

old people parents guide

old people parents guide is an essential resource for adult children and caregivers seeking effective ways to support their aging parents. As people grow older, their needs evolve, and navigating these changes can be challenging for families. This comprehensive guide explores critical aspects such as physical health, emotional well-being, financial planning, safety, and communication strategies tailored to senior parents. It also addresses common concerns faced by caregivers, provides actionable advice, and offers practical tips for fostering dignity and independence. Whether you are just starting to assist your elderly parents or are looking for advanced guidance, this article delivers valuable insights to help you make informed decisions. Continue reading to discover expert advice and best practices for caring for your aging loved ones.

- Understanding the Needs of Aging Parents
- Effective Communication with Elderly Parents
- Promoting Physical and Mental Health
- Financial Planning and Legal Considerations
- Ensuring Home Safety and Accessibility
- Building a Support Network for Caregivers
- Respecting Independence and Dignity
- Signs Your Parents Need Additional Help

Understanding the Needs of Aging Parents

As parents age, their physical, emotional, and social requirements shift significantly. Recognizing these changes early is vital for providing appropriate care and support. The old people parents guide emphasizes the importance of assessing both visible and subtle signs of aging, such as mobility issues, memory lapses, or increased isolation. By understanding these evolving needs, families can create tailored care plans and anticipate future challenges.

Regular evaluations, open dialogue, and collaboration with healthcare professionals ensure that elderly parents receive the best possible support. It is important to approach these assessments with empathy and patience, fostering trust and cooperation throughout the aging process.

Effective Communication with Elderly Parents

Active Listening Strategies

Effective communication is foundational when supporting aging parents. Active listening involves giving full attention, maintaining eye contact, and validating their feelings. This helps senior parents feel respected and understood, which is crucial for their emotional well-being.

Addressing Difficult Topics

Discussing sensitive subjects like driving ability, medical care, or assisted living can be challenging. Use compassionate language, maintain a calm tone, and choose a quiet setting for these conversations. Allow your parents to express their perspectives and involve them in decision-making as much as possible.

Encouraging Social Interaction

Isolation is a common issue among older adults. Encourage regular communication with friends, community groups, or family members through visits, phone calls, or video chats. Social engagement promotes mental health and reduces feelings of loneliness.

Promoting Physical and Mental Health

Regular Medical Checkups

Routine health screenings are essential in detecting and managing age-related conditions. Schedule annual physical exams, vision and hearing tests, and monitor chronic illnesses closely. Early intervention can improve quality of life and prevent complications.

Nutrition and Exercise

A well-balanced diet and consistent physical activity are key to healthy aging. Focus on nutrient-rich foods, proper hydration, and exercises that enhance strength, balance, and flexibility. Consult healthcare professionals or nutritionists for personalized plans.

Mental Stimulation and Emotional Support

Mental health is as important as physical health. Encourage activities such as reading, puzzles, or learning new skills to keep the mind active. Provide emotional support by offering companionship, understanding, and encouragement during difficult times.

- Encourage hobbies and creative pursuits
- Participate in group activities or clubs

- Provide access to mental health resources

Financial Planning and Legal Considerations

Managing Finances

Financial security is a significant concern for many aging parents. Assist with budgeting, bill payments, and reviewing insurance policies. Explore government benefits and community resources that may offer financial assistance or discounts for seniors.

Legal Documentation

Proper legal planning ensures that your parents' wishes are respected. Essential documents include wills, power of attorney, and advance healthcare directives. Consult with legal professionals who specialize in elder law to ensure all paperwork is up-to-date and valid.

Fraud and Scam Prevention

Elderly individuals are often targeted by scammers. Educate your parents about common scams, monitor financial accounts for unusual activity, and encourage them to verify the identity of anyone requesting personal information or money.

Ensuring Home Safety and Accessibility

Home Modifications

Creating a safe living environment is critical for preventing accidents. Evaluate the home for hazards such as loose rugs, poor lighting, or slippery floors. Install grab bars, ramps, and non-slip mats as needed to enhance mobility and safety.

Assistive Devices

Various devices can support independence, including walkers, stairlifts, and medical alert systems. Review your parents' needs regularly and adjust equipment as their mobility changes.

Emergency Preparedness

Prepare for emergencies by ensuring easy access to phones, emergency contacts, and medical information. Develop a plan for natural disasters or medical crises tailored to your parents' specific needs.

1. Install smoke and carbon monoxide detectors

2. Keep walkways clear and well-lit
3. Store medications in a secure, accessible location
4. Post emergency numbers near telephones

Building a Support Network for Caregivers

Caring for elderly parents can be demanding, both emotionally and physically. Building a reliable support network is vital for caregiver well-being. Reach out to family members, friends, or local community organizations for assistance with daily tasks, transportation, or respite care.

Support groups provide valuable resources and a sense of community for caregivers facing similar challenges. Prioritizing self-care, setting realistic expectations, and seeking professional help when needed can prevent caregiver burnout.

Respecting Independence and Dignity

Maintaining independence is important for seniors' self-esteem and happiness. Encourage your parents to participate in decision-making and daily routines. Offer assistance when necessary, but avoid taking over tasks they are still capable of doing.

Respecting your parents' wishes and preferences fosters a sense of dignity and control. Always approach care with empathy, patience, and respect for their autonomy.

Signs Your Parents Need Additional Help

It can be difficult to know when aging parents need more support. Look for warning signs such as unexplained weight loss, poor hygiene, memory problems, or withdrawal from social activities. Other red flags include frequent falls, unpaid bills, or cluttered living spaces.

If you notice these changes, consult healthcare professionals to assess the situation and determine the best course of action. Early intervention helps ensure safety and well-being for your loved ones.

Q: What are the first steps to take when your parents start showing signs of aging?

A: Begin by observing changes in physical health, memory, and daily routines. Schedule a comprehensive medical checkup, initiate open and supportive conversations, and start researching resources for senior care and support.

Q: How can I help my aging parents maintain their independence?

A: Encourage participation in decision-making, adapt the home for safety, provide assistive devices, and support their involvement in social and physical activities tailored to their abilities.

Q: What legal documents should be in place for elderly parents?

A: Essential documents include a will, power of attorney, advance healthcare directive, and any relevant insurance or financial papers. Consult an elder law attorney for proper preparation and updates.

Q: How can I protect my parents from financial scams?

