



Care House News

Fall 2013

Care House...Providing Hope and Healing to Child Victims of Sexual and Physical Abuse

Back to School: Internet and Phone Safety

Socializing online can help kids connect with friends, and even their family members, but it's important to help your child learn how to navigate these spaces safely. Among the pitfalls that come with online socializing are sharing too much information, or posting pictures, video, or words that can damage a reputation or hurt someone's feelings. Applying real-world judgment and sense can help minimize those downsides.

What can you do?

- * Remind your kids that online actions can reverberate.
- * Explain to your kids why it's a good idea to post only good information that they are comfortable with others seeing.
- * Remind your kids that once they post information online, they can't take it back.
- * Use privacy settings to restrict who can access and post on your child's profile.
- * Review your child's friends list.
- * Talk to your teens about avoiding sex talk online.
- * Know what your kids are doing.
- * Encourage your kids to trust their gut if they have suspicions.
- * Create a safe screen name.
- * Help your kids understand what information should stay private (SS number, street address, phone number, family financial information).
- * Develop rules for online safety. (See SafeKids.com)

The best way to protect your kids online? Talk to them.

Research suggests that when children want important information, most rely on their



www.themummyblogger.co.uk

What age is appropriate for a kid to have a mobile phone? That's something for you and your family to decide. Consider your kid's age, personality, and maturity, and your family's circumstances. Is he/she responsible enough to follow rules you or his/her school sets for phone use? Many online applications also are on mobile phones—including social networking, blog posting, content uploading, media sharing, and video editing. Teach your kids to think about safety when using a cell phone.

What can you do?

- * Use photo- and video- sharing by phone with care.
- * Don't stand for mobile bullying.
- * Use good judgment with mobile social networking.
- * Get familiar with social mapping (GPS technology).
- * Decide on the right options and features for your kid's phone.
- * Be smart about smart phones.
- * Develop cell phone rules.
- * Explain to your kids the dangers of "sexting" (sending or forwarding sexually explicit photos, videos, or messages from a mobile phone).
- * Set an example.

For more detailed information, visit:
www.onguardonline.gov

OnGuard Online
YOUR SAFETY NET™





Building Healthy Parent/Teacher Relationships

It's astonishing but true: Many children spend more of their waking hours with their teachers each weekday than they do with their parents. By the time parents get home from work and kids get home from afterschool activities, there are only a few hours left in the day to get dinner, do homework, perhaps go to a kid event, and get everyone to bed.

Yes, those are all important activities. Yes, parents can get some quality time in at dinner, while helping with homework, and in the car going to and from whatever is on the schedule. But meanwhile, there's another adult who is teaching, influencing, and, I certainly hope, having some fun with our kids for 6 hours a day – their teachers. When we're on the same team, our kids usually do better in school. When we know and trust each other, our kids can't play one against the other when they find work challenging or want to avoid a task. When there's good communication between us, accomplishments get acknowledged, little problems don't tend to become big ones, big ones can be better managed.

Here are a few reminders of what we parents can do to build a positive and productive partnership with our child's teachers.

1. [Introduce yourself to the teacher.](#)
2. [Introduce your child.](#)
3. [Go to the "open house."](#)
4. [Go to the parent-teacher conference prepared.](#)
5. [Remember the Golden Rule.](#)
6. [Communicate regularly](#) (every few weeks) about what your child has brought home from school, positive moments from school your child has talked about, and any difficulties your child may be having. Also, keep the teacher informed if there are issues at home that should be kept in mind if your child is struggling.
7. [Help out.](#)
8. [If there's a problem, maintain a neutral stance](#) until you have more information from both the teacher and your child.

Adapted from Dr. Marie Hartwell-Walker, 2009. <http://psychcentral.com/lib/8-tips-for-building-healthy-parentteacher-relationships/0002452>

Craft Time: Dream Catcher

Usually when we sleep we don't have any control over what we dream, but dream catchers can help keep bad dreams away. It's an ancient tradition that might help you sleep sounder and focus your good thoughts into good dreams.

What You Will Need:

- * paper plate
- * scissors
- * paint
- * yarn
- * feathers
- * beads
- * hole punch
- * stickers or markers (optional)



What To Do:

1. Cut a hole in the center of the plate, leaving about 2 inches of edging. Punch holes around the inside edge.
2. Paint the remainder (rim) of the plate. This will serve as your base.
3. Tie a piece of yarn to the end of a feather while the plate is drying. The length of the yarn will determine how far down your dream catcher hangs.
4. String beads onto the yarn. When you're finished, tie several knots at the loose end of the string to act as a stopper and secure the beads in place. (Tip: Roll a piece of tape around the tip of the yarn, like an aglet on a shoelace, before starting. This helps young kinds slide the beads on, saving time—and frustration!)
5. Repeat step 4 until you have your desired number of strands.
6. When the paint has dried, randomly string your remaining yarn through the holes bordering the plate. Add a few beads or stickers for extra decoration if you like.
7. Punch one hole for each beaded strand of yarn at the bottom of the plate and tie on your strands of beaded, feathered yarn.

