

HelpNet Works!

Volume 10, No. 1

Your Employee Assistance Program Newsletter

POW!

WHAM!

SPLAT!

Raising Children to Resist Violence

Research shows that violent behaviors are learned early on. That means parents can have the greatest influence in eliminating violence from a child's life.

The American Psychological Association and the American Pediatrics offer these tips for ensuring that your child is not only protected from violence, but also less apt to resort to violence:

- ***Supervise your child.*** Studies have shown that unsupervised children get into more trouble.
- ***Don't hit your child.*** Physical punishment may stop unwanted behavior, but only for a short time. Using nonphysical methods helps children deal with their emotions and teaches them nonviolent ways to solve problems. Some nonphysical methods of punishment include "grounding" the child, taking away a privilege or treat or making the child take a "time out" (making the child sit quietly, usually for one minute for each year of age).
- ***Make sure your child doesn't have access to guns.***
- ***Prevent your child from seeing violence in the home or community.*** Exposure to violence is frightening and harmful to children. A child who sees violence does not always become violent, but he/she may be more likely to resolve conflicts with violence.
- ***Teach your child ways to avoid becoming a victim of violence and ways to stand up against violence nonviolently.***

If you need information or assistance with any type of problems, please call HelpNet to set up an appointment. We are always here to assist you or your family members when needed. HelpNet phone numbers are listed on the reserve side of this page.

Life is a balancing act. Use a very good net – HelpNet!



When Scoping Child Care Centers . . .

LOOK: Do the caregivers enjoy talking and playing with the children. Do they talk to children at eye level?

LISTEN: What does the center sound like? Is it calm, dull, happy, or loud.

COUNT: How many children are in the center for each staff person? The fewer children per staff member, the better the chance your child will receive adult attention.

ASK: What experience or training do the caregivers have?

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*If you are going to train children at home, it's necessary for both parents and children to spend some time there.*

*Wes Izzard*



### Researchers Find Gossip Has A Boomerang Effect

Remember Mom’s words, “if you don’t have anything nice to say about someone, don’t say anything”? Well, researchers have proven her right. Specifically, they found that when people say something good or bad about someone else, listeners often attribute those same traits to the speaker. “In other words, politicians who allege corruption by their opponents may themselves be perceived as dishonest, critics who praise artists may themselves be perceived as talented, and gossips who describe others’ infidelities may themselves be viewed as immoral,” write the researchers, who hail from Purdue, Indiana University and Ohio State University at Newark. Their research appeared in the Journal of Personality and Social Psychology.



### Stop the Hiccups

Your mother probably told you to swallow a teaspoon of sugar to stop the hiccups. No surprise – mother knew best. A study published in the New England Journal of Medicine found that this old folk remedy is the easiest, fastest way to stop the malady.

Next time you start hiccupping, try out this sweet cure. A teaspoon of granulated sugar is only 14 calories – and a lot of relief.



### DID YOU KNOW. . . ?

- ◆ Hawaii is the only US state that grows coffee.
- ◆ Dueling is legal in Paraguay as long as both parties are registered blood donors.



Where to go for help...

### HelpNet

Employee Assistance Program

**Alpena/Kalkaska**  
1-800-334-6422

**Battle Creek Office**  
269-660-3900 or 800-969-6162

**Brighton/Howell**  
1-800-969-6162

**Coldwater**  
1-800-969-6162

**Flint**  
810-235-9550 or 800-230-0151

**Grand Rapids**  
616-774-2346 or 866-746-0873

**Greater Detroit Area**  
1-800-969-6162

**Greenville**  
616-754-2207 or 866-746-0873

**Hillsdale**  
517-796-2163 or 866-245-3815

**Jackson Office**  
517-796-2163 or 866-245-3815

**Kalamazoo Office**  
269-372-4500 or 800-523-0591

**Lansing Office**  
517-882-6071 or 1-800-852-6268

**Saginaw Office**  
989-754-5599 and 800-334-6422