

Grandparents Corner February 2011

Stress and Parenting:

Stress is a normal part of parenting.

- All parents feel stress at times.
- Illness, a new baby or other family changes can increase stress
- Knowing how to handle stress will help you become a better parent.

Taking care of yourself will help with stress:

- Eat well and get plenty of rest
- Avoid alcohol, drugs and caffeine
- Exercise is a great way to lower stress

Don't try to do it all:

- Juggling family, housework, a job-it's a lot for anyone to handle
- When possible, share household jobs. Have everyone in the home pitch in.
- Ask a friend, neighbor or relative if they can help

Catch special moments with your kids:

- Talk while doing dishes. Make cleaning a game
- Listen to music while sharing everyday chores.
- Make the walk or ride to school your special time together.

Take a break when you can and talk with other parents .

Know when to get help:

- If you feel out of control or are afraid you might hurt your child, get help right away.
- If you feel stressed a lot, talk to a doctor or counselor.



Ten things you can do to relieve stress right now

1. Give yourself a time-out
2. Take ten slow, deep breaths
3. Look at a special photo of you and your child
4. Exercise. Jog in place. Dance
5. Call a friend
6. Change the scenery
7. Cry or yell (away from the children).
8. Write your feelings down
9. Remember, this stressful time will soon pass
10. Forgive yourself. Say out loud "I am a good parent."

QUICK QUIZ

After age 50, people should have their eyes examined every 1 to 2 years to screen for vision problems like cataracts, glaucoma, diabetic retinopathy, and age-related macular degeneration. Read the issue and answer True or False to the questions below.

- 1 A specialist in eye disease is an ophthalmologist and someone who examines the eyes is called an optometrist. TF
- 2 An ophthalmologist should be seen without delay if the person in your care has danger signs such as changes in the color or size of an object when one eye is covered or when straight poles appear bent or wavy. TF
- 3 There are products and aids that will help the person adjust to low vision. TF
- 4 Falls are the leading cause of death, injury and hospital admissions among the elderly population. TF
- 5 Medications can increase the risk of falling. TF
- 6 Parkinson's, Alzheimer's and arthritis do not contribute to falls. TF
- 7 Some frail seniors hold onto furniture or other items while moving through the home so until canes or walkers are introduced, keep everything securely in place. TF
- 8 Lighting does not affect whether a person might fall. TF
- 9 A senior is *less likely* to fall if he or she is barefoot. TF
- 10 As much as possible, the color of furniture, toilet seats, counters, etc., should be *different* from the floor color. TF

KEY: 1. T; 2. T; 3. T; 4. T; 5. T; 6. F; 7. T; 8. F; 9. F; 10. T

