

OCTOBER 2012

the

C3 Family

Building Healthy Families



Helpful Parenting Books

- Parenting With Love: Making a Difference in a Day by Glenn I. Latham
- Teenagers and Parents: Ten Steps for a Better Relationship by Dr. Roger W. McIntire
- The Power of Positive Parenting by Glenn I. Latham



Also in this issue...

Positive Parenting Tips

Academics: Why Your Good Study Habits Are Wrong

Health: Children, the Flu, and the Flu Vaccine

Halloween Safety Tips

...Bonus Halloween Scramble!



Positive Parenting Tips

- Spend time with your child. Talk with him/her about his/her friends, accomplishments, and what challenges he/she will face.
- Be involved with your child's school. Go to school events; meet your child's teachers.
- Encourage your child to join school and community groups
- Help your child develop his/her own sense of right and wrong. Talk with him/her about risky things friends might pressure
- Help your child develop a sense of responsibility—involve your child in household tasks like cleaning and cooking. Talk with your child about saving and spending money wisely.
- Meet the families of your child's friends.
- Talk with your child about respecting others. Encourage him/her to help people in need. Talk with him/her about what to do when others are not kind or are disrespectful.
- Help your child set his/her own goals. Encourage him/her to think about skills and abilities he/she would like to have and about how to develop them
- Make clear rules and stick to them. If you provide reasons for rules, it will help your child know what to do in most situations.
- Use discipline to guide and protect your child instead of punishment to make him/her feel badly about him/herself.
- When using praise, help your child think about his/her own accomplishments. Encourage your child to make good choices when nobody is around to praise him/her.
- Talk with your child about the normal physical and emotional changes of puberty.
- Encourage your child to read every day. Talk with him/her about homework.
- Be affectionate and honest with your child, and do things together as a family.



Academics

Why Your Good Study Habits Are Wrong

A lot of parents have strong opinions about how kids study. Maybe they think kids should do their homework right after school. Maybe they think good study habits mean kids should study in the same quiet place every day, or they think that you should sit still until all your work is done.

A lot of new research shows that the usual ways of studying may not always be the best ways. Different kids study best in different ways. Here are some twists on study tips and good study habits. You just have to figure out what works for you.

Study Tip: Move Before You Study

Maybe your mom or dad tells you to do your homework as soon as you get off the bus. Ask if you can shoot hoops or run for 15-20 minutes first. Explain that you're not trying to put off your work, it's just that exercising your body may help your brain.

Kids in a Chicago-area school do PE first if they're having problems with math or reading. They do much better on tests after they exercise. Moving before you do homework can help get your brain ready to study.

Study Tip: Pick Your Study Spot

Your parents may have set up a great desk in a quiet room, but you feel better doing homework on the floor in the living room or in your bedroom. The important thing is to find a place where you'll pay attention.

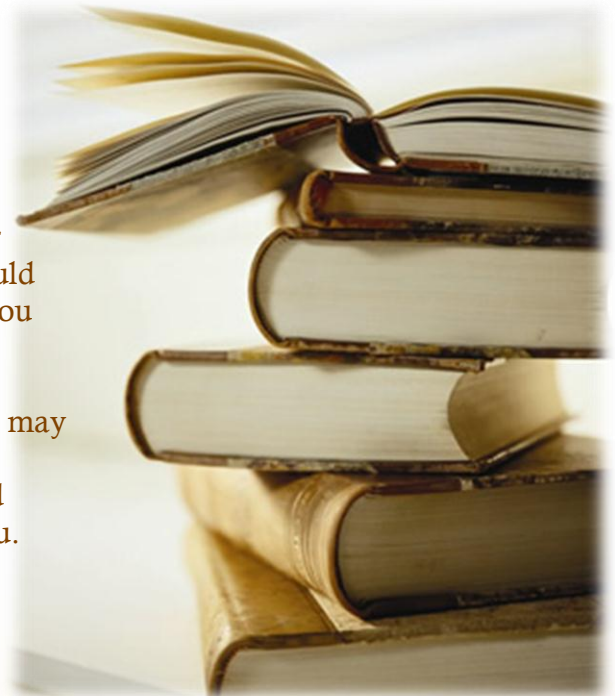
Your bedroom might give you privacy, but if you start looking at the stuff in your room instead of your math problems, find another place to work. It may even help kids study better when they do homework in different places, just to break up the routine.

Study Tip: Listen to Music While You Study

When it's time to do your homework, your parents might want you to do it quietly, but you might want to listen to music.

Some kids study better with music because it helps them ignore other sounds around them. Other kids get so into the music that they forget about what they're supposed to be doing. Try it and see how you do.

Just be sure to pick music that won't have you singing instead of paying attention to your homework. Save that music for when you take a break, then get up and dance for five to ten minutes.



