

LifeWork Family

Winter 2001

FOR UAW-REPRESENTED DAIMLERCHRYSLER WORKERS

1-800-809-4996

IN THIS ISSUE:

GRANDPARENTS AND THE HOLIDAYS.....	1
HOME FROM COLLEGE FOR THE HOLIDAYS.....	1
HOLIDAY TIPS FOR SINGLE, DIVORCED, OR REMARRIED FAMILIES.....	2
DO YOU KNOW THESE DATES?.....	2
DO YOU KNOW THESE FACTS?.....	2
CHOCOLATE SPOONS FOR YOUR VALENTINE.....	3
HOLIDAY PHOTO ORNAMENTS.....	3
HAPPY BIRTHDAY TO.....	4
CELEBRATING NEW YEAR'S EVE.....	4

GRANDPARENTS AND THE HOLIDAYS

Making grandparents part of holiday celebrations can be an important way of sharing ideas, traditions and beliefs between the generations. Many young children today do not realize how people grow older, because only their school/neighborhood peers and young adults surround them on a regular basis.

Many activities can be shared between the generations. Making holiday decorations is something both grandparent and child can treasure, or perhaps decorating the tree can be their job. It's an ideal time to tell stories of the "good old days" and of what holidays were like when Grandma and Grandpa were little.

Source: www.cyfc.umn.edu

Holiday activities grandparents and grandchildren can do together:

- Make holiday cookies together. Tell stories of old holiday traditions while cookies are baking.
- Make homemade wrapping paper: use large brown paper bags and cover with stickers, rubber-stamping, yarn, markers, and crayons...
- Write a holiday story together and share it with the family. (e.g., rewrite Rudolph the Red-Nosed Reindeer).
- Decorate small brown paper bags to use for gift bags. Fill bags with homemade cookies for loved ones.
- Buy an inexpensive tablecloth to decorate, using fabric paint, to use at a holiday dinner for the whole family.
- Decorate a shoebox with holiday art to hold pictures from this holiday. Write date on bottom of box.
- Make photo ornaments together (instructions on page 3)



HOME FROM COLLEGE FOR THE HOLIDAYS

When your college student comes home for the holidays, the experience can leave you both feeling frustrated because they are growing up, and it may be difficult for you to accept that. Here are some tips for dealing with your college student's holiday homecoming:

- Be realistic about curfews. You'll have to compromise. As long as your child is responsible, consider letting them decide for themselves. They may surprise you with their good judgment.
- Be realistic about time spent with the family. There are old high school friends to visit, so your child may run into scheduling conflicts with family. Compromise and plan ahead for family time.
- Discuss house rules and expectations ahead of time. It is likely that neither of you will get exactly what you want, but a middle ground can keep all parties happy.

Source: www.womentodaymagazine.com

HOLIDAY TIPS FOR SINGLE, DIVORCED, OR REMARRIED FAMILIES

People naturally want to spend holidays with their children, but that's not always possible for divorced parents. Clearly, some choices have to be made. It's best when kids know what to expect ahead of time. A clear plan for rotating holidays works best. If you must "subdivide" holiday time between other relatives, try not to make it too fragmented, and avoid last minute juggling. Work out any disagreements away from the children.

Should kids get to choose?

Since kids tend to choose what seems to be emotionally easiest for all involved, provide some guidance. Let them feel as if they have an impact on the world. Even if their choice isn't what you think is best, modify your decision to accommodate the child's feelings.

Blended, extended, and reconstituted families

Here are some tips to smooth the way:

- Observe traditions from both parents.
- Think about ways to help your children get comfortable with stepsiblings
- Give children space and time to be alone.
- Try not to force holiday glee. If a divorce is recent, or if children hardly know their new families, it is okay for them to feel sad some of the time.



Holiday Planning Helping Hand Sheet (Work|Life Benefits)

For more information on helping your child through family changes, call a Care Consultant today!

Call **1-800-809-4996** or visit www.uaw-daimlerchryslermtc.org

DO YOU KNOW THESE DATES?

- | | |
|---------------------------------|--|
| December 21st | The "Winter Solstice" is the shortest day of the year. The sun is above the horizon for less than 12 hours on this day. This is also the first day of winter. |
| December 22nd | Hanukkah, or "Festival of Lights," is an eight-day winter celebration honoring Jews and commemorating the rededication of the Temple following victory over the Syrians. |
| December 25th | Christmas Day when Christians celebrate the birth of Jesus of Nazareth. |
| December 26th | Kwanzaa begins. This is a seven-day African-American celebration honoring family and community. |
| December 30th | On this date in 1953, the first color TV sets went on sale. |



DO YOU KNOW THESE FACTS?

