

Challenged by Child Rearing Concerns? Your EAP Can Help!

Two recent headlines may have triggered understandable confusion and worry among parents:

Study: Surprising Number of Teens Believe They'll Die at a Young Age (Pediatrics, July, 2009). A team of researchers at the University of Minnesota surveyed 20,590 randomly selected teens in grades 7 to 12 and found that the conventional belief that kids consider themselves invulnerable is incorrect. Instead, a sizable number (15%) claimed to engage in risky behaviors "because they feel hopeless and figure that not much is at stake." A similar percentage did not believe that they would live past age 35. Follow-up interviews with these "fatalistic" kids found that they regularly engage in far riskier behaviors and take more chances than more optimistic teens.

Study: Generation Gap in U.S. Largest Since the 1960's (Pew Research Center, June 23rd). This survey found that America is experiencing the largest disagreement between generations in 40 years. The major points of contention involve lifestyle, religion, cultural issues and emerging technology. While today's youth are nothing like their defiant forbearers of the 1960's, the gulf between them and the older generation is huge and growing.

Now for some good news! Your Employee Assistance Program has launched a comprehensive, online Parent Resource Center which presents practical information on addressing child-related challenges from pre-natal through the teen years. To access this information, simply go to www.theEAP.com and select Employee & Family Login. Just a few of the topics include:

- **Pregnancy Week by Week:** Information supplied by the Mayo Clinic to make pregnancy more manageable.
- **Baby Proofing Your Home:** Valuable tips from the National Safety Council based on a child's perspective.
- **Raising Kids With Your Ex:** The end of a marriage does not mean the end of co-parenting. A vital resource!

- **Parents Guide to Childhood Immunizations:** Up to date guidance from the Centers for Disease Control.
- **State Bicycle Helmet Laws:** Click on the map to see the laws governing your state.



- **Childhood Overweight & Obesity:** Avoid early nutritional mistakes that can follow children into adulthood.
- **Military OneSource:** Guidance and assistance for parents in uniform.
- **Great Dad:** Great fathering information "for dads by dads."
- **Teen Driver:** 38% of all teen deaths occur on the road. Learn how to protect your young driver.
- **Teen Workers:** Solid information to ensure that the first work experiences are safe and rewarding.
- **Talking to Children About Death:** Suggestions from NIH on what to say and how to say it.
- **KidSites.com:** Recommended online interactive resources keyed to your child's interests and age level.
- **Understanding Autism:** The CDC reports that 1 in every 150 children are born with autism. Great advice from experts.
- **Child Tax Credits:** Be sure that you are taking advantage of all IRS deductions.

Your EAP can help make your parenting experience rewarding and fulfilling. Log on today!