

February 1, 2001

EAP News # 82

The Do's and Don'ts of Children and Divorce

- ? **Do** remember that the children need to love both parents
- ? **Do** encourage and clearly answer questions about the divorce.
- ? **Do** be patient with the children
- ? **Do** tell the truth about the divorce so far as you are able
- ? **Do** allow for expression of feelings by your children
- ? **Do** offer comfort, warmth, and support
- ? **Do** reassure the children that the divorce is an adult problem (they did not cause the divorce)
- ? **Do** reassure the children that you will always be their parent
- ? **Do** take care of yourself and your own well-being
- ? **Do** preserve the household routines and keep changes to a minimum
- ? **Do** try to build support groups and seek professionals to help
- ? **Do** learn about the Normal responses of children to divorce
- ? **Do** set up a place for children's belongings during visiting.
- ? **Do** make significant adults in the children's lives aware of the divorce (teachers, doctors, counselors, babysitters)
- ? **Don't** send messages to your ex through the children
- ? **Don't** ask children to keep secrets from your ex-spouse
- ? **Don't** use the children as pawns in parent power struggles
- ? **Don't** belittle and criticize a parent in front of the children
- ? **Don't** tell the children what to think or feel
- ? **Don't** ask the children to take sides or pump them for information

- ? **Don't** use your children as confidants or substitutes
- ? **Don't** block your children's need to talk and ask questions about the divorce and the changes it will bring
- ? **Don't** put the children in the middle of parental conflicts.

Mental Exercise

Exercise can relieve symptoms of depression and anxiety and can improve self-esteem, relieve stress and help one sleep more restfully.

Dr. Daniel Landers, of the Department of Exercise at Arizona State University, who looked at 159 different studies, says that the best results are achieved after 15 weeks of regular, vigorous aerobic activity.

In treating depression, for example, exercise has been shown to be more effective than relaxation training and is as effective as drug therapy or psychotherapy, with no negative side effects and at virtually no cost.

As for improving sleep, exercisers were found to get to sleep more quickly, sleep longer, and have more restful sleep than non-exercisers.

PORTABLE HEATERS

Gas-burning portable heaters, lanterns and stoves give off carbon monoxide. Every year 30 Americans die and 450 are seriously harmed by inhaling the colorless, odorless gas when such devices are left on in sleeping areas like tents, campers, cabins, etc. High altitudes and alcohol consumption worsen the problem.

PPA WARNING

All drugs containing Phenylpropanolamine (PPA) should not be taken. The FDA has linked this product to increased hemorrhagic strokes (bleeding brain) among women ages 18-49 in the three days after starting the use of the medication. Problems were not found in men, but the FDA recommended that everyone (even children) seek alternative medicine. Please read this list carefully, as many people are still taking these medications.

The following is a thorough list of all products containing Phenylpropanolamine:

- ? Acutrim Diet Gum Appetite Suppressant Plus Dietary Supplements
- ? Acutrum Maximum Strength Appetite Control
- ? Alka-Seltzer Plus Children's Cold Medicine Effervescent
- ? Alka-Seltzer Plus Cold Medicine (cherry or orange)
- ? Alka-Seltzer Plus Cold Medicine Original
- ? Alka-Seltzer Plus Cold & Cough Medicine Effervescent
- ? Alka-Seltzer Plus Cold & Flu Medicine Effervescent
- ? Alka-Seltzer Plus Cold & Sinus Effervescent
- ? Alka Seltzer Plus Night-Time Cold Medicine Effervescent
- ? BC Allergy Sinus Cold Powder
- ? BC Sinus Cold Powder
- ? Comtrex Deep Chest Cold & Congestion Relief
- ? Comtrex Flu therapy & Fever Relief Day & Night
- ? Contac 12-Hour Cold Capsules
- ? Contac 12-Hour caplets
- ? Coricidin D Cold, Flu & Sinus
- ? Dexatrim Caffeine Free
- ? Desatrim Extended Duration
- ? Dexatrin Gelcaps
- ? Dexatrim Vitamin C/Caffeine Free
- ? Dimetapp Cold & Allergy Chewable Tablets

- ? Dimetapp Cold & Cough Liqui-Gels
- ? Dimetapp DM Cold & Cough Elixir
- ? Dimetapp Elixir
- ? Dimetapp 4 hour Liquid Gels
- ? Dimetapp 4 Hour Tablets
- ? Dimetapp 12-hour Extentabs Tablets
- ? Naldecon DX Pediatric Drops
- ? Permathene Mega-16
- ? Robitussin CF
- ? Travis-D 12-hour Relief of Sinus & Nasal Congestion
- ? Triaminic DM Cough Relief
- ? Triaminic Expectorant Chest & Head Congestion
- ? Triaminic Syrup Cold & Allergy
- ? Triaminic Triaminicol Cold & Cough

Another Reason to Quit Smoking

Smokers run a 70 percent greater risk of losing their hearing than non-smokers. Even non-smokers exposed to secondhand smoke were more likely to have hearing loss. Researchers aren't sure why, but they speculate that smoking may affect the sensitive blood vessels in the ear canals. Their advice to smokers? Quit!

TIME OUT

"Time-Out" is one discipline procedure, which can be carried out consistently and without harm to you or your child.

"Time-Out" procedures remove the child from a situation or environment, which is reinforcing some type of misbehavior.

"Time-Out" gives the child an opportunity to calm down and to think through a problem more clearly.

Some children seem unable to stop a behavior once it begins, so learning to time-themselves-out is one way they can develop self-control.

HBA is your 24-hour employee assistance program. Eligible employees and family members may call for confidential assistance with personal, legal, childcare, financial, alcohol/drug and other problems. HBA has identified a variety of community resources and self help associations. Also available is a panel of professional counselors and hospitals that have agreed to provide free or low cost counseling and treatment services to persons who have been referred by Human Behavior Associates. Dial 1-800-937-7770 for information or assistance.