A: Educate them about common scams, advise them never to share personal information over the phone or online, monitor their accounts for unusual activity, and set up alerts for suspicious transactions.

Q: What are effective ways to communicate difficult topics with elderly parents?

A: Use active listening, choose a private and comfortable setting, speak with empathy and respect, and involve them in the decision-making process as much as possible.

Q: When should I consider professional caregiving support for my parents?

A: Consider professional help if your parents struggle with daily activities, experience frequent falls, show signs of memory loss, or if caregiving responsibilities become overwhelming.

Q: How often should elderly parents have medical checkups?

A: Most seniors should have at least one comprehensive medical checkup per year, with additional visits as recommended based on existing health conditions or new symptoms.

Q: What home modifications can improve safety for aging parents?

A: Install grab bars, improve lighting, use non-slip mats, remove tripping hazards, and

consider ramps or stairlifts for easier mobility within the home.

Q: How do I balance caregiving duties with my own life?

A: Build a support network, delegate tasks, seek respite care, prioritize self-care, and utilize community resources for additional assistance.

Q: What signs suggest my elderly parents need more help at home?

A: Look for unexplained weight loss, changes in hygiene, increased forgetfulness, unpaid bills, clutter, social withdrawal, or frequent accidents and falls.

Old People Parents Guide

Find other PDF articles:

<https://fc1.getfilecloud.com/t5-goramblers-06/Book?trackid=GSA45-9340&title=molly-and-josh-couples-therapy.pdf>

The Old People Parents Guide: Navigating the Challenges and Joys of Aging Parents

Caring for aging parents is a deeply personal and often challenging journey. This comprehensive guide provides practical advice and emotional support to help you navigate the complexities of this significant life stage. Whether you're facing immediate concerns or planning for the future, this resource offers insights and strategies to ensure your parents receive the best possible care and maintain their quality of life. We'll explore everything from understanding common age-related challenges to accessing vital resources and fostering open communication. Let's embark on this journey together.

Understanding the Challenges Faced by Aging Parents

As our parents age, they may encounter various physical and cognitive changes impacting their daily lives. Understanding these challenges is the first step towards providing effective support.

Physical Changes:

Mobility issues: Arthritis, osteoporosis, and other conditions can limit mobility, making simple tasks difficult. This might necessitate adjustments to their home environment or assistance with daily activities.

Health concerns: Chronic illnesses such as diabetes, heart disease, and dementia become more prevalent with age, requiring careful management and potentially specialized care.

Sensory decline: Vision and hearing loss are common, leading to difficulties with communication, reading, and navigating their surroundings. This requires patience and clear communication strategies.

Cognitive Changes:

Memory loss: Mild cognitive impairment or dementia can significantly affect memory, judgment, and decision-making abilities. Early detection and appropriate support are crucial.

Cognitive decline: Reduced cognitive function can impact daily tasks, social interactions, and overall well-being. Specialized care and therapies can help mitigate these challenges.

Emotional and Social Changes:

Loss and grief: The loss of loved ones, independence, and social connections can lead to feelings of isolation, sadness, and depression. Providing emotional support and encouraging social interaction is vital.

Loneliness and isolation: Aging can lead to social isolation, particularly if mobility is limited or loved ones are geographically distant. Regular visits, phone calls, and engagement in social activities can combat this.

Practical Strategies for Caring for Aging Parents

Providing care for aging parents requires a multifaceted approach encompassing practical, emotional, and logistical considerations.

Assessing Needs and Developing a Care Plan:

Begin by honestly assessing your parents' needs. Consider their physical health, cognitive abilities, and emotional well-being. Involve them in the process, respecting their autonomy and preferences. Develop a comprehensive care plan that addresses their individual requirements. This plan might involve:

In-home care: Hiring caregivers for assistance with bathing, dressing, medication management, or meal preparation.

Assisted living: Transitioning to an assisted living facility provides a supportive environment with access to healthcare and social activities.

Nursing homes: For individuals requiring intensive medical care and 24-hour supervision.

Financial Planning and Resources:

Caring for aging parents can be financially demanding. Explore resources like Medicare, Medicaid, and long-term care insurance. Consult with a financial advisor to understand available options and

plan for long-term expenses.

Maintaining Open Communication:

Open and honest communication is essential. Regularly check in with your parents, actively listen to their concerns, and involve them in decision-making whenever possible. Respect their wishes and preferences, even when they differ from your own. Be patient and understanding, recognizing the emotional challenges they face.

Self-Care for Caregivers:

Caring for aging parents can be emotionally and physically draining. Prioritize self-care to avoid burnout. Engage in activities that bring you joy, connect with supportive friends and family, and seek professional help if needed. Remember that you cannot pour from an empty cup.

Making the Transition Smoother

Transitioning to a new living arrangement can be stressful for both parents and caregivers. Minimize disruption by involving your parents in the decision-making process, allowing them to participate in choosing their new home or care arrangement. Maintain routines and familiar possessions to provide a sense of continuity and comfort.

Conclusion

Caring for aging parents is a journey filled with both challenges and rewards. By understanding their needs, developing a comprehensive care plan, and prioritizing open communication and self-care, you can navigate this stage with grace and compassion. Remember to seek support from family, friends, and professional resources when needed. This journey is a testament to the enduring bonds of family and the unwavering commitment to providing love and support to those who have given so much.

FAQs

1. What are the signs that my parent needs more help than I can provide? Signs include significant decline in personal hygiene, difficulty managing medications, repeated falls, significant weight loss, or exhibiting signs of depression or isolation that you cannot address effectively.
2. How do I talk to my parents about moving to assisted living? Approach the conversation with empathy and understanding. Frame it as a way to maintain their independence and quality of life,

emphasizing the benefits of the community and the support available.

3. What resources are available to help with the financial burden of elder care? Consult with eldercare agencies, social workers, and financial advisors to explore options like Medicare, Medicaid, long-term care insurance, and veterans benefits (if applicable).

4. How can I prevent caregiver burnout? Schedule regular breaks, engage in self-care activities, join support groups for caregivers, and don't hesitate to seek professional counseling if needed.

5. How do I deal with conflict with my siblings regarding parental care? Establish open communication channels, clearly define roles and responsibilities, and consider seeking mediation from a neutral third party to resolve disputes and foster collaboration.

