



Work & Family Matters

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How Often Does Your Pet Need a Wellness Exam?

For millions of health-conscious Americans, the annual checkup has become a routine practice. Like people, dogs and cats can also benefit from routine wellness exams, too. But with one important difference - pets age faster than people.

On average, most dogs and cats reach adulthood by age two. By age four, many pets are entering middle age. And by age seven, most dogs, particularly larger breeds, are entering their senior years.

Family Fitness Fun



Two of the most common resolutions made every year are to be fit and/or lose weight and to spend more time with the family. Most of us can relate to making and breaking one or both of those resolutions in the past.

Here's how the Family Education Network suggests you keep your exercise fun, consistent, and safe:

- Warm up! Take a few minutes to stretch before any activity.
- Keep safety in mind. Wear appropriate headgear or pads when cycling or skating. (Moms and dads, this also means you).
- Let a different family member pick their favorite activity for the whole family to do together each week.
- Buy a notebook and use it as a fitness diary. Record how long or far each family member walked, ran, or cycled each day.
- Stick to a schedule. Make regular physical activity a part of your family's daily routine.

Source: Excerpted by Child Care Aware.
<http://www.childcareaware.org/en/areyouaware/articles.php?id=36>

Principles of Better Grandparenting

A good grandparent is devoted to the family and has a vision of the family as extending from the past into the future, and that the grandparent's role is to assure it's quality and safety, by deed, attitude and example.

A good grandparent works as a "team" with parents.

A good grandparent grows in the role using the wisdom, experience and long view of life conferred by age to benefit all.

Grandparenting is a stage of life that calls for maturity and selflessness, and an understanding and forgiving nature.

When a parent becomes a grandparent they become a guardian of two generations of their family.

Being a grandparent gives important meaning to later life.

Good grandparents convene family conferences to set standards and iron out disagreements.

Good grandparents foster family openness and communication

The qualities of a good grandparent are of the spirit. They include selflessness, altruism, loving, caring, supportive, non-judgmental, tolerant, accepting all the changes and generational difference. Teaching, role model, nurturer, supporting the family, historian, caretaker, spiritual guide, crony, wizard....

Source: Permission granted by Dr. Arthur Kornhaber, The Foundation For Grandparenting, <http://www.grandparenting.org/>



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Because dogs and cats age seven times faster, on average, than people, significant health changes can occur in a short period of time. The risks of cancer, diabetes, obesity, arthritis, heart disease, metabolic problems, and other serious conditions all increase with age.

Taking a dog or cat to the veterinarian once a year is the same as a person seeing their doctor or dentist once every seven years. It is recommended that pets have a wellness exam every six months so that veterinarians have an opportunity to detect, treat, or ideally, prevent problems before they become life-threatening. Prevention is the real goal of twice-a-year wellness exams.

Source: Reprinted with the express permission of the publisher from of the American Veterinary Medical Association Web site, <http://www.avma.org>.

Did You Know...?

The Family Resource and Referral program has a new phone number?

1.877. NTC.CIRCLE
(1.877.682.2472)

This program was designed to help you and your family balance your work and life.

Care Consultants are available 24/7 to help you with a variety of topics, such as:

- Find child care in your area
- Locate elder care facilities nation-wide
- Prepare teens for college
- Plan a family trip
- Locate a pet groomer
- Find summer camps
- Search for that perfect gift

To learn more about this FREE benefit, please contact us today or check us out online at:

www.uawdcx.com

click on Circle of Life, then Family Resource & Referral

Help Children Develop Self-Control



Self-control, also known as impulse control, is the ability to suppress the urge to do or say something. It means comprehending consequences of behavior. Adults, who themselves may have difficulty with some aspects of impulse control, often expect children to have better control over their emotions and actions. Research and experience teach that children are developmentally driven to perform certain activities, including testing limits. As a rule, children, especially young children, do not consciously plot to make parents angry or upset. They simply do not have mature impulse control.

What does this mean? Parents need to help children develop impulse control and in some cases, be the impulse control. How? Research has clearly proven that responding promptly to an infant's needs decreases future crying and anxiety. So learn what those cries mean—"I'm hungry, I'm tired, I'm lonely." Verbalize what you're doing. "I'm going to leave the room, but I'll come back through that door." While infants may not initially understand the words, they will certainly respond to nurturing facial expressions and tone of voice. Additionally, a regular routine and schedule help babies develop feelings of security and attachment, which will aid in later development of self-control skills.

Music and movement can be tools in helping older children develop impulse control. Songs, such as John Jacob Jingleheimer Schmidt, give children practice in controlling the volume of their voices. Songs that entail omitting of words or letters, such as B I N G O, require children to "speak" in their minds.

Frequent intervals of physical activity can often benefit children who are very active and have trouble controlling their body in relation to others. These children may frequently hit or trip their siblings or friends. Offer help, as in "What can I do to help you control your hands (or feet)?" Aid children in developing a sense of where their own bodies start and stop by having them dance and use different arm and leg motions. The Hokey Pokey is a good game for this.

Other impulse control games are Red Light, Green Light, Mother May I and Simon Says. While entertaining and fun, these activities require children to think about their actions and to control their movements.

Build on your children's strengths by implementing some of the suggested activities. They will begin to develop the ability to control themselves and their impulses.

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<http://www.fcs.msue.msu.edu>