



Work & Family Matters

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Kids and Chores



10 Signs of a Great Preschool

If your child is between the ages of 3 and 6 and attends a child care center, preschool, or kindergarten program, the National Association for the Education of Young Children (NAEYC) suggests you look for these 10 signs to make sure your child is in a good classroom.

1. Children spend most of their playing and working with materials or other children. They do not wander aimlessly, and they are not expected to sit quietly for long periods of time.
2. Children have access to various activities throughout the day. Look for assorted building blocks and other construction materials, props for pretend play, picture books, paints and

Assigning children household chores is one of the best ways to build self-esteem and a feeling of competence. Regular chores establish helpful habits and good attitudes about work. Having chores also teaches valuable lessons about life and creates an understanding that there are jobs that must be done to run a household. Children who grow up perceiving chores as a normal part of life will find the flow into adulthood much easier than those without responsibility will.

- **Ages 2 to 3:** Put toys away, fill pet's food dish, put clothes in hamper, wipe up spills, dust, pile books or magazines, choose clothes and dress self.
- **Ages 4 to 5:** Above plus, make own bed, empty wastebaskets, bring in mail or newspaper, clear table, pull weeds, use hand-held vacuum to pick up crumbs, water flowers, unload utensils from dishwasher, wash plastic dishes at sink, fix bowl of cereal.
- **Ages 6 to 7:** Above plus, sort laundry, sweep floors, handle personal hygiene, set and clear table, help make and pack lunch, weed, rake leaves, keep bedroom tidy, pour own drinks, answer telephone.
- **Ages 8 to 9:** Above plus, load dishwasher, put away groceries, vacuum, help make dinner, make own snacks, wash table after meals, put away own laundry, sew buttons, run own bath, make own breakfast, peel vegetables, cook simple food (such as toast), mop floor, take pet for a walk, pack own suitcase
- **Ages 10 and up:** Above, plus unload dishwasher, fold laundry, clean bathroom, wash windows, wash car, cook simple meal with supervision, iron clothes, do laundry, baby-sit younger siblings (with adult in the home), mow lawn, clean kitchen, clean oven, change bed, make cookies or cake from box mix, plan birthday party, have neighborhood job — such as pet care or yard work, or have a paper route.

(Excerpted with permission by NTC/Contemporary Publishing Group Inc. from [Perfect Parenting, The Dictionary of 1,000 Parenting Tips](#) by Elizabeth Pantley, copyright 1999 www.pantley.com)

American Heart Month

Valentine's Day is just around the corner. While you were cutting out paper hearts for friends, munching on chocolate hearts, or thinking of your special sweetheart, did you ever take a moment and think about your real heart? February is American Heart Month, and it's a great time to learn more about how you can stay heart healthy!

The Hardest Worker in Your Body

The heart is located on the left side of your chest, and it's about the size of your fist. It acts as a pump, sending blood, oxygen, and nutrients to all the parts of your body as well as carrying away the waste that your body produces. Blood vessels, which are attached to your heart, carry blood to and from the heart; your arteries carry oxygen-rich blood from the heart, and your veins carry stale blood, or waste, back to the heart to be "recycled."

While you're playing, studying, and even when you're sleeping, your heart is hard at work, circulating a fresh supply of blood all around your body through your blood vessels. By the time you're grown, your heart will be pumping about 2,000 gallons of blood every day...wow!

Even though you can't see your heart, you can feel it working by checking your pulse. Try pressing your index or middle finger lightly against your wrist, just below your thumb. When you're at rest, your pulse will be around 70 beats per minute, but the pulse speeds up when you're running or playing. Run in place or jump rope for a few minutes, and then see how much faster your pulse is.

Keep Your Heart Happy!

Keeping your heart healthy is important! According to the American Heart Association, heart disease is the number one cause of death in the United States. But by following some simple tips, you can help keep your heart happy and healthy:

- Get plenty of exercise. Thirty minutes of moderate exercise a day is a good rule of thumb, but you can challenge yourself with 15 to 20 minutes of more intense activity 3 days a week. Remember, exercise should be fun-do things that you enjoy and you'll be more likely to stick with it!
- Eat a variety of foods. A healthy diet includes grain products, vegetables, fruits, low-fat milk products, lean meats, fish, poultry, and dry beans.
- Don't smoke. Besides harming your heart, smoking can lead to cancer, a weakened immune system, emphysema, and a lot of other problems. Who needs that?
- Avoid alcohol. Drinking alcohol could cause your blood pressure to rise, increase your heart rate, and cause your heart to beat abnormally

other art materials, and table toys such as matching games, pegboards, and puzzles. Children should not all be doing the same thing at the same time.

3. Teachers work with individual children, small groups, and the whole group at different times during the day. They do not spend all their time with the whole group.
4. The classroom is decorated with children's original artwork, their own writing with invented spelling, and stories dictated by children to teachers.
5. Children learn numbers and the alphabet in the context of their everyday experiences. The natural world of plants and animals and meaningful activities like cooking, taking attendance, or serving snack provide the basis for learning activities.
6. Children work on projects and have long periods of time (at least one hour) to play and explore. Worksheets are used little if at all.

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- 7. Children have an opportunity to play outside every day. Outdoor play is never sacrificed for more instructional time.
- 8. Teachers read books to children individually or in small groups throughout the day, not just at group story time.
- 9. Curriculum is adapted for those who are ahead as well as those who need additional help. Teachers recognize that children's different background and experiences mean that they do not learn the same things at the same time in the same way.
- 10. Children and their parents look forward to school. Parents feel secure about sending their child to the program. Children are happy to attend; they do not cry regularly or complain of feeling sick.

Printed with permission from the [National Association for the Education of Young Children](#).



Alzheimer's Disease

The occurrence of Alzheimer's disease (AD) is not a normal development in the aging process. Alzheimer's disease is characterized by a gradual loss of memory, decline in the ability to perform routine tasks, disorientation, difficulty in learning, loss of language skills, impaired judgment and ability to plan, and personality changes. Over time, these changes become so severe that they interfere with an individual's daily functioning.

Alzheimer's disease affects as many as 4 million Americans. Most people diagnosed with AD are older than 65. However, it is possible for the disease to occur in people in their 40s and 50s.

Diagnosis

There is no single test to identify AD. A comprehensive exam should be conducted by a physician including a complete health history and physical exam, neurological and mental status assessments, as well as other lab tests. These will help rule out any other diseases which may look like Alzheimer's but are not. Physicians are now able to accurately diagnose 80–90% of people who show symptoms.

Treatment & Care

While there is no known cure for AD, scientists have found a few medications which may help control some of the symptoms. People with AD need to work closely with their doctor to determine which drugs and activities are best for them. As researchers continue to learn more about the disease, new possibilities arise.

[Source: Administration on Aging, U.S. Dept. of Health and Human Services](#)

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WEDNESDAY, FEBRUARY 21, 2007 from 3PM-4PM EST

Sit in on a free 'WEBINAR' to ensure better financial decisions.

All you need is a computer with internet access a phone and 1 hour.

15 minutes before webinar begins, Go to [NTC Website www.uawdcx.com](#)
Go to 'log on' on right side of page; user name UAWDC, password UNION
Click on WEBINARS and follow instructions



WEDNESDAY, FEBRUARY 14TH IS VALENTINE'S DAY. HAPPY VALENTINE'S DAY FROM THE CIRCLE OF LIFE COMMITTEE!