



Inside this issue:

[Happy Campers..... 1](#)
[9 Ways to Make it Better 1](#)
[Early Live-Away Dad Contact..... 2](#)
[Car Safety Seats..... 3](#)

Work & Family Matters

1.877.682.2472 UAW-Chrysler Family Resource & Referral Program FEBRUARY 2008



9 Ways to Make It Better

Here's advice about relieving the burdens of caregivers for the elderly, from veteran caregivers and the experts who have dedicated their careers to the issue.

1. COMPROMISE


Work hard to avoid family fights and resentments if you're a sibling or a relative of the primary caregiver. Don't let old issues pull you apart. This is a time to stick together.


Continued on page 2


Happy Campers


Summer camp is a rite of passage for thousands of kids -- how to find one that's right for your child? Check our tips, and get a great go-to source to help you select the best.


Camp is a big commitment -- two weeks, a big chunk of money, and countless whiny phone calls home if your kid isn't happy with the choice. Our tips?


 Make sure the camp is focused on a specific activity (or a mix of activities) that your child really likes -- not just something you'd like him to be into.


 Know your budget restraints -- of course you want your kid to have a great, memorable experience (astronaut camp sounds cool, huh?), but don't break the bank. You've got lots of other summers (and countless family vacations) to plan for.

 Think about whether your child would be happier delving into one thing intensely (aviation, art, dance, football), or whether he'd prefer a varied mix of daily activities (as you'd find in a traditional camp setting).

 Know your child's personality and strengths. Are you raising a little brainiac or an adventurous outdoor enthusiast?

 Know your child's temperament (a better indicator than age) when it comes to overnight camp vs. a day camp. Many kids under 7 or 8 aren't emotionally mature enough for a lengthy stay away from home and you -- but not every 13-year old will be happy with a lengthy overnight stay, either. If you have a homebody on your hands, don't force it.

 Let your child go with a friend -- if you do opt for an away-from-home adventure, consider having your child's best friend attend the same camp if possible, especially if this is his first camp foray.

 Ready to get going? Check out our favorite online sources for all things camp-related -- and get started making the right pick for your child now. <http://www.uaw-chrysler.com>, click on **CIRCLE OF LIFE**, then **FAMILY RESOURCE & REFERRAL PROGRAM**, or call 1.877.682.2472.

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EARLY 'LIVE-AWAY DAD' CONTACT LASTS LONGER



The period immediately following separation is crucial for the long-term contact between fathers and their children with whom they no longer live. Dads who remained closely involved with their children in the first few months following separation had a much greater chance of remaining so later on, according to a study from Statistics Canada's Research Data Centre program. At the point of separation, almost one-half of children saw their father frequently: 27% saw him at least every week, while 22% saw him every two weeks. Almost one-third saw their father monthly, for holidays only or irregularly. The remainder (19%) had no paternal visits at all, though some had contact by phone or mail.

Two years later, the frequency of paternal visits had changed for about half of the children. The study showed that fathers who visited their children regularly seldom lost contact, and fathers who were "absent" for those two years rarely began regular visits afterwards.

The study also has fascinating findings on the factors affecting live-away fathers' involvement with their kids—including their commitment to children from their new marriages or relationships.

Overall, the study suggested that fathers who were involved in their non-resident children's lives after separation did not abandon them, whatever the family commitments they later took on. Read the *Journal of Family Issues* article about the study at <http://www.ciqss.umontreal.ca/>

2. COORDINATE

Offer your services if you have skill with insurance forms, Medicare, or legal documents. Try to help prepare a game plan for when an illness becomes more severe or fatal. Adult kids often avoid that conversation.

3. ENCOURAGE

Help the caregiver find some type of professional support. If he or she is not comfortable with in-person support groups, suggest online chatrooms. Many organizations have them.

4. FACILITATE

Ask somebody who can be objective—a cleric, a social worker—to act as a negotiator in stressful situations where the caregiver may be struggling with the patient, other family members, or even health care providers.

5. INVESTIGATE

Find books, go to websites, or get in touch with organizations that can help caregivers learn about the illness of the person they're caring for; it will save them time. (1-877-682-2472)

6. ORGANIZE

Work with the caregiver to make

a list of people who can be called upon for different duties, if needed. If time is what is needed, help the caregiver schedule friends to work shifts.

7. DISCUSS

Ask the caregiver to tell his or her story or keep a journal. Writing things down can be a release and might help others better understand the caregiver's needs.

8. PLAN

Think about the services that you can offer, and be specific with the caregiver. Making yourself clear makes it easier for the caregiver to ask for your help.

9. SOCIALIZE

Create events for the caregiver and, if possible, the person for whom he or she is caring. Include them in community and family activities.

http://www.aarpmagazine.org/family/caregiving/ways_to_make_it_better.html



CAR SAFETY SEATS

One of the most important jobs you have as a parent is keeping your child safe when riding in a vehicle. Each year thousands of young children are killed or injured in car crashes. Proper use of car safety seats helps keep children safe. But with so many different car safety seats on the market, it's no wonder many parents find this overwhelming.

The type of seat your child needs depends on several things including age, size, and type of vehicle. To be sure your child is using the most appropriate seat, read on.

Types of car safety seats at a glance

The chart below is a quick guide to where to start your search. Once you've found your car safety seat, it's important to read more about the seat in this guide.

Age	Type of Seat	General Guideline
Infants	Infant-only and rear-facing convertible	All infants should always ride rear-facing until they are 1 year of age and weigh at least 20 pounds.
Toddlers Preschoolers	Convertible, combination, and forward-facing	Children 1 year of age and at least 20 pounds can ride forward-facing. It is best to ride rear-facing as long as possible.
School-aged children	Booster	Booster seats are for older children who have outgrown their forward-facing car safety seats. Children should stay in a booster seat until the adult seat belts fit correctly (usually when a child reaches about 4' 9" in height and is between 8 and 12 years of age).
Older children	Seat belts	Children who have outgrown their booster seats should ride in a lap and shoulder belt; they should ride in the back seat until 13 years of age.

<http://www.aap.org/family/carseatguide.htm>

Summer Camps: SPORTS, DANCE, ARTS, NATURE...

Whatever your adventurers may desire, we can help you find the summer camp that is right for your family.

Contact us ANYTIME to find a camp that meets your family's needs. We are available 24/7 to take your call. Visit us on the web at www.uaw-chrysler.com or 1.877.682.2472.

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