

The Comfort of Home®

Grand-Parenting News

“ C A R I N G F O R Y O U ... C A R I N G F O R O T H E R S ”

Separation Anxiety

Separation anxiety is a stage of childhood that starts between eight months and one year of age, but can continue as late as kindergarten. The child can be upset and afraid when you leave him, even if you only go to another room. During this stage, the child has not yet learned that when you leave, you will come back.

To help your child say good-bye, be cheerful and calm when you *return*.

The child will be reassured by your confidence and love and will slowly get used to you leaving and know that you come back. You can develop a goodbye that is fun for the child, such as a kiss and nose-rub. If you will be leaving the child with a new person, ask her to spend some time with both of you first, so the child can get comfortable with her. Expect anxiety to increase when the child is tired, starting a new school, or with a new caregiver.

Tip

Nightlights in the bedroom, bathroom, and hallway help lessen children's fear of the dark. If the child is in a new place, practice walking together to the bathroom when most lights are off, so that he sees it's not too scary.

Homesickness

It's very normal for kids to have fears about sleeping in a new place, whether it's the grandparents' home, a sleepover at a friend's house, or camp. When kids are in a new place, they have fears about how they will fit in. They wonder where they will sleep, go to the bathroom, and how they will be taken care of.

You can help ease those fears by taking them on a tour of the new place and saying, "This is your play area. Here is your bed. Here is where you can keep your toys and books." Make a ritual out of "personalizing" the child's space. Together, find a place for the special toy, a picture of a loved one or pet. You can hang a sign with his name on his door or over the bed, and show him where his backpack and jacket go.



Note

If your child is repeatedly upset at being left with the same person, pay attention. There may be some problem with the care the child is getting.

When to See the Doctor

Taking Care of Boo-boos

Children often fall and have scrapes and bruises. A bandage should be used on a wound if it is likely to get dirty or banded. It is sometimes hard to know when it is important to have the injury seen by a doctor. Wounds requiring professional care are:

- ♥ puncture wounds.
- ♥ wounds containing dirt or other debris even after washing.
- ♥ animal or human bites, and face wounds that are more than superficial.
- ♥ wounds in people with diabetes.
- ♥ wounds that do not stop bleeding within 10 minutes.
- ♥ wounds with signs of infection, such as swelling and redness around a wound.



Sex Talks

Kids should know about safe sex as early as middle school. Talk about pregnancy, contraception, sexually transmitted diseases (STDs), love, values, self-esteem, and how to handle peer pressure.

Kids and Smoking

Smoking Facts:

- Every day, more than 3,000 kids become regular smokers.
- Almost 90% of adult smokers started as children.
- Kids that smoke also have a higher incidence of other drug use.

There are two key things you can do to help prevent your child from smoking. First, if you smoke, you should quit. Children like to copy adults, so set a good example.

Second, talk to your child about smoking. Discuss the risks and dangers. You should let your child know that you disapprove, without lecturing or seeming angry. If your child senses that you respect him and are teaching him to care for himself, he will develop more self-respect and be less likely to smoke. Also, encouraging him to participate in activities that develop his self esteem, such as sports and hobbies, will make him less interested in self-destructive acts like smoking.



Taking Care of Yourself— Pets Improve Health

Pet owners have always felt that their pets enhance their lives, now there's science to back up these feelings.

For those who are able, walking a dog can provide heart-healthy exercise. Pets are good for your heart in another way—they lower blood pressure. They also boost mood, which improves the immune system by reducing harmful stress hormones in the blood and increasing brain chemicals that have pleasurable and calming effects. Finally heart attack patients with pets survive longer than those without.

Remember; wash your hands after contact with pets. People with weakened immune systems should not empty litter boxes.

Source: WebMD



Inspiration

Being deeply loved by someone gives you strength while loving someone deeply gives you courage.
—Lao Tzo

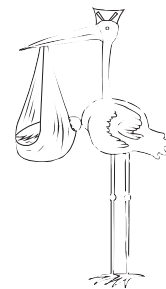
Live Life Laughing!

I once bought a house in the country and by the time I finished paying for it, it was in town.



BABY YOUR BABY – Temper Tantrums

Dealing with temper tantrums in the second year is hard for any mother and especially a grandmother who may not have the physical strength to control a strong two year old. A toddler feels very passionate about each decision. Toddlers have tantrums because they are overloaded by excitement and want an adult's attention. Finding safe ways to discipline that cannot lead to abusing the child is the goal. Firmly holding the child and putting him in his room or crib until the tantrum is over and then giving him plenty of hugs and kisses will help him understand he is loved, but his behavior caused you to send him to his room.



Source: Touchpoints: Birth to 3; T. Berry Brazelton, M.D.; Perseus Publishing

Our Purpose

To provide caregivers with critical information enabling them to do their job with confidence, pride and competence.

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Toddler & Preschooler Safety

Toddlers have lots of energy and curiosity. They like exploring, climbing and playing with small objects.

- * Keep all medicines in containers with safety caps; be sure medicines, cleaning products, and other household chemicals are out of reach and locked away from children.
- * Use safety gates for stairs, safety plugs for electrical outlets, and safety latches for drawers and cabinets.
- * Buy toys labeled for children under age 3; these are often safety recommendations, not measures of a child's skill or ability.
- * Never leave your grandchildren alone in or near swimming pools.

Preschoolers are very active. They run, jump and climb.

- * Keep children—and furniture they can climb on—away from windows.
- * At playgrounds, look for protective surfacing under equipment.
- * Be sure your grandchildren wear helmets when riding tricycles or bicycles.
- * At all ages, make sure your smoke detectors work; keep matches and lighters away from children.

Source: *The Consumer Product Safety Commission, "A Grandparent's Guide for Family Nurturing & Safety"*.