Real-Life Help

Assistance and resources for personal, family and work issues

Monthly Webinar • Tuesday, August 19th

hms

A HealthAdvocate Company

Be Involved in Learning

Raise Successful Adults

Whether your child is just starting kindergarten or entering their senior year in high school, being actively involved in their education goes beyond helping with homework or volunteering with classroom events.

You can spark their enthusiasm for lifelong learning by exposing your children to as many meaningful experiences and viewpoints as possible, appropriate for every stage of their life. Experiences can range from observing how spiders weave webs to discussing how a popular movie was directed. Be sure to point out new things that you learn everyday with enthusiasm.

In this issue, you will discover several ways to help create a stimulating as well as safe and secure environment to maximize learning, no matter what your child's age.

Remember, you can always turn to your EAP+Work/Life program for help with personal, family and work concerns.

Encourage Active Learning

Maximize Potential

Family involvement is a key way to strengthen student learning and improve academic achievement. Here are some good tips to follow:

- **Listen to your child's interests and respond to them.** For example, is it a fascination with critters? A trip to a nature center could stoke a thirst to learn about biology.
- **Read to them every day.** The written word is the key to lifelong learning, and the more you read to your child, the better chance he or she has of becoming a proficient and an eager reader. Remember to visit the library often!
- **Find teachable moments each day.** For example, cooking combines elements of math and science, and reading recipes. Plus, they get to see (and taste!) the results.
- **Invite questions when you read or explore together.** This can help foster participation in school.
- **Extend your interest to the teachers.** Ask for suggestions that can help maximize your child's learning potential.

Problems at home that are impacting your child's school success? Turn to your EAP+Work/Life program for help.

Transitioning Kids to College

Entering freshmen confront meeting academic standards, navigating newfound independence, and increasing social pressures and temptations.

These tips can help smooth the transition:

- **Expect ups and downs.** Your child may seem to be sailing through independence during one call, and full of worry the next. Resist jumping in with advice. In time, you and your student will become more confident in their ability to handle situations on their own.
- **Stay connected.** Cards sent home, care packages sent to school, pictures of events that were missed, and e-mails help you stay involved in each other's lives.
- **Make sure your child knows how to get help.** Remind them about counseling services that may be available at the college.

Remember, your EAP+Work/Life program can help with anxiety, substance abuse and other personal/family issues.

[NYU Child Study Center]

Monthly Webinar

Tuesday, August 19th
12 pm and 2 pm ET

"Paying for College 101"

Planning for the future including financing options and student loans.

You can register at hms.HealthAdvocate.com

- Enter company name
- Scroll to and click the webinar tab
- Select "Click here to view upcoming and archived webinars"
- Under the current webinar, select your registration time
- On the "Paying for College 101" webinar page, register by entering your name and email
- You will receive an email confirmation of your registration

*Please note: Webinars are available only in English.

Playground Bullying: Is Your Child a Target?

Bullying can make kids not want to go to school. Here are the main factors that differentiate bullying from normal childhood tussles:

An imbalance of power. Bullies tend to target children perceived as different from their peers—those who are weaker, less popular, dress differently, or annoy others to get attention.

The threat of future aggression. Bullies tend to make it clear that their victim will continue to be their target.

Involves a group of students. Other children help the bully pick on other kids.

If your child develops unexplained changes in behavior—such as sleep problems, a drop in grades, or social withdrawal—ask him or her indirectly if there are any bullies in their class and who they pick on. Create a plan together. Explain that the best response is to tell a teacher or principal.

Need help with parenting issues? Turn to your EAP+Work/Life program.

[StopBullying.gov]

EAP+ Work/Life Program

EAP+Work/Life

Get short-term assistance

- Referral for in-depth counseling, if needed
- Work/life specialists locate support resources, from caregiving to legal help
- Visit website for online articles and other resources
- In a crisis, emergency help is available 24/7

Talk to a Licensed Professional Counselor to learn coping skills. You may be referred to the appropriate professional for in-depth, long-term help.

Use self-search provider databases, get 4,000 updated and authoritative articles, view video clips, attend monthly online seminars and more.

Confidential assistance is available 24/7.

Just call
800.343.2186
hms.HealthAdvocate.com

hms
A HealthAdvocate™ Company

©2014 Health Advocate, Inc. HMS-EM-1401002-AUG

hms

A HealthAdvocate™ Company

About Human Management Services (hms)

Human Management Services, Inc. (hms), a Health Advocate Company, is an integrated counseling and referral resource specializing in Employee Assistance (EAP) and Work/Life Programs. HMS works with companies throughout the United States and draws on over 30 years of experience implementing a broad range of Work/Life, case management and counseling services. HMS is known for their flexibility, commitment to innovation, and EAP marketplace knowledge, giving them the ability to continually deliver enhanced services to their clients.

Health Advocate is not affiliated with any insurance or third party provider. Health Advocate complies with all government privacy standards. Health Advocate does not replace health insurance coverage, provide medical care or recommend treatment.