



Grandparents Corner

December 2016

Preparing Your Child to Return to School After the Winter Break

After weeks of school holidays and playing, it can be challenging for children to go back to school. Winter break is a special time for celebrations and welcoming the New Year. Hopefully, this season allows time for strengthening family ties, while de-stressing from the mental exhaustion caused by more than three months of school work. Below are some hints to help children get back into the school rhythm:

- Have your child create a to-do list with items they must have ready or accomplish before returning to school.*
- Go over your child's progress report card to determine any areas they must review during the break.*
- Three days before returning to school, have your child go to bed early in order to re-establish the school routine.*
- Have your child go over each subject and the topics that were taught prior to the long break.*
- Prepare supplies or projects assigned during the break. Set up specific times and a designated space for your child to work on these assignments.*
- Don't forget to reward your child's success!*

Just like the start of the year, your child will have to get back into the habit of regular homework. Decide if what you were doing in the Fall was the best schedule for fitting in homework and reconfigure it if necessary. The more often you can make yourself available to help, the better.

Source: www.kidspot.com; www.pioneeracademy.org

QUICK QUIZ

Caregiver Assistance Newsletter - December 2016

Most deaths from winter storms are not directly related to the storm itself. People die in traffic accidents on icy roads. They die of heart attacks while shoveling snow and they die of hypothermia from prolonged exposure to cold. Answer True or False to the questions below.

1. *The kitchen stove is a good and safe way to heat the house. T F*
2. *Hypothermia is the word to describe abnormally low body temperature. T F*
3. *Signs of hypothermia include impaired judgment, shivering, cold pale skin, and slow breathing. T F*
4. *A body temperature that is too low affects the brain, making the victim unable to think clearly or move well. T F*
5. *When caution is used, winter storms should not be life threatening. T F*
6. *If you have medical equipment, it is important to know how to maintain it or move it in an emergency. T F*
7. *Wearing a hat indoors will not help keep the body from losing heat. T F*
8. *You should avoid rubbing the person's skin if you suspect the person in your care has hypothermia. T F*
9. *The house temperature should be kept at no lower than 65° F (at 70° F if the person is ill). T F*
10. *A drink of alcohol helps warm the body and should be offered to the senior in your care. T F*

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