



Work & Family Matters

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Contact the **UAW-Chrysler Family Resource & Referral Program 1.877.682.2472** for 24/7 assistance



Healthy Sleep

Children’s health and behavior take a nose dive when their sleep habits are out of whack. Adequate sleep will boost your child’s energy and enthusiasm. Good-quality sleep also can help your child learn more easily and reduce many behavioral problems.

How Much Is Enough?

Generally, between the ages of 6 and 9, most children need about 10 hours of sleep a night, while preteens need a little over 9 hours. Your child may require more sleep if he or she:

- Has a short attention span,

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Advice for New Grandparents

From the moment you get the news that you’re going to be a grandparent, your actions and reactions matter. Here are some suggestions for new grandparents that will earn you the gratitude of the expectant parents, and smooth the way for a great relationship with your coming grandchild.



Smile and be happy when you get the news. Even if you think the kids should wait for a new job, a raise, or a bigger house, smile and be happy for them when they give you the news. Be sure to let them pass on the good news to friends, neighbors, and the rest of the relatives. If the couple would like to wait a while before sharing their news, respect their wishes and keep the news to yourself.

Let them do it their way. No matter if you agree with their decisions or not, respect their wishes. If they decide to have a home birth rather than a hospital, try not to worry and don’t say a word. If you are dying to be in the delivery room, but they decide not to invite anyone in, respect their wishes. It is their baby. Your future relationship with both your child (or in-law) and your future grandchild depends on it.

Emphasize the positive. Tell happy and/or funny stories about when you were expecting, but don’t share the story of the 32-hour delivery, and the amount of pain you were in. They would much rather hear about the joys of parenthood—and there are many for you to share.

Be compassionate and understanding to the mother-to-be. Expectant mothers naturally are focused on themselves and the new life growing inside them. If they don’t seem interested in your stories and thoughts, be patient.

Don’t buy out the stores. If you can’t help yourself, pick up a few minor things and gauge the reaction. Perhaps the couple wants to buy these things for themselves; or, perhaps they are thankful and excited to see what you have purchased.

Don’t make any major decisions or drastic lifestyle changes. Don’t quit your job or decide to move to be closer to the couple in anticipation of the birth. Wait and see how much you are going to be needed and wanted in your grandchild’s life.

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Healthy Sleep (Continued from page 1)

- or is irritable or restless
- Has unusually low energy and activity levels
- Is more tearful, anxious, defensive or impatient than usual

Sleep Tips for Your Children

- Set a regular time for bed each night and stick to it
- Avoid feeding children big meals close to bedtime
- Avoid giving anything with caffeine less than six hours before bedtime
- Make after-dinner playtime a relaxing time
- Establish a calming bedtime routine

Note: Each child is different and has his or her own way of approaching sleep. Some take extra time to fall asleep, while others wake more often during the night. You know your child's personal habits best, so with a little trial and error, you should succeed in finding a routine that suits your family.

Reprinted from: Federal Citizen Information Center, Consumer Focus: Back to School, <http://www.pueblo.gsa.gov/cfocus/cfschool06/focus.htm#top5>; site accessed August 27, 2007.



Top 5 Causes of Missed School

Children in large groups are breeding grounds for the organisms that cause illness. Here is a lineup of the top five infectious illnesses that keep kids home from school and child care.

Colds

Children typically have six to ten colds a year and also tend to have more severe and longer lasting symptoms than do adults. The good news is that you or your child should be feeling better in about a week. If symptoms aren't improving in that time, see your doctor to make sure your child doesn't have a bacterial infection in the lungs, sinuses or ears.

Stomach Flu

The second most common childhood illness is gastroenteritis, more commonly known as the stomach flu. This illness can lead to dehydration. Signs and symptoms of dehydration include: excessive thirst, dry mouth, severe weakness or lethargy, nausea or vomiting.

