

What can I do to protect my child's identity?

Here are some things you can do to protect your child's identity.

- ☑ Do not carry your or your child's Social Security card in your wallet.
- ☑ Shred all papers that contain account or SS numbers.
- ☑ If possible use a locked mailbox to receive all mail. Do not leave mail for pick up unattended in an "out" box.
- ☑ Watch out for people who may try to eavesdrop and overhear the information you give out orally.
- ☑ Teach your child not to give out personal information over the phone, and do not give any information on the internet unless you are absolutely sure that you are dealing with a legitimate company.
- ☑ If you suspect that your child has been a victim of identity theft, it is recommended that you order a credit report. If you do not have any concerns it is not necessary to order a credit report for your child. Excessive order of credit report confuses the computerized systems of the reporting agencies and opens a door to thieves because it establishes a credit report.



For more information on identity theft visit: Identity Theft Resource Center at www.idtheftcenter.org 

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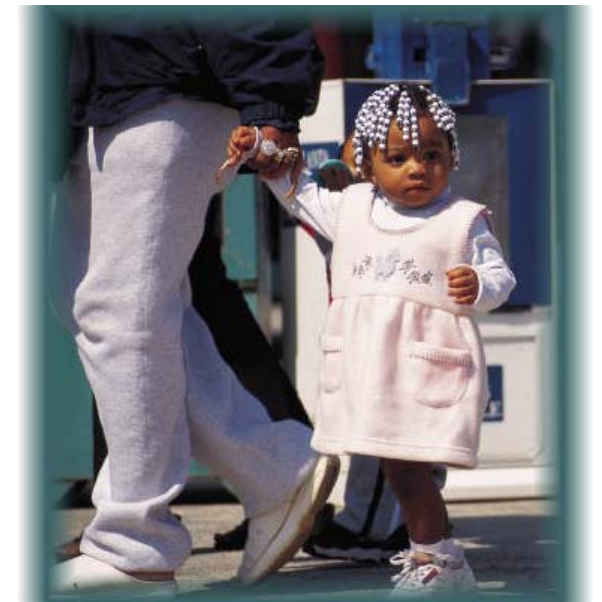
Raising Great Kids



March

IDENTIFY THEFT

Identity theft is on the rise and is not just for adults. The problem can be worse for younger victims. Parents need to know how to recognize child identity theft. Early discovery can reduce the amount of damage that is done. Identity thieves use stolen information to conduct fraudulent financial transactions. They sometimes use it to obtain government documents such as driver's licenses, or give it to the police when stopped or charged for a crime. (They can create new credit accounts for child victims while for adults they use existing credit card accounts.)



Preschool age children are unlikely to be approached by scammers, so parents must be careful to protect their documents and other information. Safeguarding your child's identity requires the same precautions you should take for yourself.

"In accordance with the provisions of ADA, this document may be requested in a different format."

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IDENTIFY THEFT

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THINGS TO REMEMBER

- 👁 Never carry Social Security card in your wallet.
- 👁 Voice your concern if school uses Social Security numbers to identify students.
- 👁 Teach children not to give out personal information. 🦋

Source: University of Florida News – Mary Harrison



MARCH IS NATIONAL NUTRITION MONTH!

For good health, children need healthy meals that include a variety of foods. These include grains, like brown rice, wheat bread; vegetables, all green and yellow color; fruits; milk and milk products; meat and beans. Parents should include one of each of the food groups along with exercise to have a healthy child.

Physical activity is very important because it helps improve self-esteem. Children should be active at least 60 minutes each day. There is no need for fancy toys or high price shoes, just an active imagination! Ask your child to help you with household chores like washing the car, taking care of plants, and vacuuming. They love the noise and they love to help! 🦋

Source: Jennifer Hillan, UF/IFAS Department of Family, Youth & Community Services

Did You Know?

Did you know that an identity thief may be a family member or a person known by the family.

📖 This person can also be a stranger who targets children, and this could go unnoticed until the child reaches legal age.

📖 Receiving a credit card in your child's name might be a red flag but not always. Remove your child's name from marketing lists with the bank when you open an account in his name. This will reduce those pre-approved credit card offers.

📖 It is very important that you talk about identity theft to your children.

📖 People who offer credit do not have a way to verify age. Therefore the age of the applicant becomes known with the first credit application. 🦋



Tree-House Banana Butter

- 3 ripe bananas
- 3/4 cup peanut butter
- 1 teaspoon shredded coconut (optional)
- 1/2 cup raisins (optional)
- 1 package of crackers (whole grain and low fat)

Mash bananas with peanut butter in a bowl. Add coconut and raisins. Pack it into a airtight plastic bag. Poke a hole in one corner of the plastic bag and squeeze the "tree house banana butter" mixture onto the crackers. Enjoy in a tree house or your favorite spot.

Kids Can Help

Children can measure, add ingredients, and mix. This will help with their mathematical and fine motor skills. They can mash and pour ingredients with adult supervision. 🦋



All children must be supervised when they are in the kitchen.