If you think you're cold! The planet Pluto has an average daytime temperature of -382 degrees Fahrenheit (-230 degrees Celsius).

Ten inches of snow in a pail will melt into only one inch of water.

In German, Donner means "Thunder" and Blitzen means "Lightning".

CHOCOLATE SPOONS FOR YOUR VALENTINE

You'll Need:

- Heavy plastic spoons
- Milk chocolate
- White chocolate
- Chocolate sprinkles
- Colored sugar
- Wax paper
- Cello wrap
- Ribbon



1. In microwave, melt half of white chocolate in one bowl. Melt half of milk chocolate in another bowl. Ask a grown up to help you.
2. Dip half of the spoons in white chocolate and dip the other half in milk chocolate. Dip them as far up as the base of each spoon's bowl. Place on waxed paper and let set completely.
3. When chocolate is set, dip again in the opposite color chocolate, this time only half way up the spoon's bowl to create a layered look. Place on waxed paper to begin setting.
4. Let chocolate set only partially (about 5 minutes) then gently dip spoons in chocolate sprinkles or colored sugar.
5. Wrap spoons in cello wrap and tie with a ribbon. You can add a little tag (e.g., "stir me into your coffee").

For more fun activities to share with your child, call a Care Consultant at **1-800-809-4996**, or visit www.uaw-daimlerchryslerntc.org.

HOLIDAY PHOTO ORNAMENTS

Here's a gift the entire family will enjoy making or receiving.

You'll Need:

- A clear holiday ornament about 6" or larger with removable tops or hooks (found at most craft stores)
- Photo
- Scissors
- Pencil or paintbrush or cotton swab
- Optional: Paint, ribbon, potpourri, photo safe marker

1. Help your child take the top off of the clear bulb. Cut a picture about the same diameter as the bulb.
2. On the opposite side of the picture, mark the date, your name, your greeting, etc.
3. Wrap photo around the pencil (photo side out).
4. Slip pencil and picture into the bulb.
5. Use a pencil or cotton swab to straighten out the picture to stand upright in the middle of the bulb.
6. Fill the bulb behind the picture with potpourri, confetti or ribbon (optional – don't hide writing on photo).
7. Tie a ribbon around the top and place the top back on.

HAPPY BIRTHDAY TO...

January 15 - Martin Luther King, Jr. (1929-1968)

Martin Luther King was one of the principal leaders of the American Civil Rights Movement. In 1963, he delivered his celebrated "I Have a Dream Speech" on the steps of the Lincoln Memorial in Washington, DC.

February 12 – Abraham Lincoln (1809-1865)

Abraham Lincoln, the 16th President of the United States, issued the Emancipation Proclamation, freeing most slaves. He appears on the United States' penny.

February 22 – George Washington (1732-1799)

George Washington, the first President of the United States, played a significant role in gaining independence for the American colonies. George Washington appears on the United States' quarter and dollar.



Presidents' Day will be celebrated on Monday, February 18, 2002.

If you would like information on making decisions about your child's education, call a Care Consultant today at **1-800-809-4996** or visit www.uaw-daimlerchryslerntc.org.

CELEBRATING NEW YEAR'S EVE

The top "stroke of midnight" activities are: kissing someone (27.7%), watching the ball drop in Time Square (25.5%), making a toast (13.2%), and making resolutions (9.4%).

Source: Perrier Poll

WINTERPAK 2001 – BAKE THE BEST-EVER COOKIES

Once again, the winter chill is in the air, and the holidays are approaching. So before you light your first fire or buy that special someone the perfect gift, call Work|Life Benefits for the new WinterPak.

Along with our calendar of events, clever craft ideas and the most interesting of seasonal recipes, we are including the "Bake the Best-Ever COOKIES" book for kids! Join in the fun with your children as they "chill out" with refrigerated cookie dough, take a "Study Bake" – where they study while the cookies bake - or bake the "every day is special" Twist & Shape Cookies! So don't delay! Call your friendly Care Consultant today to receive your Wonderful WinterPak!

The WinterPak begins shipping the first day of winter, December 21, 2001, and will be available for a limited time.

TO RECEIVE A WINTERPAK, PLEASE CALL 1-800-809-4996

OR

VISIT www.uaw-daimlerchryslerntc.org

CLICK ON "WORK/LIFE" AND "FAMILY RESOURCE & REFERRAL PROGRAM"