Grandparents Corner

June 2013

Internet Safety Month

With the click of a mouse, your kids can jump onto the World Wide Web. The Web can be an amazing resource to assist them with research term papers, connect with family and friends, play games, and provide the ability to keep up with changing times and cultures.

Despite the benefits, the Web can be a very dangerous place, especially for children and teenagers who do not know how to avoid internet danger zones such as inappropriate material, identity theft, predators and cyber bullies.

As parents, we want to do all we can to protect our children from harm. So, what should we do as a parental advisor? Start by following a few basic safety tips:

Limit Screen Time - The less time a child spends online, the less chance they have of finding inappropriate material, predators and other dangers. According to the American Academy of Pediatrics, for children, the recommended time in one day to spend on the computer should be no more than 2 hours a day.

Watch the Computer - It is easier to monitor your child's online activity when your computer is in a common area of your home, like a den or the kitchen. Avoid letting children, even teenagers, to have a computer permanently located in their bedroom.

Track Their Activities - There are multiple software packages that you can purchase that allow you to monitor past online surfing and check often to make sure your child is not visiting sites that are off-limits.

Talk Often - Educate, educate, educate your child about Internet safety and responsible online behavior. Let them know that they can speak with you and should come to you if they ever feel threatened or uncomfortable with messages, content or other online experiences.

Become Net-Savvy - Sometimes, it is difficult to set rules and enforce the rules if you don't understand what a blog is or how MySpace, Club Penguin or Facebook works. Take the time to visit the frequent sites that your child visits.

Source: www.healthychildren.org

American Academy of Pediatrics

QUICK QUIZ

Creating a safe home has many aspects including making a list of vital care information including the individual's doctor, medications and insurance information, and placing on the refrigerator for emergency workers. Answer True or False to the questions below.

1. Creating a safe home environment for a person with Alzheimer's disease (AD) requires changes that would be made for any older person, but you should also consider any physical or mental disabilities they have that are unique to AD.
   T   F

2. The environment should be set up to be suitable for the symptoms of AD.
   T   F

3. AD symptoms become worse as time goes on - in the early stage, it causes mostly thinking (cognitive) difficulties.   T   F

4. People with AD are sometimes confused about how to find a particular room.
   T   F

5. Having an alcoholic drink before bed will help with a good night's sleep.   T   F

6. As AD progresses, it is never necessary to remove the knobs from the stove or to cover them so that the person in your care will not notice them.   T   F

7. People with AD do not experience changes in sensitivity to temperature.
   T   F

8. Rushing is a major cause of falls.   T   F

9. Not all changes to the home have to be made at once.   T   F

10. When making changes to a home, it is important to be aware and sensitive to what these possessions mean to the person and proceed with sensitivity.
    T   F

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