



# Parents in the Know

## Focus on Healthy Families

### Internet Safety



The Internet is a wonderful tool to help your child connect with people in her neighborhood and around the world. However, it is vital that you know what your child is up to online. Some important things for you to do are:

1. Know how to block inappropriate websites and material
2. Keep the computer your child uses in a common area
3. Share your child's e-mail account so that you can check in
4. Bookmark sites your child uses on so that your child has easy access
5. Set up rules for using the Internet such as no trading pictures

### Helping Your Child Make Friends



Making friends comes easily for some children. For others, it is harder. Part of making friends is just having opportunity. So, it's important to get to know the children in your neighborhood and try to get your child involved in a social activity or sport if possible.

If your child has difficulty making friends you might need to work on a few things:

- Help your child learn how to ask to join in or approach new people.
- Role play situations and discuss taking turns, negotiating, etc.
- Ask your child's teacher about children who might be good candidates for play dates.

### How Was Your Day?

Don't be surprised if you ask your child, "How was your day?" And, he says, "Fine". Then, you follow up with, "What did you do?". And, he says, "Nothing." It's happened to us all. Don't stop asking, try asking different questions such as:

- \* Who did you sit with on the bus today?
- \* You write such great stories. What are you learning in English / Language Arts?
- \* I saw the family that moved in down the street. Have you met their daughter Sue?
- \* I know you were worried about that math test. How did it go? What do we need to work on?
- \* What do you like best about your teacher?
- \* Why don't we go to the library this weekend and find a book that we can read together?
- \* What is your favorite subject? Why?
- \* What subjects do you think are your best? Why?
- \* Who are your friends at school? Have I met their parents? Would you like to have them over?
- \* What would you change about school if you could?



### What Research Says

KidsHealth reports that children who watch more than 4 hours of television a day are more likely to be overweight. Watching too much television limits physical activity, time spent with others, and schoolwork. Children who watch television without supervision are often exposed to violence and risky behaviors such as smoking and drinking. If you can't watch television with your child, record programs, let your child choose from videos you have selected, or encourage your child to watch public television.

Based on: "How TV Affects Your Child", KidsHealth.org,  
[http://kidshealth.org/parent/positive/family/tv\\_affects\\_child.html](http://kidshealth.org/parent/positive/family/tv_affects_child.html)

All clip art and photos from Clipart.com

# Healthy Families

## Outdoor Games

Summer provides a wonderful opportunity to enjoy the great outdoors. Children love to bike, swim, skateboard, rollerblade, play sports, and go to the playground. However, if you are looking for something more interactive to do with your child, consider playing a classic children's game:

|               |              |
|---------------|--------------|
| Hide and Seek | Kick the Can |
| Four Square   | Hopscotch    |
| Jump-Rope     | Tag          |
| Shadow Tag    | Marbles      |



<http://www.childandfamilymentalhealth.com/wp-content/uploads/2012/10/April-2010ParentChild.jpg>

## Whatever Happened to Board Games?

We've all heard of some of the classic board games like Scrabble, Monopoly, and Life. However, the game industry has done a great job keeping up with the interests of children and young adults. Some great educational games that you may not have heard of include: Cranium Junior, Apples to Apples, Hedbanz, Qwirkle, Where in the World?, Scrambled States, and Totally Gross the Game. Board games provide a fun and inexpensive way for families to spend time together as well as providing great opportunities to teach important skills such as winning, losing, and taking turns.

## Raising a Good Citizen

Children begin to learn about rules and citizenship when they are just babies. They learn to share and follow rules. As your child ages, look for opportunities to address citizenship.

- \* Read books and discuss people acting responsibly and thoughtfully
- \* Participate in service projects with your child
- \* Encourage your child to save part of his or her allowance to donate to charity
- \* Help your child donate old clothes and toys

## Bullying

The world keeps getting more complicated, and so do the ways our children can get bullied. Physical bullying is often easy to detect. However, your child might also be the victim of verbal, social, or cyberbullying.



Ways you can help include:

- Talk with your child daily about school and how things are going. Ask specific questions.
- Role play scenarios to help your child know what she should do if bullied.
- Speak to your child's teacher if you have a concern.
- Encourage your child's self-esteem with praise.
- Provide opportunities for your child to make friends.



## Book Corner

### Focus on Self Esteem

The OK Book, by Amy Krouse Rosenthal

I'm Gonna Like Me: Letting Off a Little Self-Esteem, by Jamie Lee Curtis

Stand Tall, Molly Lou Melon, by Patty Lovell

I Like Myself!, by Karen Beaumont

Spoon, by Amy Krouse Rosenthal

**"It's what you learn after you know it all that counts."**

**Harry S Truman**