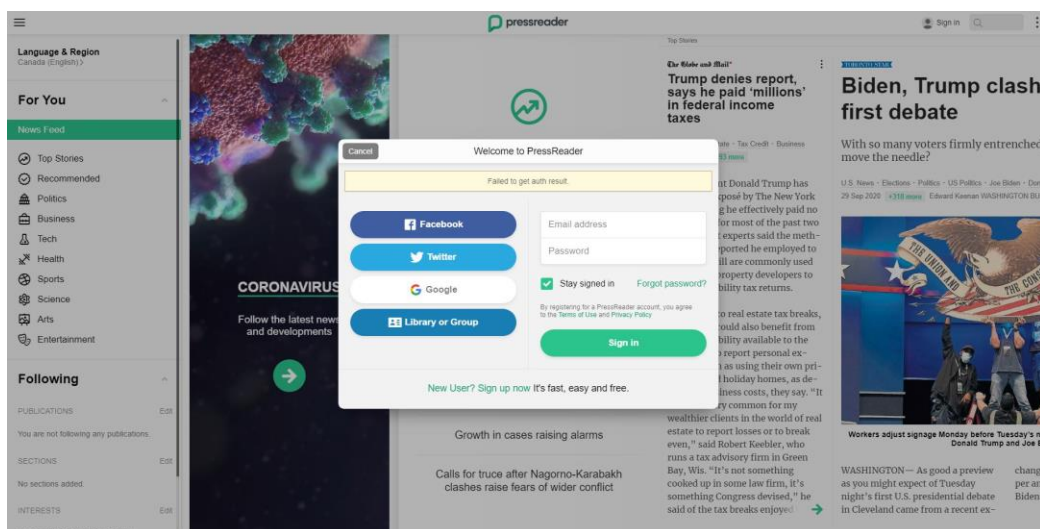


Pressreader Quick Start Guide

Welcome to Pressreader! You're going to love the convenience of accessing all your favorite publications in one place, along with the opportunity to discover new content from around the globe. Let's walk through in five simple steps how to navigate Pressreader's many powerful features.

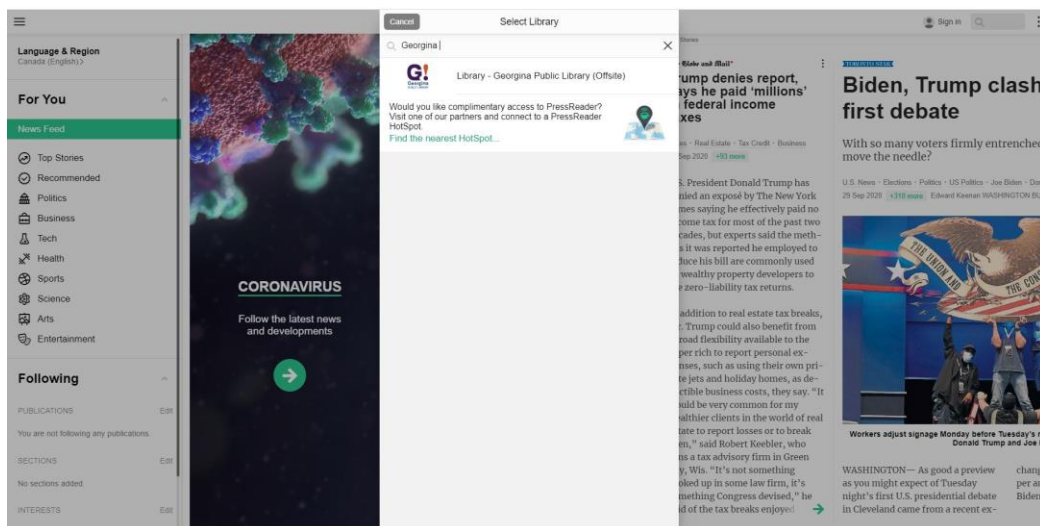
Pressreader.com offers 7,000 magazines and newspapers in 60 different languages. Read instantly, or download for later. Access on a mobile device or desktop. Unlimited downloads with free access with your library card/PIN. Pressreader app is available in App Store and Google Play Store.

