



Work & Family Matters

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September 2007 UAW-Chrysler Family Resource & Referral Program 1-877.682.2472



Your Cramming Days Are Over

In college, you may be shocked by the workload you suddenly face. Read a whole book for the next class? A test on three chapters when the semester has hardly begun?

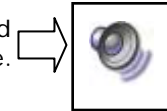
Think of college as a full-time job, in which you spend about 40 hours a week on class, labs, section meetings, and study groups, and doing homework. And you're largely responsible for deciding exactly how much time to allocate to each task. Getting organized and using your time well are key to succeeding academically.

Decide Where and When to Study

Come up with a specific plan for where and what you'll study during any gaps in your schedule. In addition to making use of transitional times during the day, it's generally a good idea to avoid studying too late at night, when you tend to be tired, work inefficiently, and forget much of the material you cover.

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Turn up sound and click here.



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, 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.

Family Resource & Referral Program is a free benefit that offers...

- For UAW-represented employees
- 24/7 access
- Educational materials for parents on family topics
- Delivery to your doorstep, email or fax
- Child and after school care referrals anywhere in the U.S.
- Free homework assistance

Call today for free resources and referrals. Topics include:

- Child care
- Homework assistance
- College preparatory
- Special needs
- Developmental stages
- Potty training

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The best places to study have the following qualities:

- Good light
- Comfortable temperature
- Good desk space

Develop Good Study Habits Early On

- Have a routine for where and when you study.
- Do things that are harder or require more intense thought earlier in the day.
- Take breaks so that you stay fresh and don't waste time looking at material but not absorbing it.
- Make use of "dead" time right before and after class and in breaks between other activities.

Do the Reading

There's a big difference between reading effectively and merely skimming the text without thinking about your relationship to the material. To read more effectively:

- Read assigned materials before class so that you'll be able to ask questions about and have a context for understanding them.
- Take notes on the reading instead of highlighting the text. It's a more active form of learning, because it requires you to think through and rephrase the key points. Later, you can highlight the important ideas from your notes on the reading and your class notes.

THE HOMEWORK EXPERIENCE



Wednesday, September 19, 2007

3:00 P.M. Eastern Time

and

7:00 P.M. Eastern Time

Sit in on a free 'WEBINAR' to help parents and families develop strategies to provide the best opportunities for a successful school year.

In this webinar, participants will learn about:

- Setting expectations for homework and communications between the home and school.
- Tools and strategies for monitoring your child's progress.
- Team planning strategies for school and homework improvement.
- Common areas of difficulty and some simple strategies and activities for helping at home.

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

15 minutes before webinar begins:

Go to [NTC Website www.uawdcx.com](http://www.uawdcx.com)

Then, go to 'log on' (right side of page)

User name: UAWDC

Password: UNION

Click on **WEBINARS** and follow instructions

Did You Know . . .

The Family Resource & Referral Program offers a Convenience & Concierge Service, free of charge to all UAW-represented DaimlerChrysler employees. Topics include but are not limited to:

- Car Services
- Entertainment (dining and nightlife)
- Travel and Transportation
- Housing topics
- Community Resources

Simply call **1.877.682.2472 ANYTIME** to speak with a Care Consultant. Let us help save you time so that you can spend it with those who matter most to you!!