



Work & Family Matters

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1.877.682.2472 UAW-DaimlerChrysler Family Resource & Referral Program - June 2007



Eating For All Day Energy

WEDNESDAY - June 20, 2007, 3PM-4PM EST

Sit in on a free 'WEBINAR' to learn about **which are the best foods that will keep you energized.**

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](http://www.uawdcx.com) Go to 'log on' on right side of page; user name UAWDC, password UNION Click on WEBINARS and follow instructions.

Access Archives

If you are unable to join the Webinar, you can still benefit. Webinars archives are available through the Family Resource & Referral website:

www.UAWDCX.com

Camping With Children

Take an adventure with your children along a trail through mother nature, noticing the birds, bugs, and berries. It will awaken your own senses to the incredible beauty around you, and help your children discover nature. Your youngsters will learn that the woods are alive as they catch their first fish, see a deer, hike through a field of breathtaking wildflowers, or listen to the night sounds of frogs, crickets, owls, and coyotes.

Many of the following tips are provided for families taking youngsters on their first camping experience, although some tips are appropriate for family campers of all skill levels.

Plan together. To motivate and excite everyone, you will need to plan your excursion together, from pulling out the maps, guides, and brochures, to making campground reservations, determining activities, and checking gear. Part of the fun is simply deciding where to go and the anticipation that builds as the trip draws near. Allow your children to participate at a level they can handle. Let them help decide where to go, what to eat, and what to do when you arrive at camp. Allowing each member to contribute will help the family function better as a team.

Prepare them before heading out. Backyard camping is a great way to teach your children how to set up their own tents, use camp gear properly, and avoid accidents. Setting up camp behind your house will allow them to become familiar with sleeping in a tent, while sparking an interest in the fun activities camping can offer. Bring plenty of snacks and games for the nighttime activities.

Familiarize them with the outdoors. Youth that have trouble with camping are sometimes intimidated by the unfamiliar surroundings and unprepared for the uniqueness of the experience. Try an after-work hike, a marshmallow roast, or an evening fishing trip. Mini adventures after work will help your youngsters develop a feeling for the outdoors and eliminate many fears they might have about their first camping adventure.

Bring extra gear. Always remember that with children, clothing will get wet and dirty. Bring plenty of extra clothing to help them stay warm, dry, and comfortable. Once children become uncomfortable, everyone will know it.

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The Boomerang Generation

The Boomerang Generation is a term used to describe adult children who choose to move back in with their parents after a brief period of living on their own, usually while attending college, or who have never left the family home at all. Typically coinciding with economic downturns and rising unemployment, this trend also affords the 18 to 24-year old an opportunity to explore unpaid internships or advanced educational opportunities without the burden of fully maintaining their own finances.

With many of their friends in the same boat, the stigma of returning to the family home is greatly reduced. While this experience can be fraught with tension, it can also be of potential benefit to both the child and the parent. In some societies, such as Asian and Hispanic cultures, it is commonplace for parents to take care of their children even into adulthood. The children, in turn, care for their parents into old age rather than turning to a third party such as a nursing home or assisted living arrangement.

Studies show that the boomerang arrangement works best when the following factors are present:

- The boomerang child pays rent or contributes in some manner to the household; statistics show that about half of returning children pay rent.
- The boomerang child gets along well with Mom; the relationship with Dad seems to be less of a factor.
- The return is temporary and is a one-time occurrence. Children who boomerang repeatedly find that the relationship with their parents worsens each time they return home.
- The parents are in a long-term marriage.
- There is a clear-cut need for the child to return home.
- The boomerang child is good natured and is good company—this is especially important for Mom.

What can you do to ensure that your boomerang arrangement is a win-win situation for all?

