



Care House News

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CARE HOUSE MISSION

“To prevent and reduce the incidence and trauma of child sexual and serious physical abuse in Macomb County through collaborative, multi-disciplinary and effective family services.”



Ten Ways to Help Prevent Child Abuse

- **Be a nurturing parent.** *Children need to know that they are special, loved and capable of following their dreams.*
- **Help a friend, neighbor or relative.** *Being a parent isn't easy. Offer a helping hand take care of the children, so the parent(s) can rest or spend time together.*
- **Help yourself.** *When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control – take time out. Don't take it out on your kid.*
- **If your baby cries...** *It can be frustrating to hear your baby cry. Learn what to do if your baby won't stop crying. Never shake a baby – shaking a child may result in severe injury or death.*
- **Get involved.** *Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.*
- **Help to develop parenting resources at your local library.**
- **Promote programs in school.** *Teaching children, parents and teachers prevention strategies can help to keep children safe.*
- **Monitor your child's television and video viewing.** *Watching violent films and TV programs can harm young children.*
- **Volunteer at a local child abuse prevention program.** *For information about volunteer opportunities, call 1.800.CHILDREN.*
- **Report suspected abuse or neglect.** *If you have reason to believe a child has been or may be harmed, call your local department of children and family services or your local police department.*

Source: Prevent Child Abuse America. www.preventchildabuse.org

Visit us on the web at www.mccarehouse.net



Ten Tips on Structuring and Organizing the Life of a Child with ADHD

1. Write down the problem. Sit down with the child, or the whole family, and write down exactly where the problem areas are, the dining room table, the bedroom, the bathroom, wherever. It is good to define, and thereby limit, the problem instead of leaving it.
2. Come up with the specific remedies.
3. Use concrete reminders like lists, schedules, alarm clocks, and the like.
4. Incentive plans are fine. Don't think of them as bribes, but rather as incentives. Children with ADD are born entrepreneurs.
5. Give frequent feedback. Kids with ADD often don't foresee the results of their actions. Don't wait until the house is completely torn apart before suggesting that it be put back together.
6. Give responsibility whenever possible. For example, if the child is old enough to get up on his own in the morning, give him the responsibility for doing that.
7. Make copious use of praise and positive feedback. More than most people, people with ADD blossom under the warmth of praise.
8. Consider using a coach or tutor when it comes to schoolwork. You do not want to give up your role as parent to an ad hoc role of supervisor/tutor/badger/teacher.
9. Provide the child with whatever devices he or she demonstrates can help. Ask the child what will help. Experiment with different plans and devices. One child organized his homework by setting his alarm clock to go off at twenty-minute intervals; He would plan out his homework in twenty-minute chunks. Another child found that a word processor made the task immensely easier. Another child found that studying with earphones on allowed for better concentration. Use your guiding principles: whatever works (but isn't illegal or dangerous).
10. Always remember: negotiate, don't struggle.

Source: MSU Extension Parenting Views. Adapted from: Edward Hallowell & John Ratey, Driven to Distraction, pages 224-225



You Need a Time-Out, Too

Most people associate time-out with children who behave badly. However, time-out is a reliable stress-reducer for moms and dads, too.

When the stress of parenthood becomes too much, it's best for you and your children to take a break. Decisions made under stress are frequently irrational or impulsive, and can have negative results. Child abuse, domestic violence, self-injury and depression can happen when a parent is unable to effectively manage his or her stress.

Although it's impossible to rid yourself of stress completely, you can learn to manage it. Taking a time-out is a great stress-management method. This is especially effective when you have to discipline your child or talk about a serious issue. Here's how you can do it:

- First, be aware of the physical symptoms or signs that you are becoming too stressed (heart races, muscles tighten, talking louder, etc.).
- Remove yourself from the situation. Ask another adult to watch the kids for a while, if possible. Take a few minutes and retreat to the bathroom or another place where you can be alone. Or, step away to get a drink of water.
- Take deep breaths to relax. For example, inhale while tensing your muscles and hold the breath in; exhale when releasing the tension from your muscles. Other relaxation techniques parents find useful include counting to 10, sitting down and calling a friend.
- Return to the situation when you feel calmer.

Learning to manage your stress can take time. Don't get discouraged if you lose your temper every now and then. Some parents combine time-out with positive self-talk to improve their attitude.

If you find yourself thinking negative things, interrupt those thoughts by saying, "Stop it!" to yourself. Then refocus with positive thoughts. This will help you keep your self-control and work through whatever problem you're dealing with.

To learn more about coping with parenthood and family life, check out these resources on the internet:



[Common Sense Parenting](#)
[Dealing With Your Kids' 7 Biggest Troubles](#)
[Skills for Families, Skills for Life](#)
[Parenting to Build Character in Your Teen](#)

Source: from Parenting.org



Need Help?