The Ultimate Old People Parents Guide: Navigating the Challenges and Joys of Caring

Caring for aging parents is a deeply personal journey, filled with both immense rewards and significant challenges. This comprehensive guide aims to equip you with the knowledge and resources you need to navigate this complex phase of life with grace, understanding, and effective strategies. Whether your parents are experiencing mild age-related changes or facing more significant health concerns, this "Old People Parents Guide" will provide valuable insights and practical advice. We'll explore everything from understanding the emotional aspects of caregiving to navigating the practicalities of healthcare, finances, and legal matters.

Understanding the Changing Landscape of Aging

As our parents age, their needs inevitably change. Understanding these shifts is crucial for providing appropriate and effective care.

Physical Changes and Health Concerns:

Aging often brings about physical changes such as decreased mobility, vision problems, hearing loss, and cognitive decline. Understanding the potential health challenges your parents might face - from arthritis and diabetes to dementia and heart conditions - allows you to proactively address their needs and seek appropriate medical assistance. This includes learning to recognize the signs and symptoms of common age-related illnesses and knowing when to seek professional medical help.

Emotional and Psychological Well-being:

Aging can significantly impact emotional and psychological well-being. Loneliness, isolation, depression, and anxiety are common experiences among older adults. Maintaining social connections, fostering a supportive environment, and encouraging engagement in activities they enjoy are vital for their mental health. Consider exploring options like senior centers, social groups, or volunteer opportunities.

Cognitive Decline and Dementia:

Cognitive decline is a natural part of the aging process, but in some cases, it can progress to more serious conditions like dementia. Understanding the signs and symptoms of dementia, such as memory loss, confusion, and changes in personality, is critical for early diagnosis and intervention. Learning about available resources and support groups for families dealing with dementia is equally important.

Practical Aspects of Caregiving

Beyond the emotional considerations, caring for aging parents involves numerous practical aspects that require careful planning and organization.

Healthcare Management:

This includes understanding your parents' health insurance coverage, managing appointments with doctors and specialists, coordinating medication, and ensuring they receive necessary medical treatments. Keeping detailed records of their medical history, medications, and appointments is crucial.

Financial Planning and Legal Matters:

This stage often necessitates reviewing your parents' financial situation, addressing estate planning documents (wills, power of attorney, healthcare directives), and exploring options for long-term care insurance or financial assistance programs. It's wise to consult with financial advisors and legal professionals for guidance.

Home Safety and Accessibility:

Assessing and modifying your parents' home to ensure safety and accessibility is crucial as they age.

This may involve installing grab bars, ramps, or other assistive devices to prevent falls and improve mobility. Consider home modifications that enhance their independence and safety.

In-Home Care vs. Assisted Living:

Determining the appropriate level of care is a critical decision. This involves weighing the benefits and drawbacks of in-home care (provided by family members, friends, or professional caregivers) versus assisted living facilities or nursing homes. Each option presents different levels of support, cost, and lifestyle adjustments.

Building a Strong Support System

Caring for aging parents is rarely a solo endeavor. Building a strong support system is essential for both your parents and yourself.

Family Involvement and Communication:

Open communication within the family is crucial. Involve siblings, other family members, and close friends in the caregiving process to share responsibilities and provide emotional support. Regular family meetings can help coordinate care and address challenges collectively.

Professional Caregiver Support:

Consider utilizing professional caregivers for assistance with tasks such as bathing, dressing, meal preparation, or medication management. This can alleviate some of the burden and allow you time for yourself and other responsibilities.

Utilizing Community Resources:

Many communities offer resources specifically designed to support caregivers and older adults. These resources might include senior centers, adult day care programs, home healthcare agencies, and respite care services. Explore the options available in your area.

Conclusion

Caring for aging parents is a challenging but ultimately rewarding experience. By approaching this journey with a combination of planning, understanding, and a strong support system, you can help your parents maintain their dignity, independence, and quality of life while navigating the complexities of aging. Remember to prioritize self-care as well, as burnout is a real concern for caregivers. This guide serves as a starting point; continue to learn and adapt your approach as your parents' needs evolve.

FAQs

1. What are the early signs of dementia? Early signs can include memory loss, difficulty performing familiar tasks, problems with language, disorientation, changes in mood or personality, and poor judgment.
2. How can I find affordable long-term care options? Explore Medicaid and Medicare benefits, investigate assisted living facilities with varying price points, and consult with financial advisors specializing in elder care planning.
3. How do I choose a reputable home healthcare agency? Check licensing and certifications, read online reviews, interview potential caregivers, and verify their credentials and insurance.
4. What are power of attorney and healthcare directives? A power of attorney designates someone to manage your parents' financial affairs, while a healthcare directive outlines their wishes regarding medical treatment.
5. Where can I find support groups for caregivers of aging parents? Search online for caregiver support groups in your area, contact your local senior center, or inquire with your parents' healthcare providers.

old people parents guide: The Giver Lois Lowry, 2014 The Giver, the 1994 Newbery Medal winner, has become one of the most influential novels of our time. The haunting story centers on twelve-year-old Jonas, who lives in a seemingly ideal, if colorless, world of conformity and contentment. Not until he is given his life assignment as the Receiver of Memory does he begin to understand the dark, complex secrets behind his fragile community. This movie tie-in edition features cover art from the movie and exclusive Q&A with members of the cast, including Taylor Swift, Brenton Thwaites and Cameron Monaghan.

old people parents guide: It Stephen King, 2019-07-30 It: Chapter Two—now a major motion picture! Stephen King's terrifying, classic #1 New York Times bestseller, "a landmark in American literature" (Chicago Sun-Times)—about seven adults who return to their hometown to confront a nightmare they had first stumbled on as teenagers...an evil without a name: It. Welcome to Derry, Maine. It's a small city, a place as hauntingly familiar as your own hometown. Only in Derry the haunting is real. They were seven teenagers when they first stumbled upon the horror. Now they are grown-up men and women who have gone out into the big world to gain success and happiness. But

the promise they made twenty-eight years ago calls them reunite in the same place where, as teenagers, they battled an evil creature that preyed on the city's children. Now, children are being murdered again and their repressed memories of that terrifying summer return as they prepare to once again battle the monster lurking in Derry's sewers. Readers of Stephen King know that Derry, Maine, is a place with a deep, dark hold on the author. It reappears in many of his books, including *Bag of Bones*, *Hearts in Atlantis*, and *11/22/63*. But it all starts with *It*. "Stephen King's most mature work" (St. Petersburg Times), "It will overwhelm you...to be read in a well-lit room only" (Los Angeles Times).

