

Cybersafety 101



Q: We recently got an e-mail account for our daughter Maria. How can we protect her from inappropriate messages?

A: Take this opportunity to give your child a lesson in cybersafety. First, help her fill her address book with friends and relatives. Explain that she may open mail only from people on the list. You can set parental controls in the e-mail account that specify who your youngster can e-mail and which Web sites she can access.

Also, teach Maria not to share her e-mail address with anyone she doesn't know. Let her know that her address shouldn't



contain personal information, such as her name or even her hobbies, that could identify her. If registration is required to use a Web site, have your child enter your name and e-mail address instead of her own.

Help your youngster "unsubscribe" from any unwanted e-mail lists she ends up on. For example, companies can find her address if

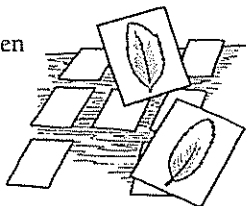
she gets a virtual greeting card, a request to view photos, or an electronic party invitation.

Finally, keep your computer in a visible spot—in the living room or kitchen—so you can monitor Maria's online activities.♥

ACTIVITY CORNER

Learn about leaves

The ground is covered with red, yellow, and orange leaves—try gathering them up and using them for learning. This matching game will sharpen your child's memory and help him learn to identify leaves.



Together, collect 10 pairs of matching leaves. Cut out 20 rectangles from construction paper, and glue a leaf to each one. Then, lay them, leaf side down, on the table.

Players take turns flipping over two squares. If the leaves match, the person keeps the pair. If not, the next player tries to find a pair. Take turns until all the leaves have been claimed. The winner is the player with the most pairs.

When the game ends, visit www.arborday.org/trees/treeID.cfm. Help your child answer questions about his leaves to learn which trees they came from.♥

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators, a division of Aspen Publishers, Inc.
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com
ISSN 1540-5621

PARENT TO PARENT

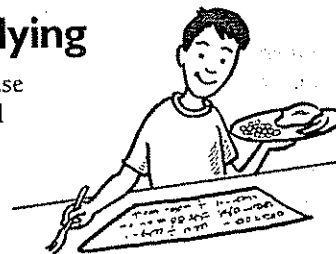
Creative studying

Study time in our house doesn't always mean sitting at the table and working silently. After some struggles last year, we came up with several creative ways to get our son to study.

We started by finding places to display whatever Evan is studying. For example, he made a math placemat by writing his multiplication facts around the edges of a rectangle cut from poster board. We covered it with clear laminate, and now he reads the facts while he eats.

When it's Evan's turn in Trivial Pursuit, we ask him a question from his science chapter. Or when we play Balderdash or Scattegories, we use facts from his social studies notes. He works hard to learn the material so he can win the game!

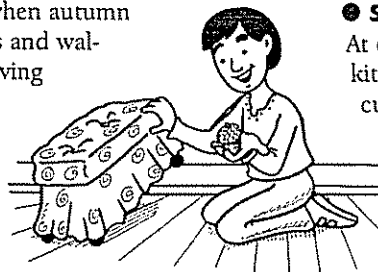
So far this year, Evan has done well on quizzes and tests. I think our new ideas are paying off.♥



Families that play together...

How can your busy family find ways to spend time together? Here are a few suggestions.

● **Celebrate each new season.** You might toast pumpkin seeds and sip warm apple cider when autumn begins. Hide acorns and walnuts around your living room, and have your children pretend to be squirrels and search for them.



● **Get fit together.** Walk or bike with your youngsters to school. Find an indoor pool and enjoy a Saturday-morning swim. Rent a video to learn hip-hop or swing dancing.

● **Set up a family carnival.** At one "booth," players can use kitchen tongs to fish for ice cubes in bowls of water. At another, toss rubber balls into plastic cups. *Idea:* The last stand can be a refreshment booth.♥