harassing.
7. Whatever you've been told online may or may not be true.
8. Check out blocking, filtering and ratings software and services.
9. Make using the Internet a family activity.



Although it may not always seem the case, kids actually *do* listen to their parents and what you say can make the difference between your child making the right decision or the wrong one. Take the time to talk about important issues and you may be surprised at the impact it has on your child's choices!

Source: *Parenting Teens Magazine*

FREQUENTLY ASKED QUESTIONS ABOUT FATHER'S DAY

Who came up with the idea of Father's Day?

Her name was Sonora Louise Smart Dodd and she lived in Spokane, Washington. Sonora was the oldest of six children raised by their father, William Jackson Smart, when their mother died during childbirth. Sonora honored and revered her father and while listening to a Mother's Day sermon, in 1909, she determined there should also be a day to honor fathers.

Sonora gained local support and made her dream a reality, one year later, within her own city of Spokane, Washington. Sonora married John Bruce Dodd. She died March 22, 1978, several years after Father's Day became a permanent national observance.

Your Work|Life Benefits Care Consultant can assist you with your work/life needs at 1-800-628-5437

Why June?

In 1910, Sonora chose June 19th as the day to celebrate Father's Day because that was her father's birthday. With support from the Spokane Ministerial Association and the YMCA, the first Father's Day was celebrated in Spokane on June 19, 1910.

When did the United States begin celebrating Father's Day?

- 1910 Spokane, Washington celebrates Father's Day.
- 1924 President Calvin Coolidge proclaimed the third Sunday in June as Father's Day.
- 1926 The formation of National Father's Day Committee in New York City.
- 1956 Father's Day was recognized by Joint Resolution of Congress.
- 1966 President Lyndon B. Johnson signed a presidential proclamation declaring the third Sunday of June as Father's Day.
- 1972 President Richard Nixon established a permanent national observance of Father's Day to be held on the third Sunday in June.

Source: <http://www.kidsdomain.com/holiday/dad/about.html>



It's MY TURN TO TAKE CARE OF YOU

Your options for how or where to care for an older adult depends in large part on what services your community has to offer. Your options may be great for one service, such as a nursing home, but not for others, such as day care. One important thing is to familiarize yourself with your community resources. Another is to use your ability to make them work for you. The choices are yours, but the following options may be helpful:

- Social Service agencies, home health agencies, home-care agencies, transportation services, adult day-care centers, private duty nurses and meals-on-wheels are examples of formal help that may be available. These agencies may also be "connectors" to the specific form of assistance you are searching for.
- Being able to use their help could mean the difference between your older adult staying at home or in a nursing home.
- A "support system" is a package of services suitable for your older adult. It may be informal and comprised of friends, relatives, neighbors and you, or a combination system of friends and agency personnel. You may be the organizer, or the older relative might enjoy assuming the role.
- If you want assistance finding services, call your local agency, your local hospital's social service department or your minister/rabbi for help.

Possible Stumbling Blocks

While the availability of services is critical, there could be other roadblocks to consider, such as:

- Is your parent eligible for the services needed?
- Are your parents or other older adults willing to use the home services that are available?
- Are they in agreement with the decision to enter a nursing home or attend an adult day-care center?
- Is there room in the center? A bed in the home?
- Are you comfortable with the choices you have?
- Can you afford the cost of the choice?
- Who will provide the needed transportation if you are unable or cannot leave your work?

To the Rescue

You are not alone. That may be the best thing to remember. It may be difficult to ask for help, but it should not be an impossible problem to resolve. Even if your parent or older relative lives many miles away or in another state, there are systems which will help locate the nearest and most appropriate services. Ask your local department on aging to give you the telephone number of the hotline for aging services.

Source: *Parlay International Kopy Kit*

SUMMER VACATIONS: RE-ENERGIZE YOUR LIFE AND RELATIONSHIPS

Periodic respites, with and without your children, are a must in order to re-energize your life and your family relationships. This is especially true for families going through major transitions. For example, if the two of you are relatively new parents, consider taking a short vacation. Although you may exclaim, “I can’t leave now!” it may be the best time to spend a couple days with your loved one. It can help revitalize your relationships as well as give you time to reflect on the changes you are sharing.

If your children are old enough, it can be a real delight to take them with you—even on a long vacation. Family vacations strengthen relationships and provide a wealth of memories you can all share for years to come. You might first want to take them through a “trial run.” Try a long day at a museum or an overnight outing to a friend’s and see how they handle being away from home.