old people parents guide: *Ring* Koji Suzuki, 2004-04-25 The Inspiration for the New Major Motion Picture *RINGS* A mysterious videotape warns that the viewer will die in one week unless a certain, unspecified act is performed. Exactly one week after watching the tape, four teenagers die one after another of heart failure. Asakawa, a hardworking journalist, is intrigued by his niece's inexplicable death. His investigation leads him from a metropolitan Tokyo teeming with modern society's fears to a rural Japan—a mountain resort, a volcanic island, and a countryside clinic—haunted by the past. His attempt to solve the tape's mystery before it's too late—for everyone—assumes an increasingly deadly urgency. *Ring* is a chillingly told horror story, a masterfully suspenseful mystery, and post-modern trip. The success of Koji Suzuki's novel *the Ring* has led to manga, television and film adaptations in Japan, Korea, and the U.S.

old people parents guide: *Children of the Corn* Stephen King, 2016-05-22 Driving through the cornfields in rural Nebraska, Burt and Vicky run over a young boy—only to discover that they may not be responsible for his death. Out in the corn, something is watching them, and help is nowhere to be found. From the unrivaled master of horror and the supernatural, Stephen King. "Children of the Corn," first collected in the extraordinary collection *Night Shift* in 1973 and then adapted into a horror film franchise of the same name, is a terrifying and unforgettable classic of the genre. A Vintage Short.

old people parents guide: *Red Rising* Pierce Brown, 2014-01-28 NEW YORK TIMES BESTSELLER • Pierce Brown's relentlessly entertaining debut channels the excitement of *The Hunger Games* by Suzanne Collins and *Ender's Game* by Orson Scott Card. "Red Rising ascends above a crowded dystopian field."—USA Today ONE OF THE BEST BOOKS OF THE YEAR—Entertainment Weekly, BuzzFeed, Shelf Awareness "I live for the dream that my children will be born free," she says. "That they will be what they like. That they will own the land their father gave them." "I live for you," I say sadly. Eo kisses my cheek. "Then you must live for more." Darrow is a Red, a member of the lowest caste in the color-coded society of the future. Like his fellow Reds, he works all day, believing that he and his people are making the surface of Mars livable for future generations. Yet he toils willingly, trusting that his blood and sweat will one day result in a better world for his children. But Darrow and his kind have been betrayed. Soon he discovers that humanity reached the surface generations ago. Vast cities and lush wilds spread across the planet. Darrow—and Reds like him—are nothing more than slaves to a decadent ruling class. Inspired by a longing for justice, and driven by the memory of lost love, Darrow sacrifices everything to infiltrate the legendary Institute, a proving ground for the dominant Gold caste, where the next generation of humanity's overlords struggle for power. He will be forced to compete for his life and the very future of civilization against the best and most brutal of Society's ruling class. There, he will stop at nothing to bring down his enemies . . . even if it means he has to become one of them to do so. Praise for *Red Rising* "[A] spectacular adventure . . . one heart-pounding ride . . . Pierce Brown's dizzyingly good debut novel evokes *The Hunger Games*, *Lord of the Flies*, and *Ender's Game*. . . . [Red Rising] has everything it needs to become meteoric."—Entertainment Weekly "Ender, Katniss, and now Darrow."—Scott Sigler "Red Rising is a sophisticated vision. . . . Brown will find a devoted audience."—Richmond Times-Dispatch Don't miss any of Pierce Brown's *Red Rising* Saga: RED RISING • GOLDEN SON • MORNING STAR • IRON GOLD • DARK AGE • LIGHT BRINGER

old people parents guide: *A Parents' Guide for Children's Questions* Benito Casados, 2010-07-16 Children by nature are curious about the world and people around them. As they grow

older their level of awareness increases and questions begin to pour from their inquiring minds. Their questions maybe motivated by what they hear and see in their surroundings, what they see on television or what they are trying to learn in school. In most cases the burden of answering these questions falls on the parents. Parents are busy people. Children want the answers right now. This guide will provide answers for many questions traditionally asked by children between the ages of eight and sixteen. This guide is published in E-Book format only and is intended to reside in your e-book reader so the information is easily accessed whether at home or on the road.

old people parents guide: The Everything Parent's Guide To Children With Juvenile Diabetes Moira McCarthy, Jake Kushner, 2007-04-02 Parents of children who have been diagnosed with diabetes are faced with an overwhelming, and sometimes frightening, amount of information. The Everything Parent's Guide to Children with Juvenile Diabetes helps readers to cope with the challenges of helping their children live happy, healthy lives while controlling the disease. Parents of children who have been diagnosed with diabetes are faced with an overwhelming, and sometimes frightening, amount of information. The Everything Parent's Guide to Children with Juvenile Diabetes helps readers to cope with the challenges of helping their children live happy, healthy lives while controlling the disease. This reassuring, easy-to-use guide features advice on: -Adjusting to life with diabetes -Helping children take control of their health -Monitoring diet and insulin levels -Handling emergencies -Finding support for children and parents

old people parents guide: The Field Guide Holly Black, Tony DiTerlizzi, 2023-08-17 Celebrate the 20th anniversary of the international bestselling Spiderwick Chronicles with the first instalment in the adventures of the Grace children. After finding a mysterious handmade field guide in the attic of the ramshackle old mansion they've just moved into, the Grace children - Jared, Simon and Mallory - discover that there's a magical and maybe dangerous world existing parallel to our own - the world of faerie. The children want to share what they know, but the faeries will do everything possible to stop their secrets being revealed . . .

old people parents guide: Nothing Lasts Forever (Basis for the film Die Hard) Roderick Thorp, 2012-12-17 High atop a Los Angeles skyscraper, an office Christmas party turns into a deadly cage-match between a lone New York City cop and a gang of international terrorists. Every action fan knows it could only be the explosive big-screen blockbuster Die Hard. But before Bruce Willis blew away audiences as unstoppable hero John McClane, author Roderick Thorp knocked out thriller readers with the bestseller that started it all. A dozen heavily armed terrorists have taken hostages, issued demands, and promised bloodshed — all according to plan. But they haven't counted on a death-defying, one-man cavalry with no shoes, no backup, and no intention of going down easily. As hot-headed cops swarm outside, and cold-blooded killers wield machine guns and rocket launchers inside, the stage is set for the ultimate showdown between anti-hero and uber-villains. Merry Christmas to all, and to all a good fight... to the death. Ho ho ho!

