

The Comfort of Home®

Grand-Parenting News

“ C A R I N G F O R Y O U ... C A R I N G F O R O T H E R S ”

Safeguarding Kids at School

Dealing with Bullies

With the school year in full swing, it's natural for your grandchild to be experiencing social stress at school sometimes. But if the child is a victim of regular bullying, he or she will need coaching and intervention to help deal with the problem. Chronic bullying of a child is a very serious problem that needs to be addressed to avoid consequences such as depression, poor grades, inability to concentrate, and even fear of school. Below are tips from the American Academy of Pediatrics.

When Your Grandchild Is Bullied

Help your child learn how to respond by teaching him how to:

1. Look the bully in the eye.
2. Stand tall and stay calm in a difficult situation.
3. Walk away.

- ✓ **Teach your child** when and how to ask for help.
- ✓ **Encourage your child** to make friends with other children.
- ✓ **Support activities** that interest your child.
- ✓ **Alert school officials** to the problems and work with them on solutions.
- ✓ **Make sure an adult who knows about the bullying** can watch out for your child's safety and well-being when you cannot be there.

When Your Grandchild Is the Bully

- Be sure your child knows that bullying is never OK.
- Set firm and consistent limits on your child's aggressive behavior.
- Be a positive role model. Show children they can get what they want without teasing, threatening or hurting someone.
- Use effective, non-physical discipline, such as loss of privileges.
- Develop practical solutions with the school principal, teachers, counselors, and parents of the children your child has bullied.

When Your Grandchild Is a Bystander

- Tell your child not to cheer on or even quietly watch bullying.
- Encourage your child to tell a trusted adult about the bullying.



- Help your child support other children who may be bullied.
- Encourage your child to include these children in activities.
- Encourage your child to join with others in telling bullies to stop.

Source: American Academy of Pediatrics,
www.aap.org/advocacy/releases/augschool.cfm

Holidays on a Budget



This year, most families are affected by economic setbacks and need to cut back on holiday spending. Ways to maximize the holiday spirit without spending a bundle:

Go on a “home-cation”: This is an economical alternative to going on a vacation. If you like to camp, set up tents or sleeping bags in the backyard or in one room of the house and read stories with flashlights. Turn your kitchen into a restaurant and let the kids design a menu and order from it, or play at being chef and server.

Connect by computer: “Visit” for free with friends and family. All you need is an internet connection and a *webcam*, a small video camera that attaches to your computer. It videos you, so that your friend at the other end of the line can see you on his computer screen. Webcams costs as little as \$20. Sign up for Skype, a free service that lets you talk over the internet using your computer’s speakers instead of a phone. To sign up for Skype, visit www.skype.com.

Send e-mail holiday greetings: Save on cards and postage by e-mailing family and friends a holiday message.

Create personal holiday decorations: Create a holiday feel for your home by trimming the tree and windows with art created by the family.

Host a potluck party: While you may be used to cooking for the entire family and friends, ask each guest to bring a dish to your party or holiday meal.

Keep Kids Safe

Fire Safety

One-fourth of all fire-related deaths of children are from fires *started* by children. Keep lighters and matches out of the reach of children. Never leave children unattended near a stove, fire or space heater. (Oil space heaters are generally safer than electric space heaters.) Be sure all children sleeping in the home know how to follow an escape plan in case of fire.

Dressing Children for Winter Weather

Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Clothing for children should consist of thermal long johns, turtlenecks, one or two shirts, pants, sweater, coat, warm socks, boots, gloves or mittens, and a hat.



- The rule of thumb for older babies and young children is to dress them in **one more layer** of clothing than an adult would wear in the same conditions.
- Blankets, quilts, pillows, sheepskins and other loose bedding may contribute to Sudden Infant Death Syndrome (SIDS) and should be kept out of an infant’s sleeping environment. Sleep clothing like one-piece sleepers is preferred.
- If a blanket must be used to keep a sleeping infant warm, it should be tucked in around the crib mattress, reaching only as far as your baby’s chest, so the infant’s face is less likely to become covered by bedding.

Taking Care of Yourself

Setting goals

Many of us set goals but don't reach them. That's because to reach a goal, we also need a plan. The next time you set a new goal or make a resolution, write a plan to go with it. The plan can include a time frame, the action steps you need to take, the support systems you will use and a vision of how you will feel when you meet your goal.

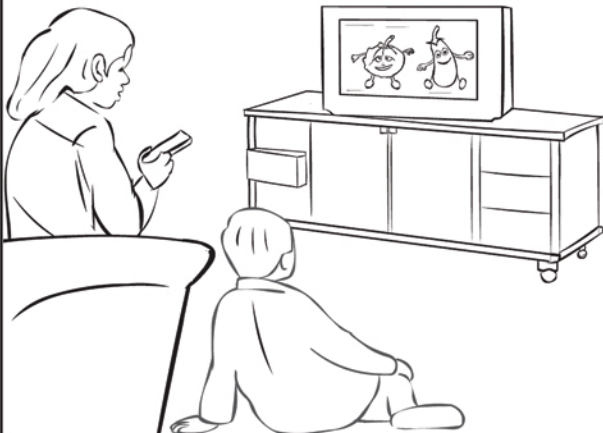
Source: www.family.samhsa.gov/be/goals.aspx

Soup Up Family Meals: Soups are one of the most inexpensive dishes to make, usually very healthy, and certainly perfect for cold winter days. Pick two or three recipes for the season, and make oversize batches that will last through the week or can be frozen for later use. Try a hearty vegetable soup, split pea or lentil, or minestrone.



Live Life Laughing!

My children refuse to eat anything that hasn't danced on television.



Inspiration

Children have never been very good at **listening** to their elders, but they have never failed to **imitate** them.

~James Arthur Baldwin

Hearing Safety

Hearing loss is increasing among children in the United States, in part because of noise. Today's child has far greater exposure to loud video games, television, concerts, stereos and action movies. This kind of hearing loss is preventable: Be sure to check your child's headsets to control the volume.

Visit www.childrenshearing.org and the **League for Hard of Hearing** at www.lhh.org.

Our Purpose

To provide caregivers with critical information enabling them to do their job with confidence, pride and competence.

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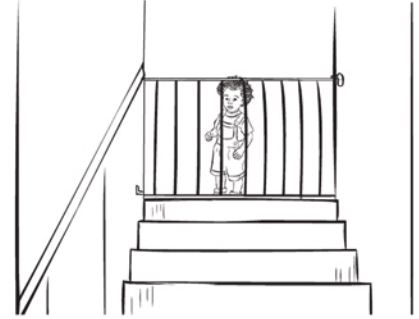
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Prevent Falls

More than 2 million children are treated in hospitals each year for falls. Some basic tips to prevent fall injury include:

- Keep furniture away from windows, and put safety latches on all windows above the first floor. (Screens do not prevent falls.)
- Carefully supervise children in baby walkers. Many children have fallen down staircases while in a baby walker.
- Staircases should have gates at the top and bottom. The top gate should be affixed to the wall so it can't pop out.
- Use safety straps in high-chairs, shopping carts and strollers.
- If your playground does not have a soft surface, keep kids on equipment that is close to the ground. Stand next to children when they are climbing.



Source: Canadian Institute of Child Health www.safekidscanada.ca; Safe Kids USA www.usa.safekids.org