

## Everyone Else Gets to Surf the Net!

### Tips for Internet Use

- Keep the computer in a high-traffic area of the house such as the living room. You can easily monitor your children's activities without making them feel as if you are watching over their shoulders all the time.
- Find web sites you think your children will enjoy and "bookmark" them. This will help direct your children away from using search engines, where they inappropriate sites.
- Before allowing your children online, discuss safety issues. Talk to them about your concerns and together set up family guidelines for computer use.
- Set up guidelines about meeting people on the Internet. Talk to your children about what to do if their new Internet friend asks to see them in person, or wants your children to send pictures of themselves.
- Help your children understand why it's important not to reveal personal information while on the web. Just as you wouldn't tell a stranger on the street where you live, you shouldn't tell someone you just met on the Internet your home address.



- Let your children know they can come to you if they are receiving email messages that make them feel uncomfortable. Tell them that in such an event, they should save the messages for you to read.
- Investigate software and websites that can ensure safety for your children while on the Internet. Ask your Internet provider about features that allow parents to block their children's access to adult-oriented sites, "chat rooms," and bulletin boards.
- Spend time with your children talking about their experiences online. Give them a chance to show you what they have learned or things they have liked.

Source: **Prevent Child Abuse America**

## Kids and Cell Phones

A cell phone lets you stay in touch with your children at almost all times. In addition to being practical, having a cell phone can help you easily get in touch with your kids in case of an emergency. This extra sense of security and safety that a cell phone provides is probably the key reason that parents should even consider getting their younger children a cell phone. A cell phone can also be an important way to keep in touch with your older teen, especially if they are driving.

Although the increased independence that a cell phone might offer a child can be good, it can also be a negative thing. Consider that with a cell phone, your child will simply have another way to communicate with the outside world that you will have little supervision over. And keep in mind that most of today's cell phones offer almost complete internet access, with web browsing, email, chat, and instant messaging, that is much harder to filter and control as compared to your home computer.

Cell phones may even be a distraction to kids. We all know that they are a distraction for drivers, but one study has also shown that cell phones can be a big distraction for kids crossing the street and could lead to more accidents and injuries.

Cell phones also put your child at risk for getting in trouble for:

- sexting - sending or receiving nude pictures or classmates
- prank calls - which can get your child in trouble if someone starts pranking other people from your child's phone

Whether or not your child is ready for or needs a cell phone is something a parent will have to decide for themselves. Do make sure that your child can handle the responsibility for a cell phone though, before you buy one. Also remember that you can buy a phone that is just a phone; it doesn't have to have internet access.

Should you need more information about this or other parenting concerns, please visit

[www.pcain.org](http://www.pcain.org) or call **1-800-CHILDREN**  
(1.800.244.5373)

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## Family Series

### School-Age Children



## Did So...Did Not!

### Tips for Mediating Conflict Between Children

Chances are you've heard these words from your children. Being a parent is tough job. By listening and responding to the words of children, you can have a powerful impact on their development. **Prevent Child Abuse** Indiana believes that we all want to use the best means possible to raise and nurture children. With a few skills and tips, all of us can build stronger family relationships.

- Assume the role of teacher when conflict arises. Learning how to resolve conflict may be the most important skill you can teach your children to protect them from violence at school and in the neighborhood.
- Increase your children's vocabulary so they have words they can use to express what they need. The best way to increase your children's vocabulary is by reading to them and encouraging them to read.
- Avoid trying to find out how an argument started and who started it. Each will blame the other because, from their perspective, they are right.
- Let your children express their feelings even though their feelings may not please you. ("I wish he was never born" or "I hate her.") Let your children know that we all get mad, but hitting someone or name calling because we are mad is not okay.
- Help children problem solve the situation by expressing feelings and needs. Give each child "their time" to say what they need to say. Young children may need coaching. For example, "Tell Ethan with words, not your hands, what you want him to know."
- Give choices. "You have a choice. You can stop arguing and continue playing your game; or you can argue and not play the game. The choice is yours." If the arguing continues, put the game away and say, "Maybe you'll be ready to play the game later." When children come back to you asking to play the game again, express being pleased that they are ready to play together.
- If necessary, separate children when they are arguing. Ask them to take a "time out" to think about their feelings before getting together to discuss solutions.
- Children want to be like adults in their life. They will learn by watching and listening to you. Teach children through your example and your words that conflict can be resolved without name calling, hitting or weapons.

## Please, Please, Pretty Please!

### Tips for Setting Limits Without Hitting and Yelling

By listening and responding to the words of your children, you can have a powerful impact on their development. With a few skills and tips, all of us can build stronger family relationships.

- Expect to see good behavior and praise your children when they are doing things right.
- Work together to develop family rules and post them where everybody can see them.
- When you children do not follow the family rules, try these ideas:
  - Ignore attention-seeking behavior unless your child might get hurt.
  - Tell them you are disappointed or angry with their behavior, not with them as a person.
  - Have your children sit on a chair in a safe, boring place. Have them sit on the chair for the same number of minutes as their age.
  - Hold screaming children firmly but gently on your lap until they calm down.
  - Do not replace toys when children play too roughly and break them.
  - Move young children away from unsafe environments and toys.
  - Take away watching television, playing outside or talking on the phone.
  - Give choices you can live with such as: "You can set the table, and play outside later; or **not** set the table, and **not** play outside later."



## You're on My Side of the Car!

### Tips for Traveling with Children

- Know that driving can be stressful with or without children in the car. Monitor your feelings as you drive. If you feel your stress level rising, pull over when it is safe and give yourself a chance to calm down.
- Take note of your children's attitude. If they are tired or hungry, wait to take your trip to avoid a difficult situation whenever possible.
- Plan activities your children can safely do in the car such as coloring, reading a book, or listening to a children's tape. Keep some favorite activities in the car.
- If your children are old enough to understand time, tell them how long they will be in the car and what stops you will be making.
- Explain rules for car travel before setting out. This is especially important when transporting children who are not familiar with your rules. If you have rules that are not negotiable, say so. For example, "Everyone must wear seat belts while the car is moving. There are no exceptions to this rule."
- Reward good behavior with praise and loving words.
- Never leave children in a car unattended.
- Always transport infants in an approved car seat in the back seat of the car.