old people parents guide: The Dragonet Prophecy (Wings of Fire #1) Tui T. Sutherland, 2012-07-01 A thrilling new series soars above the competition and redefines middle-grade fantasy fiction for a new generation!The seven dragon tribes have been at war for generations, locked in an endless battle over an ancient, lost treasure. A secret movement called the Talons of Peace is determined to bring an end to the fighting, with the help of a prophecy -- a foretelling that calls for great sacrifice.Five dragonets are collected to fulfill the prophecy, raised in a hidden cave and enlisted, against their will, to end the terrible war.But not every dragonet wants a destiny. And when the select five escape their underground captors to look for their original homes, what has been unleashed on the dragon world may be far more than the revolutionary planners intended . . .

old people parents guide: Caring for Your Parents Hugh Delehanty, Elinor Ginzler, 2008 Practical advice you can trust from the experts at AARP--Cover.

old people parents guide: The Parents Guide for the Transmission of Desired Qualities to Offspring, and Childbirth Made Easy Hester Pendleton, 1876

old people parents guide: Parent's Guide to Raising a Gifted Child James Alvino, 1996-09-29 LEARN TO MEET THE NEEDS OF YOUR GIFTED CHILD Though academic abilities

have always been important in determining whether your child is gifted, talent in the visual or performing arts, leadership qualities, and intellectual curiosity are just as vital. But unless we as parents help nurture those talents, our gifted children can become bored, socially aggressive, or, ironically, underachievers in the classroom. Here is a practical, informative, and authoritative primer for raising and educating our gifted children from pre-school to adolescence. Beginning with sensible strategies to determine whether—and in which areas—your child is gifted, this book takes parents through selecting an appropriate day-care center, a school, and a home reference library. It helps us figure out where our role stops and the school's role begins, as well as detailing ways to keep our children's creativity alive and how to cope with sibling rivalry and our own doubts and fears. Also included are a recommended reading list, a special section on the roles of the computer and television in your gifted child's life, and much more.

old people parents guide: A Parent's Guide to Snapchat Axis, 2018-08-01 Why are teens so obsessed with Snapchat? And what do they even do on it? This guide will help you better understand the app itself, why it's appealing, and how to have conversations about it with your teens. Parent Guides are your one-stop shop for biblical guidance on teen culture, trends, and struggles. In 15 pages or fewer, each guide tackles issues your teens are facing right now—things like doubts, the latest apps and video games, mental health, technological pitfalls, and more. Using Scripture as their backbone, these Parent Guides offer compassionate insight to teens' world, thoughts, and feelings, as well as discussion questions and practical advice for impactful discipleship.

old people parents guide: The Everything Parent's Guide to Teenage Addiction Edward Lynam, Ellen Bowers, 2014-11-07 Avoid the chance of relapse.

old people parents guide: The Everything Parent's Guide to Common Core ELA, Grades 6-8 Jill Mountain, 2015-11-06 Take the mystery out of Common Core ELA! If you are a parent struggling to understand the new Common Core English Language Arts standards for your child, you're not alone. Even though the Common Core ELA has been adopted by 45 states across the nation, if you're accustomed to traditional English courses, you may be having a hard time understanding what your kids are bringing home from school—and why. The Everything Parent's Guide to Common Core ELA, Grades 6-8 can help. With easy-to-understand examples, comprehension tips, and practice exercises, this comprehensive guide will explain: What your child will be learning in 6th, 7th, and 8th grade The types of books and passages your child will be reading The new requirements and the rationale for reading nonfiction texts The focus on finding evidence and formulating arguments The reasoning behind the Common Core English Language Arts standards This valuable reference book will give you the confidence to help your kids meet the ELA expectations for their grade level, excel at school, and prepare for high school and beyond.

old people parents guide: A Parent's Guide to Raising Grieving Children Phyllis R. Silverman, Madelyn Kelly, 2009-04-02 When children lose someone they love, they lose part of their very identity. Life, as they knew it, will never be quite the same. The world that once felt dependable and safe may suddenly seem a frightening, uncertain place, where nobody understands what they're feeling. In this deeply sympathetic book, Phyllis R. Silverman and Madelyn Kelly offer wise guidance on virtually every aspect of childhood loss, from living with someone who's dying to preparing the funeral; from explaining death to a two year old to managing the moods of a grieving teenager; from dealing with people who don't understand to learning how and where to get help from friends, therapists, and bereavement groups; from developing a new sense of self to continuing a relationship with the person who died. Throughout, the authors advocate an open, honest approach, suggesting that our instinctive desire to protect children from the reality of death may be more harmful than helpful. Children want you to acknowledge what is happening, to help them understand it, the authors suggest. In this way, they learn to trust their own ability to make sense out of what they see. Drawing on groundbreaking research into what bereaved children are really experiencing, and quoting real conversations with parents and children who have walked that road, the book allows readers to see what others have learned from mourning and surviving the death of a loved one. In a culture where grief is so often invisible and misunderstood, the wisdom derived from such

first-hand experience is invaluable. Filled with compassion and common sense, *A Parent's Guide to Raising Grieving Children: Rebuilding Your Family after the Loss of a Loved One* offers readers a wealth of solace and sound advice, and even--where one might least expect it--a measure of hope.

old people parents guide: *P.S. I Still Love You* Jenny Han, 2019-12-17 Now a Netflix original movie starring Lana Condor and Noah Centineo and the inspiration behind the Netflix spin-off series *XO, Kitty*, now streaming! In this highly anticipated sequel to the "lovely, lighthearted" (School Library Journal) New York Times bestselling *To All The Boys I've Loved Before*, Lara Jean still has letters to write and even more to lose when it comes to love. Lara Jean didn't expect to really fall for Peter. She and Peter were just pretending. Except suddenly they weren't. Now Lara Jean is more confused than ever. When another boy from her past returns to her life, Lara Jean's feelings for him return too. Can a girl be in love with two boys at once? In this charming and heartfelt sequel to the New York Times bestseller *To All the Boys I've Loved Before*, we see first love through the eyes of the unforgettable Lara Jean. Love is never easy, but maybe that's part of what makes it so amazing.