Ear Infection

Middle ear infections occur most often in babies and children between the ages of 4 months and 5 years. Most children have had at least one ear infection by the time they're 3 years old. It can be difficult to distinguish between ear infections caused by bacteria and those caused by viruses. For most otherwise healthy kids over 6 months of age, watchful waiting is a reasonable choice for suspected ear infections. They often clear up without antibiotics. But this may not be the best option for every child. If your child has recurrent ear infections, hearing loss or other health conditions, your doctor may suggest antibiotics or ear tubes.

Pink Eye

Also known as conjunctivitis, it is an inflammation of the clear membrane that covers the white part of the eye and lines the inner surface of the eyelids. When caused by viruses or bacteria, it is highly contagious. Warm or cool compresses may ease your child's discomfort. Signs and symptoms of pink eye include: redness and or itchiness in one or both eyes, blurred vision and sensitivity to light, and tearing.

Sore Throat

Dry scratchiness and painful swallowing are the hallmarks of a sore throat but it is most often a symptom of another illness – usually a viral infection such as a cold or the flu. Most sore throats usually go away on their own in a few days. Only a small portion of sore throats are the result of strep throat. Strep throat is most common in children between the ages of 5 and 15, but can affect people of all ages. Fevers above 101°F are common in strep throat, and swallowing can be so painful that your child may have difficulty eating. Antibiotics are required to combat strep throat.

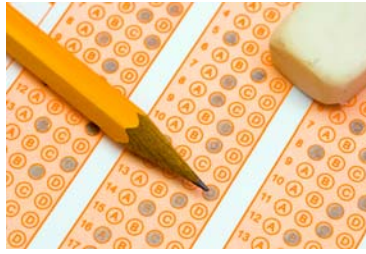
Note: The single most important thing your child can do to prevent illness is to wash his or her hands thoroughly and frequently. Despite your best efforts, your child is going to get sick – especially during his or her first few years of contact with larger groups of children. But a child's immunity improves with time. School-age children gradually become less prone to common illnesses and recover more quickly from the diseases they do catch.

Reprinted from: Federal Citizen Information Center, Consumer Focus: Back to School, http://www.usa.gov/Topics/Back_to_School; site accessed August 27, 2007.

Help out, but don't overdo it. Particularly after the birth, the young couple will probably need some help, but don't take over. You may make them feel that you think they are not capable of doing things on their own. If you do go to help, make sure to help with the housework and let the new mom and dad focus on the baby themselves.

Keep doubts about the spouse to yourself. If you have bad feelings or misgivings about your daughter or son's spouse, keep your thoughts to yourself. That person is going to be the parent of your grandchild. Give the spouse a chance to prove him or herself in their new role as a parent.

Be prepared to share. Remember that in most families there is another set of grandparents (and sometimes two or three other sets). If you don't know the other family well, now may be the time to plan a get-together and get to know them better—before the baby comes. Once the baby arrives, don't inundate the couple with grandparents. Especially right after the birth, do some planning and don't arrive all at once—eager to help and take over. Remember, you have many years ahead of you as a grandparent (all of you!!).



Most colleges and universities require their applicants to take at least one standardized test for their consideration for admission. For most students, this usually means taking the SAT I: Reasoning Test (formerly called the SAT).

Most selective colleges also require one, two, or even three SAT II: Subject tests (formerly called Achievement Tests). If you live in certain parts of the country, the ACT may be the more common test. The ACT is another standardized test used for college admission. Most colleges and universities will accept either the SAT or the ACT. Sometimes the ACT can be taken instead of the SAT I, and sometimes instead of both the SAT I and SAT II. The ACT is a test which most students should consider taking at least once; by doing so, you could be giving yourself more options. One of the following pages is a comparison summary of the two tests.

Whatever standardized test(s) you take, remember that you are responsible for seeing to it that the respective testing agency forwards your score(s) in a timely fashion to the colleges to which you will be applying. Your test scores may or may not appear on your high school transcript, but even when they do, most colleges will still want an official report from the testing agency.

You are also responsible for *registering yourself* for each of the standardized tests you take. Registration materials are available in your school guidance or college counseling office, and you can also register online at www.collegeboard.org for SAT I and II, and at www.act.org for the ACT.

