Grandparents Corner

January 2016

Protecting Kids Online

Talk Early and Often

The best way to protect your kids online? Talk to them. Research suggests that when children want important information, most rely on their parents.

Start Early - After all, even toddlers see their parents use all kinds of devices. As soon as your child is using a computer, a cell phone, or any mobile device, it's time to talk to them about online behavior, safety and security. As a parent, you have the opportunity to talk to your kid about what's important before anyone else does.

Initiate Conversations - Even if your kids are comfortable approaching you, don't wait for them to start the conversation. Use everyday opportunities to talk to your kids about being online. For instance, a TV program featuring a teen online or using a cell phone can tee up a discussion about what to do — or not — in similar circumstances. And news stories about internet scams or cyberbullying can help you start a conversation about your kids' experiences and your expectations.

Create an Honest, Open Environment

Kids look to their parents to help guide them. Be supportive and positive. Listening and taking their feelings into account helps keep conversation afloat. You may not have all the answers, and being honest about that can go a long way.

Communicate Your Values

Be upfront about your values and how they apply in an online context. Communicating your values clearly can help your kids make smarter and more thoughtful decisions when they face tricky situations.

Be Patient

Resist the urge to rush through conversations with your kids. Most kids need to hear information repeated, in small doses, for it to sink in. If you keep talking with your kids, your patience and persistence will pay off in the long run. Work hard to keep the lines of communication open, even if you learn your kid has done something online you find inappropriate.

Source: Federal Trade Comission

| QUICK QUIZ | Caregiver Assistance Newsletter - January 2016 |

Standard or Universal Precautions are practices designed to reduce the spread of disease. They protect you, the caregiver, from bacteria or viruses carried by the person in your care, and they protect the person in your care from any germs you may be carrying. Answer True or False to the questions below.

1. *According to the CDC, misusing antibiotics (such as taking them when you don't need them or not finishing all of your medicine) is the "single leading factor" contributing to the growth of superbugs.   T   F*

2. *A superbug is a term to describe bacteria that cannot be killed using multiple antibiotics.   T   F*

3. *Our bodies naturally carry germs and they are all very harmful.   T   F*

4. *There is no need to wash hands when returning from a trip outside the house.   T   F*

5. *Handwashing is the single most important way to prevent the spread of infectious diseases.   T   F*

6. *Fungal infection is the most common nail problem, affecting nearly half of people over 70, causing the nails to thicken and disintegrate.   T   F*

7. *Because our hands are in frequent contact with our eyes, nose and mouth, dirty hands spread germs and illnesses.   T   F*

8. *Of those with Alzheimer's or a related dementia, 59 percent will become lost, usually while doing normal activities such as trying to locate a restroom.   T   F*

9. *Some scammers trick seniors into giving out information by pretending to be a government employee.   T   F*

10. *When cleaning, work from the cleanest to the dirtiest area and always wear latex gloves when giving personal care.   T   F*

KEY: 1. T   2. T   3. F   4. F   5. T   6. T   7. T   8. T   9. T   10. T