



Care House News



Winter 2013-14

Care House provides hope and healing to child victims of sexual and physical abuse.

Staying Connected: Are Your Kids Safe Online?

Socializing online can help kids connect with friends and family members, but it's important to help your child learn how to navigate these spaces safely.

Among the dangers of online socializing are sharing too much information, or posting pictures, video or words that can damage a reputation or hurt someone's feelings. The best way to protect your kids online is by talking to them. Research suggests that when children need information, most rely on their parents. Applying real-world judgment and common sense can help to eliminate risky behaviors and ensure a positive online experience.

What can you do?

- Explain to kids why it's important to only post things that they are comfortable with others seeing.
- Remind your kids that once they post information online, they can never take it back.
- Use privacy settings to restrict who can access your child's profile.
- Review your child's "friends list."
- Monitor what your child is doing online.
- Remind your kids to never engage with strangers online.
- Create a safe screen name.
- Help your kids understand what information should stay private such as Social Security number, street address, phone number and family financial information.



Cell Phone Safety

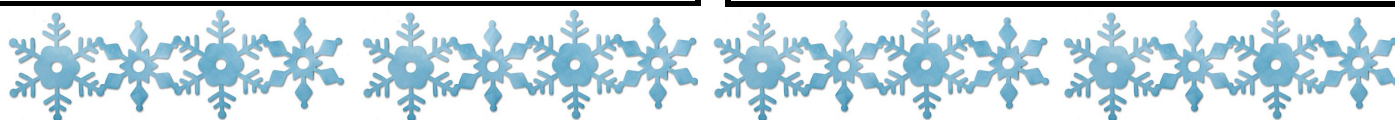
At what age is it appropriate for a child to have a cell phone? This is something for you and your family to decide. Consider your child's age, personality, and maturity level and your family's circumstance. Is he/she responsible enough to follow rules set by parents or school administrators?

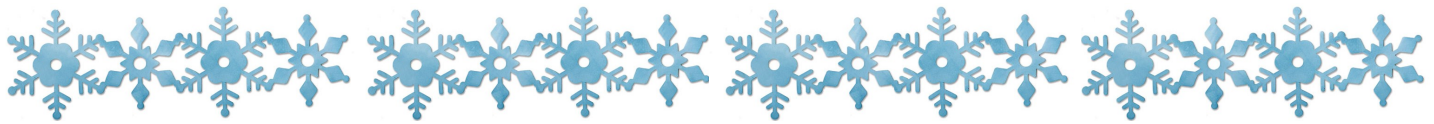
Many online applications are now available on cell phones—including social networking, blog posting, content uploading, media sharing and video editing. Teach your kids to think about safety when using a cell phone.

What can you do?

- Use photo-sharing by phone with care.
- Learn about social mapping (GPS technology).
- Decide on the right options and features for your child's phone.
- Develop cell phone rules.
- Explain to your kids the dangers of "sexting" (sending or forwarding sexually explicit photos, videos or messages from a cell phone).
- Set a good example with your own cell phone practices.

For more information, visit:
www.onguardonline.gov





Holiday Parenting Tips

The holidays are right around the corner and you know what that means: The "gimmies," the sugar meltdowns, the "are we there yet-s?" Kids reach a high point of excitement and begin to exhibit surprising new behaviors that put your parenting skills to the test. In the end, it is very important for parents to examine their own



<http://www.whattoexpect.com>

expectations. Don't try to please everyone; it is impossible. Take into account what activities or values are important to you around the holidays. Children will model your behaviors and attitudes. Your traditions will become their traditions.

Crafting and baking are great ways to give kids a deeper appreciation for the holidays. Shopping for supplies together, planning a project, and gathering around to make gifts is a great time for parents to connect with their kids. So often during the holidays adults get caught up in preparation for holiday parties or family gatherings and kids become an afterthought.

Starting your own traditions is another great way to bond with your kids. Build a snowman, open an Advent card, choose holiday music together or decorate the house together with mugs of hot cocoa.

Kids are much less likely to become overwhelmed or crabby if routines are maintained as much as possible throughout the holidays. Bedtimes should remain the same, even if relatives beg. Everyone needs sleep, even adults. No one wants to deal with sleep-deprived kids and you do everyone a disservice by allowing them to stay up past curfew. Monitor the amounts of snacks and sugary treats your kids are eating. This can also wreak havoc on their moods and schedules. If the kids are less stressed, parents will be too.

Craft Time: Fabric Wreath

What you'll need:

- Fabric strips
- Wire hanger



Instructions:

1.) Gather scraps of fabric, or purchase the colors you want in the sale area of your local fabric store. It took about 1 1/2 yards of fabric all together to make our wreath. You can make one with any colors to compliment your décor or to celebrate a holiday or sports team.

2.) Bend the hanger into a circle shape.



3.) Wrap a strip of fabric down around the hook of the hanger. Tape it at the bottom onto the wire. It will later be covered and secured by the strips of fabric that are tied on.



