Dear Parents:

Watch the web! There’s wonderful, accurate information on many topics. There’s wholesome recreation and fun. But beware. There’s also commercial persuasion to use and buy certain products. There’s pornography. There’s opinion, chat and ideas that may or may not be accurate or wholesome.

Nationwide, Cooperative Extension Service offers wholesome web sites with current information based on research and without commercial interest. We have web sites for parents, child care providers, kids with divorced parents and help with homework. We direct you to other unbiased sites. We offer what your family needs, as clearly and as efficiently as we can.

Yours for Children,

Elaine Wilson
Parenting Specialist
Test your knowledge of child abuse. Answer the 10 true-false items below.

<table>
<thead>
<tr>
<th>Item</th>
<th>True</th>
<th>False</th>
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<td>Over two-thirds of child abuse victims display some behavioral disturbances. Often abused children feel a deep sense of guilt, shame, or loss of self-esteem. The way an adult responds to a child victim influences his or her adjustment.</td>
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<td>The most common immediate problems of sexually abused children are:</td>
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<td>Needing more reassurance than usual, clinging to a parent</td>
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<td>Nightmares, fear of going to bed, wanting a light on, sleep walking</td>
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<td>Irritability, crankiness, short-tempered behavior</td>
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<td>Bedwetting</td>
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<td>New fears</td>
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<td>Excessive anger or acting out behavior</td>
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<td>Changes in school behaviors such as inattentiveness, or withdrawal</td>
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<td>Preoccupation with sexual matters that do not seem appropriate to the child's age</td>
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All answers are true.

Actually all but the last item can be signs of stress from events other than child abuse. For example, a child whose parents are divorcing may show the same symptoms. Trust what your child feels. Seek help.
Quality Child Care

Child Care Resource and Referral Agencies are nation wide and support child care providers and parents. Check in your phone book under child care and see if there is an agency in your area. Sometimes they are listed as a child care resource and referral agency and sometimes they may have a name that does not reflect that exactly. There is a National Association of Child Care Resource and Referral Agencies (NACCRRA) 202-393-5501, 1319 F Street NW Suite 606, Washington, DC 20004-1106. They can give you the number of the agency that serves your area. They are also on the internet. Child Care Aware 1-800-424-2246 can also put you in contact with a CCR&R.

Baby Care

As your baby grows you will see some exciting signs of emerging skills. It is fun to watch a baby learn to hear and to speak. Here’s the sequence. Babies always develop these skills in this order. The exact timing varies for each child by as much as weeks or months.

- Pays attention to sounds 0-6 weeks
- Makes vocal sounds other than crying 0-6 weeks
- Laughs 6 weeks-3 1/2 months
- Squeals 6 weeks-4 1/2 months
- Turns toward the sound of your voice 4-8 months
- Says "Dad" or "Mama" 6-10 months
- Imitates the speech sounds you make 6-11 months
- Uses Dada or Mama to mean one specific person 10-14 months

Ways To Help Children Feel Good About Themselves

- ☺ Spend time with each child.
- ☺ Tell your children often that they are loved.
- ☺ Praise your child’s abilities.
- ☺ Allow children time to do things themselves.
- ☺ Respect your child’s feelings and thoughts.
- ☺ When a mistake is made, admit the mistake.
- ☺ Ask your child for an opinion/ideas.
- ☺ Teach your child how to cope with success and failure.
AS A PARENT I PLEDGE TO:

**Participate in my children's education**
by supervising homework, talking with my children about school, and volunteering when time permits.

**Accept my children for who they are.**
I will try to nurture those qualities that makes each of my children special.

**Read to or with my children** every day of the year.

**Expect the very best** from my children at all times.

**Never let a day go by** without telling each of my children that I love them.

**Turn off the television** for homework, reading time, and for special times with my children.