



Grandparents Corner

September 2018

School is Back in Session!

Most kids have been back to school for a few weeks, and as a parent, you may be seeking some more advice: How do I get my kids ready and out the door on time? Why is my child struggling in school already? How am I supposed to get my child to do homework after school? Here are some ideas on how to tackle these struggles:

1. Establishing and practicing a morning routine. Having a set schedule in the morning of items that need to be completed before leaving for school will help alleviate some chaos in the morning. If your child is able to, sit down with them and create the schedule together. You don't have to include times on this schedule; this is a schedule for things that need to be completed all the way up to leaving the house. Don't forget to write it down – this will help as a visual for both of you each morning.
2. Some additional routine/schedule tips include: Consider laying out clothes the night before so your child knows what they are going to wear in the morning. Pack your child's bag the night before and place it by the door so that your child knows where to pick it up before leaving.
3. Getting back into the routine of school is difficult for a lot of children, especially if this is your child's first time in school. If you haven't done so already, try to schedule a few minutes with your child's teacher. Use this time to address what rules your teacher may have for the class, the schedule for the class, expectations for homework, etc. If your child's teacher is unable to make time, ask for his/her address and send a polite e-mail requesting this information to assist with the transition into school. Instead of your child only hearing these rules/expectations at school, sit down and go over them. This will allow the opportunity for him/her to practice anything at home and ask any questions. If your child has any questions, address these with the teacher.
4. Returning back to school means the return of homework along with setting the contingency that homework should be completed before access to fun and games. The key to getting your child to comply with homework is to increase motivation for them to do so. Let's be honest, your child has been at school all day and now has to come home and complete more work. If you allow your child time to play and access reinforcers prior to starting their homework, it is less likely that they are going to leave the fun and sit down at the table to work. Instead, set up the rule that first homework needs to be completed before they can play. Identify what they want to play when they are done. If your child has multiple worksheets/subjects to complete for homework, consider breaking up the work into separate work sessions. Allow a five-minute break to get up from the table or have a snack. Keep in mind that change can be hard for many people, including parents! Stay positive and make sure to reinforce your child for staying on schedule, getting good reports from school, and completing homework.

Source: www.reachingmilestones.com

Knowledge and awareness are the keys to preventing fires. Caregivers of older adults should take a proactive approach to home fire safety by learning about potential fire hazards and how to prevent them. Read the issue and answer True or False to the questions.

1. *Alzheimer's disease and dementia can impair a person's vision, depth perception, hearing, sense of smell, and sensation to heat. T F*
2. *Unsafe smoking habits lead the cause of fire deaths among older Americans. T F*
3. *Cooking is the third leading cause of fire deaths. T F*
4. *The best way to put a grease fire out is by throwing water on it. T F*
5. *A loss of or decrease in smell is common in people with Alzheimer's disease, therefore they may not be able to smell smoke. T F*
6. *Special fire warning devices are available, such as smoke alarms with a vibrating pad or flashing light for the deaf and hard of hearing. T F*
7. *If it is cold, it is safe to use a cook stove to warm the house. T F*
8. *The three essential items to keep by your bedside are your eyeglasses, a whistle and a telephone. T F*
9. *Any kind of air pollution inside or outside of the home should be avoided, including dust, smoke, fumes from wood or coal-burning stoves, and strong odors in general. T F*
10. *Seniors who live alone are at risk for fire death and injuries because they have no one to help them put out or escape from a fire. T F*

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