Why Your Good Study Habits Are Wrong (continued)

Study Tip: Take Breaks While You Study

Maybe your parents want you to sit and do your homework until it's done, but taking a short break might help you concentrate. When you work on something for a long time, you may start thinking about other things, then your mind sure isn't on homework.

So get up, do some jumping jacks, or take a 10-minute walk. Then come back to your homework. You should be ready to focus again.

Study Tip: Don't Cram for Tests

When you have a test, you might want to wait until the night before to study, but that's a bad idea. When you have to remember information, it's best to go over it a bunch of times for a few days. That way, you have a chance to really learn it. Don't wait and try to cram everything into your head the night before. Chances are you won't get as good a grade on your test. And you'll forget almost everything you memorized right after your test.

The key is to figure out what works for you when it's time to study. You may be surprised! Work with your parents and come up with the best place, time, and way to get your studying done. That way, you won't have to be worried or stressed about it.

Health

Children, the Flu, and the Flu Vaccine

Influenza is dangerous for children

Influenza ("the flu") is more dangerous than the common cold for children. Each year, many children get sick with seasonal flu; some of those illnesses result in death.

- Children commonly need medical care because of influenza, especially before they turn 5 years old.
- Severe influenza complications are most common in children younger than 2 years old.
- Children with chronic health problems like asthma, diabetes, and disorders of the brain or nervous system are at especially high risk of developing serious flu complications.



The single best way to protect your children from the flu is to get them vaccinated each year.

The seasonal flu vaccine protects against three influenza viruses that research indicates will be most common during the season: an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus.

Children should be vaccinated as soon as flu vaccine becomes available.

Children, the Flu, and the Flu Vaccine (continued)

CDC recommends that everyone 6 months of age and older get a seasonal flu vaccine.

Keep in mind that vaccination is especially important for certain people who are high-risk or who are in close contact with high-risk persons, including the following groups:

- Children younger than 5 years of age, and children of any age with a long-term health condition
- Adults who meet any of the following criteria:
 - Are close contacts of children younger than 5 years old (people who live with them)
 - Are out-of-home caregivers (nannies, daycare providers, etc.) of children younger than 5 years old
 - Live with or have other close contact with a child or children of any age with a chronic health problem
 - Are health care workers

There are special vaccination instructions for children aged 6 months through 8 years of age.

Some children 6 months through 8 years require two doses of flu vaccine. Children in this age group who are getting vaccinated for the first time will need two doses. Some children who have received flu vaccine previously will also need two doses. Your child's health care provider can tell you whether two doses are recommended for your child.



The first dose should be given as soon as vaccine becomes available.

The second dose should be given at least 28 days after the first dose. The first dose “primes” the immune system; the second dose provides immune protection.

If your child needs the two doses, begin the process early. This will ensure that your child is protected before influenza starts circulating in your community.

Be sure to get your child a second dose if he/she needs one. It usually takes about two weeks after the second dose for protection to begin.

Some children are at especially high risk. Children at greatest risk of flu-related complications include the following:



1. **Children younger than 6 months old.** These children are too young to be vaccinated. The best way to protect them is to make sure people around them are vaccinated.
2. **Children aged 6 months up to their 5th birthday.** To protect their health, all children 6 months and older should be vaccinated against the flu each year. Vaccinating young children, their families, and other caregivers can also help protect them from getting sick.
3. **Children aged 6 months through 18 years with chronic health problems.**

Halloween Safety Tips

1. Instruct your older children to **TAKE FRIENDS** when Trick or Treating.
2. Make sure a **TRUSTED ADULT**, an older child, or you accompany your younger children when Trick or Treating. A trusted adult is a person that parents/guardians have come to rely on and with whom they and their children feel comfortable. Discuss with your child who will accompany him or her and make sure you are both comfortable with the choice.
3. Accompany, or make sure a trusted adult accompanies, your younger children to the door of every home they approach. Become familiar with each home your child visits and the people who are providing Halloween treats to your children.
4. Teach your children to only enter homes with your prior permission and only approach homes that are well-lit both inside and outside.
5. Teach your children to **NEVER** approach a vehicle unless they are accompanied by you, even if it appears no one is inside the vehicle.
6. Make sure your children wear reflective clothing and carry a flashlight or glow stick when traveling during the evening hours.
7. Make sure your children are able to see and breathe properly and easily when using facial masks. All costumes and masks should be clearly marked as flame resistant.
8. Teach your children to always stay in well-lit areas, never take shortcuts, and never go into isolated areas.
9. Teach your children to stay alert for any suspicious incidents and report anything unusual to you and/or law enforcement.
10. Teach your children if anyone tries to grab them to draw attention to themselves and loudly yell, "This person is trying to take me," or "This person is not my father/mother." Instruct your children to make every effort to escape by walking, running, or pulling away; yelling; kicking; attracting attention; and/or otherwise resisting.
11. Consider organizing or attending parties at home, in schools, or in community centers as a good alternative to Trick or Treating.