There are ways to create a little home on the road too. For instance, if you plan a three-week trip somewhere, try setting up a home base in three different, strategic locations for a week’s time each. You can then take day trips to surrounding sights and your children will have a familiar place to go home at the end of the day.

If you really feel like just escaping, do so. It’s healthy for you to want to spend time alone together. You need not feel guilty about leaving youngsters behind. If you don’t have a regular caregiver, have the person who will be responsible for the kids stay with you on and off for a couple of weeks prior to your departure. Your children will become accustomed to the new person, with the security of you being there. During this two-week period, leave for various lengths of time. Your children will eventually get used to the fact that when you leave, you will come back.

Vacations are designed for you to recharge your life, so you can give your best possible as a parent and as an employee. Design your vacation to provide a relaxed and meaningful experience. Maybe this time it will be just the two of you and next time you can bring the kids!

Source: *Parlay International Kopy Kit*



TEEN DRINKING: KNOW THE WARNING SIGNS

Talking with your child about alcohol use can reveal potential problems. Trust your instincts. Do you sense that your child is stressed or having trouble navigating social circles where alcohol is present? Review these warning signs:

- Your child is defensive about how their friends use alcohol
- They make jokes about drunk driving or “being wasted”
- They have a sudden change in friends or their grades take a sudden downturn
- Their friends appear drunk or hung over
- They seem interested in drinking and glorify being drunk

Talking about alcohol and binge drinking is part of a much larger ongoing family dialogue about keeping healthy and safe.

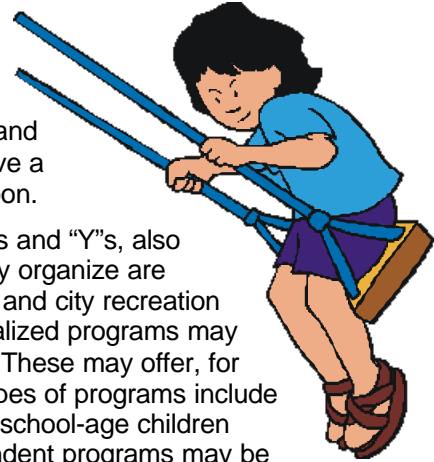
It’s not always easy. If needed, support is available for your child and family. When one family member has an alcohol problem, the entire family has a problem. Your teen’s school, public health agencies or your workplace’s employee assistance program may offer resources. As a parent, your teens are depending on you—whether they know and appreciate it or not—to give them the skills to navigate a complex social world. Your willingness to communicate your insights and concerns shows your children how much you care.

Source: *Parenting Teens Magazine*

PREPARING FOR BACK-TO-SCHOOL: AFTER-SCHOOL PROGRAMS

It is important for children to have a safe way to spend time after school and to have the opportunity to bolster the education they receive during class time with extra learning activities. Fortunately there are after-school programs in most urban and suburban communities. Some may even be free, the cost of others is usually based on family income and there may be subsidies or scholarships available. Schools run some programs themselves and others are sponsored by schools or school districts. One advantage of the school location is that the children don't have to travel to get there. Another is the availability of facilities, like a kitchen and gymnasium and equipment, like a laboratory and computers. A disadvantage is that the children may feel like they just have a longer school day instead of a different, exciting experience in the afternoon.

Experienced community organizations, like churches, boys and girls clubs and "Y"s, also run programs. Public agencies run some programs, but the activities they organize are usually limited. So, for example, libraries only operate reading programs and city recreation departments only offer opportunities to participate in sports. Other specialized programs may be run by a department of a local college or a professional organization. These may offer, for example, only science activities, a drama club or poetry writing. Other types of programs include those run by day care centers for young children that open their doors to school-age children before and after school and licensed family child care providers. Independent programs may be held where the operator has its headquarters or runs other youth programs, or in a rented or donated space.



Source: www.kidsource.com/kidsource/content4/choose.after.school.html

SUMMERPAK 2002 – KIDS LEARN AMERICA

Stunningly simple, surprisingly sunny and always delightful the SummerPak is here!

Your SummerPak highlights include dates to celebrate, monthly trivia, summer craft ideas and delicious recipes, including homemade granola and Strawberry Swirl Pie.

The book *Kids Learn America* is part of the SummerPak and is designed to take you on an exciting journey across the USA bringing geography to life with people, places and history.

The SummerPak begins shipping June 1, 2002, and will be available for a limited time.

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