old people parents guide: *The Parents' Guide to ADHD Medicines* Peter Hill, 2021-04-21 This reassuring guide explains prescribed ADHD medicines for children in clear, everyday language. Based on questions the author has received from countless families in his work as a Consultant Psychiatrist, the expert information in this book answers the most pressing questions a parent will have about ADHD medicines: how they work, what they do, what is available and how to talk about them to your children. This book sheds light on why not all medicines are easily available, the differences between certain medications and their level of effectiveness, all based on scientific evidence. This information will support parents in discussions with medical professionals, explaining the practicalities and demystifying the terminology around medication and treatments. The book also provides insights into the decisions behind prescribing certain medicines and how they should be taken. Armed with this guide, parents - as well as teachers and others working with kids with ADHD - can feel confident and assured when their child is prescribed treatments for ADHD.

old people parents guide: *Eragon* Christopher Paolini, 2013 In Aagaesia, a fifteen-year-old boy of unknown lineage called Eragon finds a mysterious stone that weaves his life into an intricate tapestry of destiny, magic, and power, peopled with dragons, elves, and monsters.

old people parents guide: *Xenocide* Orson Scott Card, 2009-11-30 The war for survival of the planet Lusitania will be fought in the heart of a child named Gloriously Bright. On Lusitania, Ender found a world where humans and pequininos and the Hive Queen could all live together; where three very different intelligent species could find common ground at last. Or so he thought. Lusitania also harbors the descolada, a virus that kills all humans it infects, but which the pequininos require in order to become adults. The Starways Congress so fears the effects of the descolada, should it escape from Lusitania, that they have ordered the destruction of the entire planet, and all who live there. The Fleet is on its way, a second xenocide seems inevitable. *Xenocide* is the third novel in Orson Scott Card's *The Ender Saga*. THE ENDER UNIVERSE Ender series *Ender's Game* / *Ender in Exile* / *Speaker for the Dead* / *Xenocide* / *Children of the Mind* Ender's Shadow series *Ender's Shadow* / *Shadow of the Hegemon* / *Shadow Puppets* / *Shadow of the Giant* / *Shadows in Flight* *Children of the Fleet* *The First Formic War* (with Aaron Johnston) *Earth Unaware* / *Earth Afire* / *Earth Awakens* *The Second Formic War* (with Aaron Johnston) *The Swarm* / *The Hive* Ender novellas *A War of Gifts* / *First Meetings* At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

old people parents guide: *I Know What You Did Last Summer* Lois Duncan, 2011-03-03 It was only an accident but it would change their lives forever. Last summer, four terrified friends made a desperate pact to conceal a shocking secret. But now, someone has learned the truth, and the horror is starting again. There is an unknown avenger out there who is stalking them in a deadly game. Will he stop at terror--or is he out for revenge? This summer, four friends are going to learn that some secrets just won't stay buried.

old people parents guide: *Fresh Off the Boat* Eddie Huang, 2013-01-29 NOW AN ORIGINAL SERIES ON ABC • "Just may be the best new comedy of [the year] . . . based on restaurateur Eddie

Huang's memoir of the same name . . . [a] classic fresh-out-of-water comedy."—People "Bawdy and frequently hilarious . . . a surprisingly sophisticated memoir about race and assimilation in America . . . as much James Baldwin and Jay-Z as Amy Tan . . . rowdy [and] vital . . . It's a book about fitting in by not fitting in at all."—Dwight Garner, *The New York Times* NATIONAL BESTSELLER • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY KIRKUS REVIEWS Assimilating ain't easy. Eddie Huang was raised by a wild family of FOB ("fresh off the boat") immigrants—his father a cocksure restaurateur with a dark past back in Taiwan, his mother a fierce protector and constant threat. Young Eddie tried his hand at everything mainstream America threw his way, from white Jesus to macaroni and cheese, but finally found his home as leader of a rainbow coalition of lost boys up to no good: skate punks, dealers, hip-hop junkies, and sneaker freaks. This is the story of a Chinese-American kid in a could-be-anywhere cul-de-sac blazing his way through America's deviant subcultures, trying to find himself, ten thousand miles from his legacy and anchored only by his conflicted love for his family and his passion for food. Funny, moving, and stylistically inventive, *Fresh Off the Boat* is more than a radical reimagining of the immigrant memoir—it's the exhilarating story of every American outsider who finds his destiny in the margins. Praise for *Fresh Off the Boat* "Brash and funny . . . outrageous, courageous, moving, ironic and true."—*New York Times* Book Review "Mercilessly funny and provocative, *Fresh Off the Boat* is also a serious piece of work. Eddie Huang is hunting nothing less than Big Game here. He does everything with style."—Anthony Bourdain "Uproariously funny . . . emotionally honest."—*Chicago Tribune* "Huang is a fearless raconteur. [His] writing is at once hilarious and provocative; his incisive wit pulls through like a perfect plate of dan dan noodles."—Interview "Although writing a memoir is an audacious act for a thirty-year-old, it is not nearly as audacious as some of the things Huang did and survived even earlier. . . . Whatever he ends up doing, you can be sure it won't look or sound like anything that's come before. A single, kinetic passage from *Fresh Off the Boat* . . . is all you need to get that straight."—Bookforum

old people parents guide: *The Everything Parent's Guide to Emotional Intelligence in Children* Korrel Kanoy, 2013-03-18 Put your child on the path to success! A child's emotional intelligence has been shown to be one of the strongest factors in whether or not that child will be successful later in life. A child with high emotional intelligence (EQ) has good self-control, resilience, and empathy—all factors that help build a foundation for a more grounded, satisfying, and successful life. With *The Everything Parent's Guide to Emotional Intelligence in Children*, you will learn how to help your child: Improve academic achievement and behavior. Achieve mindfulness. Understand emotions. Empathize with others. Improve self-confidence. Build inner resilience. This hands-on guide shows you exactly how to promote core EQ skills in your child and provides you with all you need to help your children achieve their greatest potential.

old people parents guide: *The Neurotic Parent's Guide to College Admissions* J.D. Rothman, 2012-04-01 Admissions rates of 6 percent? Kids applying to thirty-two colleges? Sixteen-year-olds with more impressive resumes than Fortune 500 CEOs? Has the nation lost its mind? Why yes, it has! J.D. Rothman, the Neurotic Parent of blog fame, takes readers on a hilarious satiric journey through today's insane college admissions process. The vividly illustrated book takes you from the Itsy-Bitsy Fiske Guide and Junior Kumon Tips for Preschoolers through Rejection Letters from the Heart and Bed Bath & Bye-Bye.

