

positioners or rolled up blankets present a risk of suffocation, and are not needed to help your baby sleep on his or her back.

***Reminder:** Supervised tummy time during play time is also important to your baby's healthy muscle development.*

Why every sleep? A baby who usually sleeps on his or her back but is then placed on its stomach to sleep is at a much higher risk of SIDS. For this reason, it is important for everyone who cares for your baby, such as babysitters and grandparents, to also use the back to sleep position your baby.

As your baby gets older, he or she will be able to turn over onto his or her stomach by themselves, usually at about 5 months. When this happens, you DO NOT have to reposition your baby.



The Door that's not Locked: Safety and the Internet

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Canadian Centre for Child Protection

The web is a wonderful place so long as you understand the dangers. ***The Door That's Not Locked*** is committed to helping parents, teachers and anyone else who would like to better understand the good, the bad and the ugly about the web.

In this issue of the PDN Bulletin, we'll explore how to keep 8 to 9 year-olds healthy and safe on the Internet.

As your child gets older, you will notice changes in his/her behaviour and interests. While it's exciting to see your child seek more independence, if they are on the Internet, there are new personal and online safety concerns that you should be aware of as well.

The Growing Personality

- Games are taken very seriously and losing can be taken personally.
- Fantasy play becomes more realistic (Police vs Batman).
- Begins to develop a sense of who they are based on how peers treat them (i.e. if a peer says something hurtful, they may take it as they are not liked by others).

- Starts to feel embarrassed by their parents. Parental limits are tested through negative behaviour.
- Forms more complex peer relationships; interactions are based on rules, and pecking order becomes apparent.
- Starts to compare their body image to others; may make incorrect judgements about their appearance.
- Acquires pride and enjoyment from doing something well (i.e. music, arts, academics).
- Begins to seek privacy (i.e. asks people to knock before entering their room).

Online Activities

- Uses online games
- Uses instant messaging
- Uses email
- Uses the Internet for school work
- Uses search engines (i.e. google, Yahoo, Live Search, etc.)

As a parent, what can you do?

- Balance the amount of time your child spends online.
- Use filtering software (for more information visit www.thedoorthatsnotlocked.ca).
- Restrict your child's use of search engines.
- Explore games your child plays to determine if they are age appropriate. Is the game moderated? Does it contain sexual or violent material?

- Know your child's login information and email addresses. What username or character names has your child given him/herself? It should not provide identifying characteristics about him/her or his/her hobbies (i.e. shygirl, bookworm).
- Assist with the creation of online profiles. When signing up for games, provide a family or parental email account rather than your child's email address.

What should you talk to your child about?

- Let your child know that you will monitor his/her online activities, as the Internet is a public place.
- Create and post regular Internet guidelines that are discussed and reviewed regularly.
- Discuss the difference between public and private information. Personal information is private information, and shouldn't be shared on the Internet without parental permission.
- Teach your child the safety strategy - "If asked to share and your parents aren't aware - **Say No!**" This encourages him/her to practice checking with parents before sharing personal information online. Review with your child where he/she may be asked for personal information online.



- Teach your child to create passwords that others can't easily guess, and that contain a combination of numbers and letters (both upper and lower case).
- Reinforce the idea that not everyone is who they say they are online. People can pretend to be older or younger than they actually are.
- Just as you would explain appropriate behaviour in the offline world, the same should be done for online activities.
- Ensure your child gets permission before chatting with other online gamers. Explain that the Internet isn't a place to make new friends. Talk about what friendship is and isn't.
- Tell your child not to open any email attachments if he/she doesn't know the sender.
- Explain to your child that if they come across something or someone that makes them feel uncomfortable, they can tell you without fear of losing their computer privileges.

Risks to 8-9 year-olds on the Internet

Teaching your child good Internet skills that promote awareness and knowledge will make his/her online experiences safer.