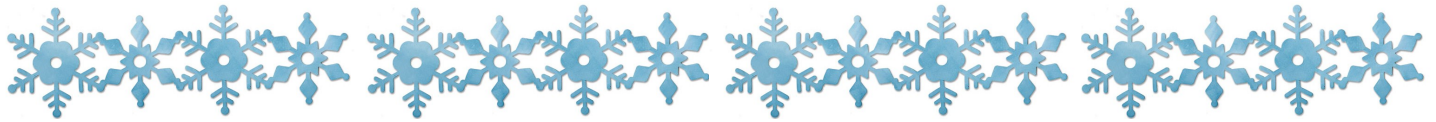
4.) Start at the top and tie each strip of fabric onto the wire. We did a pattern (3 black, 2 silver, 3 black, 2 silver). Pull each strip of fabric tightly and push them together so there isn't space between the fabric strips.

5.) Continue until your wreath is full. For us this was not an activity that we could sit down and finish in one sitting. We left it and came back to it several times.



Need Help?

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



Craft Time: Paper Plate Penguin



<http://www.musingsofahousewife.com>

What you'll need:

- Paper Plate
- Different colors of cardstock or construction paper
 - Glue
 - Scissors

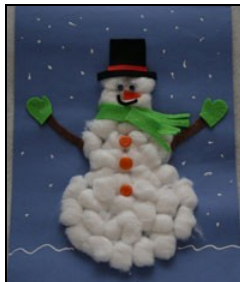
Instructions:

- 1.) Cut out the penguin's feet, head, flippers, beak, eyes, and bow/bow tie (optional.)
- 2.) Glue feet, head, flippers, and feet to the plate. Once dry, glue on penguin's beak and eyes. Add optional bows or decoration.

Craft Time: Cotton Snowman Art

What you'll need:

- Blue construction paper or cardstock
 - Cotton balls
 - Glue
 - Scissors
- 1 brown pipe cleaner
- Green, black and orange felt
 - 2 googly eyes
 - White chalk



<http://www.allkidsnetwork.com>

Instructions:

- 1.) Use the chalk to draw three circles on the blue paper as an outline of your snowman. Fill the circles in with glue.
- 2.) Stick cotton balls in the glue circles to form your snowman.
- 3.) Cut the pipe cleaner in half and glue them on either side of the middle circle.
- 4.) Cut a pair of mittens out of the green felt and glue over the pipe cleaners.
- 5.) Cut a scarf out of green felt. Glue the longer rectangle over the "neck" of the snowman.
- 6.) Glue two eyes onto the snowman.
- 7.) Cut a small triangle out of orange felt and glue into place under the eyes.
- 8.) Cut a "C" shape out of black felt and glue into place under the nose as the snowman's mouth.

Healthy Recipes: Veggie Chips



Courtesy of FamilyFun Magazine

What you'll need:

- Potatoes, carrots, zucchini, kale, whatever veggies you desire!
- 1 Tbsp. Olive oil
- Sprinkle of salt
- Baking pan
- Oven

Instructions:

- 1.) Heat the oven to 400°.
- 2.) In a bowl, toss thinly sliced vegetables with a table-spoon of olive oil.
- 3.) Place the veggies on a generously oiled cookie sheet or two, making sure the pieces don't overlap, and sprinkle them with salt.
- 4.) Bake for 8-10 minutes, checking often, until the pieces are browned and crisp.
- 5.) When the chips are done, transfer them to a plate lined with paper towels to absorb any excess oil.

Healthy Recipes: Apple Pie Snacks

What you'll need:

- Graham crackers
- Light cream cheese
- 2 apples (any variety)
 - 1 tsp. sugar
 - 1/2 tsp. cinnamon
 - 1 tsp. brown sugar



Instructions:

- 1.) Chop up the apples into tiny pieces and place them in a bowl.
- 2.) Sprinkle the sugar, brown sugar and cinnamon over the apple chunks.
- 3.) Microwave the apples for one minute.
- 4.) Stir apples and microwave for another minute.
- 5.) Spread cream cheese over graham cracker.
- 6.) Scoop apple mixture onto cracker.
- 7.) Enjoy!



Food for Thought:

Listen earnestly to anything your children want to tell you, no matter what. If you don't listen eagerly to the little stuff when they are little, they won't tell you the big stuff when they are big, because to them all of it has always been big stuff.

~Catherine M. Wallace~

<http://allthetimeofwisdom.com>

Anger management:

When angry with someone, it helps to sit down and think about the problem...



<http://www.anonymousartofrevolution.com>

Positive Reinforcement

When your child is acting up or beginning to throw a tantrum, it can be hard not to focus on the negative behaviors. Punishment such as time-outs or taking away privileges is a form of negative reinforcement. While negative reinforcement can be an effective form of discipline, positive reinforcement such as praise and attention provide some distinct benefits in getting the best behavior from your child. Positive reinforcement acts as a preventative measure for your child's misbehavior. Instead of punishing your child when he or she acts up, he or she is motivated to seek praise and kudos before making poor behavioral choices.

Putting your child in time out doesn't do much for their confidence. While you might try to focus on the behavior alone, there's a chance he could associate his punishment with being a "bad boy." Praising the child on a specific behavior gives him a self-esteem boost. Instead of thinking of himself as bad, he sees the ways he excels through your words and attention, which helps create healthy confidence.

Your child isn't the only one to benefit from a kind word, a hug and attention when he's behaving well. Focusing on the positive and giving your child quality time can help grow your confidence in your own parenting skills and teach you to choose the appropriate type of discipline for various situations. Taking the time to think through the conflict can stop you from making snap discipline decisions that do more harm than good.



Try This

Put a cotton ball, marble, pom-pom, etc. in a jar every time you catch your child doing something positive. 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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www.mccarehouse.org