old people parents guide: *The Midnight Library* Matt Haig, 2021-01-27 Good morning America book club--Jacket.

old people parents guide: *The Unhoneymooners* Christina Lauren, 2019-05-14 THE INSTANT NEW YORK TIMES BESTSELLER! Starred reviews from Kirkus Reviews * Publishers Weekly * Library Journal Named a "Must-Read" by TODAY, Us Weekly, Bustle, BuzzFeed, Goodreads, Entertainment Weekly, Publishers Weekly, Southern Living, Book Riot, Woman's Day, The Toronto Star, and more! For two sworn enemies, anything can happen during the Hawaiian trip of a lifetime—maybe even love—in this romantic comedy from the New York Times bestselling authors of Roomies. Olive Torres is used to being the unlucky twin: from inexplicable mishaps to a recent

layoff, her life seems to be almost comically jinxed. By contrast, her sister Ami is an eternal champion...she even managed to finance her entire wedding by winning a slew of contests. Unfortunately for Olive, the only thing worse than constant bad luck is having to spend the wedding day with the best man (and her nemesis), Ethan Thomas. Olive braces herself for wedding hell, determined to put on a brave face, but when the entire wedding party gets food poisoning, the only people who aren't affected are Olive and Ethan. Suddenly there's a free honeymoon up for grabs, and Olive will be damned if Ethan gets to enjoy paradise solo. Agreeing to a temporary truce, the pair head for Maui. After all, ten days of bliss is worth having to assume the role of loving newlyweds, right? But the weird thing is...Olive doesn't mind playing pretend. In fact, the more she pretends to be the luckiest woman alive, the more it feels like she might be. With Christina Lauren's "uniquely hilarious and touching voice" (Entertainment Weekly), *The Unhoneymooners* is a romance for anyone who has ever felt unlucky in love.

old people parents guide: Wiseguy Nicholas Pileggi, 2019-04-16 Nicholas Pileggi's vivid, unvarnished, journalistic chronicle of the life of Henry Hill—the working-class Brooklyn kid who knew from age twelve that “to be a wiseguy was to own the world,” who grew up to live the highs and lows of the mafia gangster's life—has been hailed as “the best book ever written on organized crime” (Cosmopolitan). This is the true-crime bestseller that was the basis for Martin Scorsese's film masterpiece *GoodFellas*, which brought to life the violence, the excess, the families, the wives and girlfriends, the drugs, the payoffs, the paybacks, the jail time, and the Feds...with Henry Hill's crackling narration drawn straight out of Wiseguy and overseeing all the unforgettable action. “Nonstop...absolutely engrossing” (The New York Times Book Review). Read it and experience the secret life inside the mob—from one who's lived it.

old people parents guide: A Parent's Guide to Tough Conversations Axis, 2019-03-01 Whether it's talking about sex, drugs, bullying, death, abortion, or something else, having difficult conversations can be so anxiety-inducing for parents that they put it off too long and lose their chance. This parent guide will help you Look for opportunities to enter into tough conversations Use language that will encourage your teen to open up instead of shut down Decide what topics are appropriate and necessary to talk about at different ages Forgive yourself if you've messed up tough conversations in the past This guide helps us see these conversations as a chance to love and disciple our kids, as well as offers practical ideas for how to start them. Parent Guides are your one-stop shop for biblical guidance on teen culture, trends, and struggles. In 15 pages or fewer, each guide tackles issues your teens are facing right now—things like doubts, the latest apps and video games, mental health, technological pitfalls, and more. Using Scripture as their backbone, these Parent Guides offer compassionate insight to teens' world, thoughts, and feelings, as well as discussion questions and practical advice for impactful discipleship.

old people parents guide: The Go-To Mom's Parents' Guide to Emotion Coaching Young Children Kimberley Blaine, 2010-07-15 From the producer of the popular on line The Go-To Mom.TV, comes a handy guide filled with practical tips that reject old-fashioned discipline and instead use empathy and emotion coaching, a more effective, open-hearted method of support and positive change. Blaine shows how to put in place life-changing solutions and access previously untapped resources. This book is written for parents who struggle to solve the day-to-day problems of raising kids. She offers emotion coaching solutions for dealing with tantrums, nightmares, hitting, bedtime, whining, bedwetting potty training, shyness, and anger.

old people parents guide: On the Edge of the Dark Sea of Darkness Andrew Peterson, 2008-08-19 PUBLISHERS WEEKLY AND ECPA BESTSELLER • Once, in a cottage above the cliffs on the Dark Sea of Darkness, there lived three children and their trusty dog, Nugget. NOW AN ANIMATED SERIES • Based on Andrew Peterson's epic fantasy novels—starring Jody Benson, Henry Ian Cusick, and Kevin McNally. Executive Producer J. Chris Wall with Shining Isle Productions, and distributed by Angel Studios. Janner Igiby, his brother, Tink, and their disabled sister, Leeli, are gifted children as all children are, loved well by a noble mother and ex-pirate grandfather. But they will need all their gifts and all that they love to survive the evil pursuit of the venomous Fangs of

Dang, who have crossed the dark sea to rule the land with malice. The Igibys hold the secret to the lost legend and jewels of good King Wingfeather of the Shining Isle of Anniera. Full of characters rich in heart, smarts, and courage, *On the Edge of the Dark Sea of Darkness* is a tale children of all ages will cherish, families can read aloud, and readers' groups are sure to enjoy discussing for its many layers of meaning.

old people parents guide: The Everything Parent's Guide to Raising Your Adopted Child

Corrie Lynn Player, Brette Sember, Mary C Owen, 2008-08-17 Domestic or international? Baby or older child? A child with special needs? The number of decisions you will need to make when deciding to adopt can at times seem overwhelming. *The Everything® Parent's Guide to Raising Your Adopted Child* offers all the information any potential or newly adoptive parent might need. Parenting expert and adoptive parent Corrie Lynne Player has interviewed hundreds of adoptive parents and presents a cross-section of age, ethnicity, and cultural backgrounds to help you make the most informed decisions. This essential guidebook is packed with reassuring advice on how to handle the most common issues, including: -Questions to ask before adopting -Bonding techniques for each age group—from newborn to teenager -Adopting children with physiological or psychological special needs -Adopting outside your ethnic group -Navigating international adoptions -Fielding difficult questions about your adopted child's birth parents -Helping your adopted child cope with feelings of loss and abandonment With this book by your side, you will bond with your child for a lifetime!