When you're finished, hang the dream catcher on your child's bedpost or on a wall in his/her room. If he/she has a bad dream, he/she can simply blow the nightmare into the dream catcher. Sweet dreams!

Craft found at <http://www.pbs.org/parents/crafts-for-kids/dream-catcher/>



Parenting in a Challenging World

Parents want the world for their children. They strive to help them grow and thrive. A large part of their work is to protect their children from harm, because the safety of a child is a worry that never disappears. The task of keeping a child safe is a full-time job.

When the danger poses a threat of serious injury or death, it can become a source of psychological distress for the child. When this happens, we call it a traumatic event. By understanding how children experience a traumatic event and how they express distress about it, parents and families can help them through this challenging time. The ultimate goal is to restore balance to the family.

* Providing a Protective Shield

The protective shield, which is designed to protect the child from harm, is always being reshaped. When danger becomes trauma, this protective shield can be broken, either through the child's separation from parents or through the parents' temporary inability to protect the child from danger.

After a traumatic event in the family, the parents and children feel the loss of this protective shield. For different members of the family, it may take different efforts and different amounts of time for this protective shield to be restored.

* Taking Time to Reflect

As parents begin to cope with their child's traumatic event, the parents' own history of trauma and their feelings about their child's trauma influence how they react. For example, if a parent experienced the loss of a family member in the past, it will effect how they cope with their fear about their child's danger and make that experience feel even more intense. For this reason, after something bad has happened, it is important to take the time to step back and think about your own experience of your child's trauma and your own past traumas. Taking the time to consider your own personal experience can help you support your child after a trauma.

* Taking the Event Seriously

Of course, parents recognize how serious a trauma is for their child. It's important that parents communicate to their child that they take very seriously what has happened and what it was like for their child.

Children can and do recover from a traumatic event, even when the event is very serious. Balance is the key in

addressing traumatic events with children. It is important not to think that the trauma was so bad that the child may never recover. It is also important to take the child's reactions seriously and avoid telling the child that it wasn't so bad or thinking that it's OK to ignore the event and hope that the child forgets.

* Appreciating Differences in Reactions

When a child experiences a traumatic event, all family members are affected. However, each family member may react differently from the others.

Even in the closest of families, it is sometimes hard to remember that each family member may have a different reaction to a traumatic event. The difference is due, in part, to different people's past traumatic experiences, and in part to how close they were to the event. It also has a lot to do with the fact that we are all individuals and deal with life events in our own ways.

* Understanding the Course of Recovery

The world will appear different after a traumatic event. At times the world will appear more dangerous than before. However, people have a great ability to adjust to life-changing events, even if it seems hard to imagine. Each person is an individual and each family member exposed to a traumatic event will need to find their own way to accepting a different view of the world. This is part of the healing process. Respect for the different paces that family members take to reach this acceptance is an important piece of recovery for the family.

* Acting as Partners in Recovery

In the end, for many people the path to a restored balance in their lives is through partnerships with others. They may find support in their spiritual beliefs or spiritual community, and many also find a rich source of support among their friends and family members.



Google.com/images

Adapted from Alessia de Paola Gottlieb and Robert Pynoos, 2005. NCTSN.org

Need Help?

If you are in need of counseling services, support or information please call us at (586) 463-0123. We are here to help.

Homemade Silly Putty



Materials:

- * Elmer's Glue-All multipurpose glue
- * Sta-Flo concentrated liquid starch
- * Food coloring

Instructions:

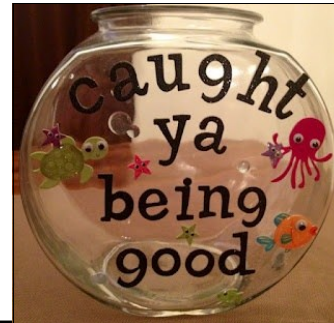
1. Mix the glue with the food coloring until the color is even throughout.
2. Pour the liquid starch into the colored glue mixture.
3. Stir and let it sit for five minutes.
4. Pull the putty out of the mixing bowl and set it on a paper towel. Knead the putty in your hands for five to ten minutes. Then enjoy!

Craft found at <http://www.pbs.org/parents/crafts-for-kids/homemade-silly-putty/>

Positive Reinforcement

Punishment -- a time-out, or taking away privileges -- is a type of negative reinforcement. While negative reinforcement can be an effective form of discipline, you may be surprised to know that positive reinforcement -- praise and attention -- has some distinct benefits in getting the best behavior out of your child, such as providing effective results, acting as preventative medicine and a self-esteem booster, creating intrinsic motivation, and yielding parental benefits!

Try this: Put a cotton ball, marble, pom-pom, etc. in a jar every time you catch your child being good. Do something special when it's full. This easy tactic can help parents focus on the good, instead of only on the bad.



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