If you have a court case coming up and would like legal information, support or counseling services from Care House, please contact us at (586) 463-0123. We are here to help.



How can we help our young children recognize and avoid sexual, physical, and emotional abuse?

Be frank. Manipulators and abusers do exist and an informed child is less likely to become their victim. Young children need to be made aware of the differences between good and bad touch. If you're too uncomfortable discussing aspects of sexual abuse with your youngsters, there are videos and booklets on safe touch available from most public libraries and pediatricians, as well as at Care House.

Just as harmful as physical and sexual mistreatment, is emotional abuse. For many kids, simply recognizing the abuse is difficult. It is the parents' responsibility to help their children avoid negative relationships and foster healthy ones.

The key component to protecting a child from any form of abuse is frequent and open communication. Through communication, you develop and maintain a trusting relationship with your children and they become more comfortable sharing their problems with you. As a parent, you must also be vigilant. Stay in tune with your children's feelings and be aware of any dramatic changes in their mood or behavior.

Source: Parenting.org



Celebration Popsicles

What You Need


1 pkg. (3 oz.) red Jell-o
1 pkg. (3 oz.) blue Jell-o
1 pkg. red Kool-Aid (unsweetened; 2 quart size)
1 pkg. blue Kool-Aid (unsweetened; 2 quart size)
2 cups sugar; divided
4 cups hot water; divided
4 cups cold water; divided
Ice pop molds

How To Make It


1. Mix red ingredients and 1 cup sugar together. Add 2 cups hot water and stir. Add 2 cups cold water and stir. Pour into molds.
2. Mix blue ingredients and 1 cup sugar together. Add 2 cups hot water and stir. Add 2 cups cold water and stir. Pour into molds.
3. Put in freezer to harden
4. Save remainder in covered containers in refrigerator.
5. Hand out to children alternating red and blue Popsicles! Enjoy!

Be sure to try other flavor and color combinations! There are enough variations for a whole year!

Source: Kidsdomain.com



If you know of anyone who would like to receive our newsletter or if you would like to be removed from our mailing list, please contact us at (586) 463-0123.





Internet Safety Tips

Almost any child that has access to a computer has equal access to the dangers of the Internet. Recent events in the news highlight these dangers. That's why it is imperative that you be informed on how to protect your children when they're online.

The following tips are excerpts from *20 Internet Safety Tips for Parents* provided by Lynette A. Battaglia, United States Attorney for the District of Maryland:

Internet Safety Tips for Parents:

- Become computer literate and be actively involved in your children's online experiences.
- Place computers in high-traffic areas, not a child's room.
- Use screening software.
- Read unfamiliar e-mails. Monitor telephone and modem changes. Check out unfamiliar phone numbers and e-mail addresses.
- Don't allow children to spend long periods of time on the computer, especially at night.
- Help children understand that online users may not be who they claim to be or who they seem to be. Get to know your children's Internet friends.
- Tell children to report anything they come across online that seems strange or makes them uncomfortable especially if they are ever asked personal questions or invited to personal meetings.
- Tell children to report to you suggestive, obscene or threatening e-mail or bulletin board messages. Forward copies to your ISP (Internet Service Provider) and insist they help deal with the problem.
- Be concerned if children mention adults you don't know, become sensitive, or appear to have inappropriate sexual knowledge.
- Post the Internet Safety Rules for Kids by your computer.

Internet Safety Rules for Kids:

- **Never** give out personal information, such as your name, address, school name or address, or parents' or teachers' names or addresses.
- **Never** create online profiles.
- **Never** visit chat rooms or join an IRC (Internet Relay Chat) without permission.
- **Never** go to private chat rooms or meet online friends in a private online setting.
- **Never** go to new Web sites without permission.
- **Never** respond to rude or offensive e-mail, instant messages or postings.
- **Never** post, send or receive pictures (usually files that end with GI, jpg, jpeg, or tiff).
- **Never** meet online friends in person without a parent present.

Source: from Parenting.org



All Kids Need ACCEPTANCE



All kids need acceptance. Who doesn't? Imagine if – in the eyes of those you care about most- you never make the grade... you are never good enough... everything you do falls short of their expectations. You'd feel pretty bad about yourself. Acceptance means: You do not need to be perfect.

Even when you make mistakes or do foolish things... still, I love you and accept you unconditionally. Without any if's or but's. Without any strings or conditions attached.

TRY IT! Tell your child today: "I think you're wonderful... just as you are. I'm so glad you're you!"

Source: Zimmy's Guide to All Kids Need



Wishing You and Your Family a Safe and Happy Summer Season from All of Us at Care House!



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