old people parents guide: The Everything Parent's Guide To Raising Siblings

Linda Sonna, 2006-02-24 A Simon & Schuster eBook. Simon & Schuster has a great book for every reader.

old people parents guide: Beach Read

Emily Henry, 2021-05-25 THE INSTANT NEW YORK TIMES BESTSELLER FROM THE #1 NEW YORK TIMES BESTSELLING AUTHOR OF PEOPLE WE MEET ON VACATION! Original, sparkling bright, and layered with feeling.--Sally Thorne, author of *The Hating Game* A romance writer who no longer believes in love and a literary writer stuck in a rut engage in a summer-long challenge that may just upend everything they believe about happily ever afters. Augustus Everett is an acclaimed author of literary fiction. January Andrews writes bestselling romance. When she pens a happily ever after, he kills off his entire cast. They're polar opposites. In fact, the only thing they have in common is that for the next three months, they're living in neighboring beach houses, broke, and bogged down with writer's block. Until, one hazy evening, one thing leads to another and they strike a deal designed to force them out of their creative ruts: Augustus will spend the summer writing something happy, and January will pen the next Great American Novel. She'll take him on field trips worthy of any rom-com montage, and he'll take her to interview surviving members of a backwoods death cult (obviously). Everyone will finish a book and no one will fall in love. Really.

old people parents guide: Diary of an Oxygen Thief

Anonymous, 2016-05-23 Hurt people hurt people. Say there was a novel in which Holden Caulfield was an alcoholic and Lolita was a photographer's assistant and, somehow, they met in Bright Lights, Big City. He's blinded by love. She by ambition. *Diary of an Oxygen Thief* is an honest, hilarious, and heartrending novel, but above all, a very realistic account of what we do to each other and what we allow to have done to us.

old people parents guide: The Love Hypothesis

Ali Hazelwood, 2021-09-14 The Instant New York Times Bestseller and TikTok Sensation! As seen on THE VIEW! A BuzzFeed Best Summer Read of 2021 When a fake relationship between scientists meets the irresistible force of attraction, it throws one woman's carefully calculated theories on love into chaos. As a third-year Ph.D. candidate, Olive Smith doesn't believe in lasting romantic relationships--but her best friend does, and that's what got her into this situation. Convinced that Olive is dating and well on her way to a happily ever after was always going to take more than hand-wavy Jedi mind tricks: Scientists require proof. So, like any self-respecting biologist, Olive panics and kisses the first man she sees. That man is none other than Adam Carlsen, a young hotshot professor--and well-known ass. Which is why Olive is positively floored when Stanford's reigning lab tyrant agrees to keep her charade a secret and be her fake boyfriend. But when a big science conference goes haywire, putting Olive's career on the

Bunsen burner, Adam surprises her again with his unyielding support and even more unyielding...six-pack abs. Suddenly their little experiment feels dangerously close to combustion. And Olive discovers that the only thing more complicated than a hypothesis on love is putting her own heart under the microscope.

old people parents guide: *The Ordinary Parent's Guide to Teaching Reading (The Ordinary Parent's Guide)* Jessie Wise, Sara Buffington, 2004-10-17 A plain-English guide to teaching phonics. Every parent can teach reading—no experts need apply! Too many parents watch their children struggle with early reading skills—and don't know how to help. Phonics programs are too often complicated, overpriced, gimmicky, and filled with obscure educationalese. The Ordinary Parent's Guide to Teaching Reading cuts through the confusion, giving parents a simple, direct, scripted guide to teaching reading—from short vowels through supercalifragilisticexpialidocious. This one book supplies parents with all the tools they need. Over the years of her teaching career, Jessie Wise has seen good reading instruction fall prey to trendy philosophies and political infighting. Now she has teamed with dynamic coauthor Sara Buffington to supply parents with a clear, direct phonics program—a program that gives them the know-how and confidence to take matters into their own hands.

old people parents guide: *November Blues* Sharon M. Draper, 2009-05-19 When November Nelson loses her boyfriend, Josh, to a pledge stunt gone horribly wrong, she thinks her life can't possibly get any worse. But Josh left something behind that will change November's life forever, and now she's faced with the biggest decision she could ever imagine. How in the world will she tell her mom? And how will Josh's parents take the news? She's never needed a friend more. Jericho Prescott lost his best friend when he lost his cousin, Josh, and the pain is almost more than he can bear. His world becomes divided into before and after Josh's death. He finds the only way he can escape the emptiness he feels is to quit doing the things that made him happy when his cousin was alive, such as playing his beloved trumpet, and take up football, where he hopes the physical pain will suppress the emotional. But will hiding behind shoulder pads really help? And will his gridiron obsession prevent him from being there for his cousin's girlfriend when she needs him most? This sequel to *The Battle of Jericho* is a no-holds-barred look at what happens when life doesn't go as planned, by the acclaimed author of the 2007 Coretta Scott King Award winner *Copper Sun*.

old people parents guide: *The Parent Guide to Our Whole Lives* Pat Hoerl, 2000

old people parents guide: *The Boys in the Boat (Movie Tie-In)* Daniel James Brown, 2023-12-05 The inspiration for the Major Motion Picture Directed by George Clooney—exclusively in theaters December 25, 2023! The #1 New York Times bestselling true story about the American rowing triumph of the 1936 Olympics in Berlin—from the author of *Facing the Mountain* For readers of *Unbroken*, out of the depths of the Depression comes an irresistible story about beating the odds and finding hope in the most desperate of times—the improbable, intimate account of how nine working-class boys from the American West showed the world at the 1936 Olympics in Berlin what true grit really meant. It was an unlikely quest from the start. With a team composed of the sons of loggers, shipyard workers, and farmers, the University of Washington's eight-oar crew team was never expected to defeat the elite teams of the East Coast and Great Britain, yet they did, going on to shock the world by defeating the German team rowing for Adolf Hitler. The emotional heart of the tale lies with Joe Rantz, a teenager without family or prospects, who rows not only to regain his shattered self-regard but also to find a real place for himself in the world. Drawing on the boys' own journals and vivid memories of a once-in-a-lifetime shared dream, Brown has created an unforgettable portrait of an era, a celebration of a remarkable achievement, and a chronicle of one extraordinary young man's personal quest.

Back to Home: <https://fc1.getfilecloud.com>