- **Exposure to sexually explicit material:** Kids can be exposed to sexually explicit material online. At this age they are not develop-

mentally ready to handle viewing explicit sexual content. To reduce exposure, use filtering software and child-safe search engines (see "The Impact of Viewing safety sheet at www.kidsintheknow.ca).

- **Search Engines:** Kids use search engines to learn just about anything. While searching, it's easy for them to come across sexually explicit materials. In an effort to reduce their exposure, be sure they are using child-appropriate search engines (i.e. Yahoooligans). The most popular search engines may not be the most effective for filtering adult content. Test a few to decide which one to use.
- **Public nature of the Internet:** The Internet is a public place. Once information is sent online, the sender loses control of what happens to it. Teach your child to be careful about what they share online.
- **Building relationships:** A large portion of kids' social world has moved online. The 8-9 year-old age group typically begins communication through games and email. Relationships can start quickly, and caution should be taken, as kids can easily be tricked. Monitor your child's Internet use closely, and discuss the qualities of healthy and unhealthy friendships (see the Friendship Safety Sheet at www.kidsintheknow.ca).

- **Chat component of games:** The multi-player capability of online games makes them appealing to kids. While it's easy for you to have a false sense of security because your child is playing a game, precautions need to be taken. Most online games have a chat component where children can interact with others in real time.

In the next issue of the PDN Bulletin, we will discuss Internet safety for 10-13 year-olds.

BOOK REVIEW: Who Has What? All About Girls' Bodies and Boys' Bodies By Robie H. Harris, Illustrated by Nadine Bernard Westcott; Candlewick Press, 2011.

Young children are curious about everything. Asking questions is one of the many ways they learn about themselves and the world around them. So now this unique new series for our youngest children provides them with easy-to-understand facts and reassuring answers to their delightful, thoughtful, and often non stop questions.

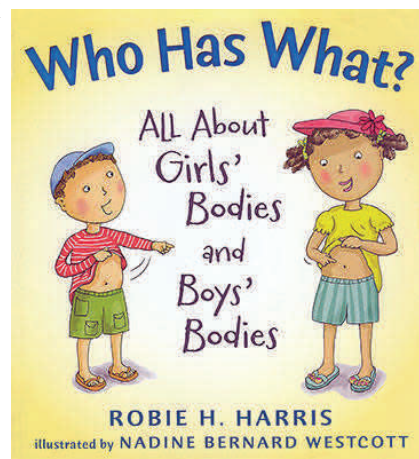
In *Who Has What?* join Nellie and Gus for a family outing to the beach. Accessible, humorous, accurate and

charming illustrations; conversations between the two siblings; and factual text come together in a book that will help young children feel that whether they have a girl's body or a boy's body, their bodies are perfectly normal and healthy, and totally wonderful!

About the Author:

Robie H. Harris is the author of "*It's Perfectly Normal*", a go-to book on sexual health for kids age ten and older. The New Yorker described the book as "endearing and companionable matter-of-factness ... and remarkably thoughtful discussion".

She is also the author of *It's So Amazing!* and *It's NOT the Stork!*, essential guides for younger children on bodies, babies, families and health. While working on *Who Has What?*, Robie H. Harris consulted with parents, educators, librarians, child development specialists, health professionals, and clergy to make sure that the book answers our youngest children's questions about themselves in an age-appropriate and honest manner. Harris lives in Massachusetts.



About the Illustrator:

Nadine Bernard Westcott is the illustrator of more than a hundred books, including *Up, Down and Around* and *Supermarket!* She is best known for her rollicking illustrations for children's songs in books such as *Down by the Bay*, *Miss Mary Mack*, *Skip to My Lou*, and *I Know an Old Lady Who Swallowed a Fly*. She divides her time between illustrating books and designing fabric and lives in Massachusetts.



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PARENTING WITH A DISABILITY BULLETIN is a publication of the *Centre for Independent Living in Toronto (CILT) Inc.*

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Funded by



United Way of Greater Toronto

ISSN 1481-918X