- Set house rules and stick to them.
- Set a firm departure date, whether it is one week, three weeks, or three months.
- Negotiate responsibilities such as payment of rent or household duties (e.g., doing laundry, buying groceries, or making dinner).
- Be aware of your own financial future. Decide if and how much you are able to help. Children of all ages tend to think of their parents as being wealthy—even though that may be far from the truth!
- Remember that while you want to help your child as much as possible, they have decades to work and build their financial security, while you may only be a few years away from retirement.

Don't forget warmer clothing to ward off the night chill and warm sleeping bags for comfortable rest.

Bring gear that specifically meets their needs, including time-release insect repellents. DEET, the most effective insect repellent available, can be a significant concern for parents of younger users. To address this concern, many manufacturers are now offering time-release products that minimize overall exposure yet provide an effective repellent to mosquitoes and other pesky insects. Other natural formulations are available on the market, with varying degrees of effectiveness. Look for sunscreen with a high level of protection from the sun's harmful rays. Don't forget medicines in appropriate strengths, bandages, hats, and additional protective clothing for inclement weather.

Allow younger children to bring a few select toys, teddy bears or games. Avoid the temptation to bring too many or you can guarantee that parts will be lost and clutter will become a problem. A small daypack for each child may be the answer for some families. Inside the pack, youngsters should include a personal stash of snacks, safety gear, and extra clothing.

Bring plenty of snacks.

Trail mix, jerky, apples, and cookies are certainly part of the experience for many campers. Take food your family likes to eat. Your

family will be happier if they are fed well.

Bring a camera. Collect the memories as you make them. Photograph the first fish, the family campsite, a water fight, or the day hike destination. Your family will savor these moments when they are grown. Bringing a camera will also help keep the fondest memories fresh when it comes time to plan your next camping excursion.

Keep first trips short. Keep your first campout short. It is always better to bring them home before they are ready to go, leaving them hungry for more. By keeping trips short, it is easier to plan, keep everyone's energy up, and leave on a good note.

Teach them respect. Respect for Mother Nature may help save a child's life. Skills acquired in the outdoors will last a lifetime. These skills include what to do if you get lost, how to start a fire, catching and cleaning fish, and identifying wildlife. In addition, respect for the outdoors will help preserve the beauty that you enjoy for other generations to follow. When teaching youth about the outdoors, we also learn more about ourselves.

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Homework Help... the Moment Your Child Needs It!

Homework Online

Tutor.com, a leader in live, online tutoring, is now offering 90 minutes of homework assistance for UAW-DaimlerChrysler employees **at no cost**. This online service is convenient and on-demand, and provides personalized help with school work when students need it. All tutors are certified through a rigorous training program.

When students log on, they are instantly connected with a subject expert in an easy-to-use online classroom. The tutor and the student can chat, use a whiteboard, browse Web pages that the tutor feels are pertinent to the subject matter, and share files in the interactive, online classroom. Sessions are saved so that the student can review and print them. The tutors guide the students to find the answers to their questions, versus simply telling them the answers. Parents can also go online to get assistance, as well as to check out the service prior to their children connecting to the site.

The first 90 minutes of the Online Homework Assistance service is provided at no cost to UAW-DaimlerChrysler employees. If an employee desires additional online tutoring services, they may opt to work directly with Tutor.com to purchase additional time.

Tutor.com Direct offers students and families an affordable pricing plan for any budget. You may choose to Pay As You Go, or select a more cost-effective monthly plan. Prices range from \$25/hr to \$35/hr depending upon the package chosen.

GETTING STARTED

- Go to www.uawdcx.com, then click on CIRCLE OF LIFE, then FAMILY RESOURCE & REFERRAL PROGRAM, then, "log on" with USER ID: *UAWDC*, and PASSWORD: *UNION*.
- Click on Homework Hotline.
- Click on Tutor.com.
- Choose your plant location from the drop-down menu.
- Click on the TUTOR.COM link.
- Click on VIEW DEMO, a three-minute video that is OPTIONAL, but highly recommended to maximize your experience.
- Click on GET STARTED and enter **promotional code** "UAWDCC."
- Enter your e-mail address, then create a password.