Click Sign In.

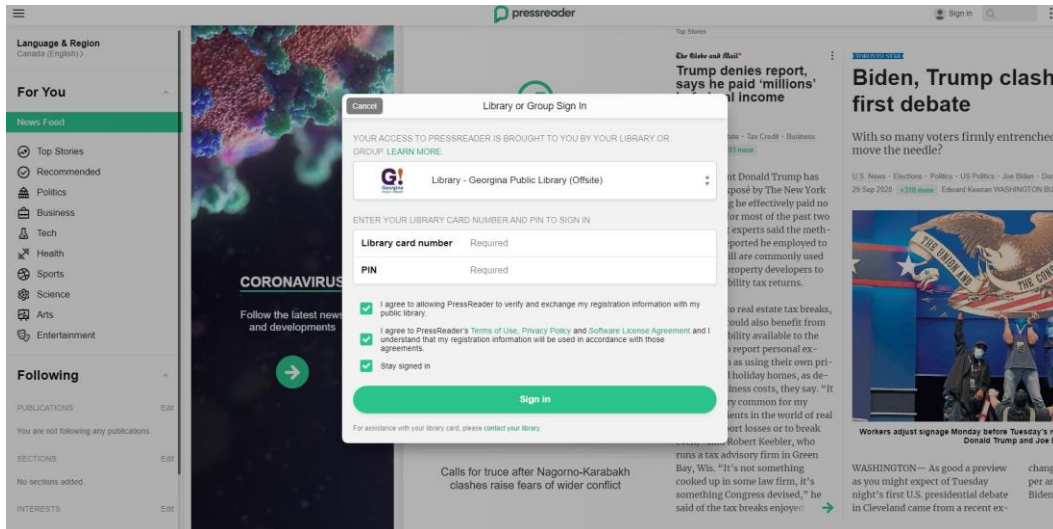


Choose "Library or Group".

Search and select "Georgina Public Library (Offsite)".



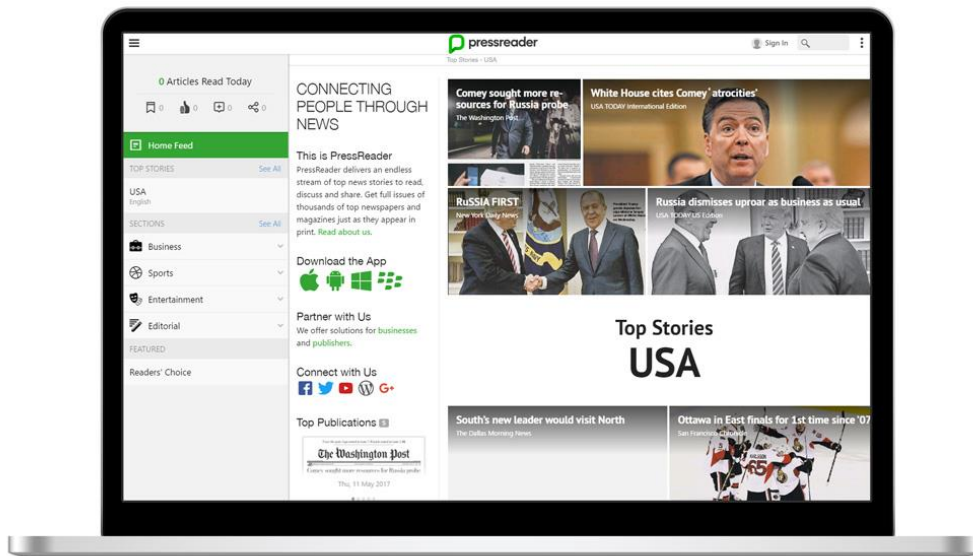
Login with your 14-digit library card number (no spaces) and your PIN and start reading.



Users will have to sign in with their library card and PIN every 30 days.

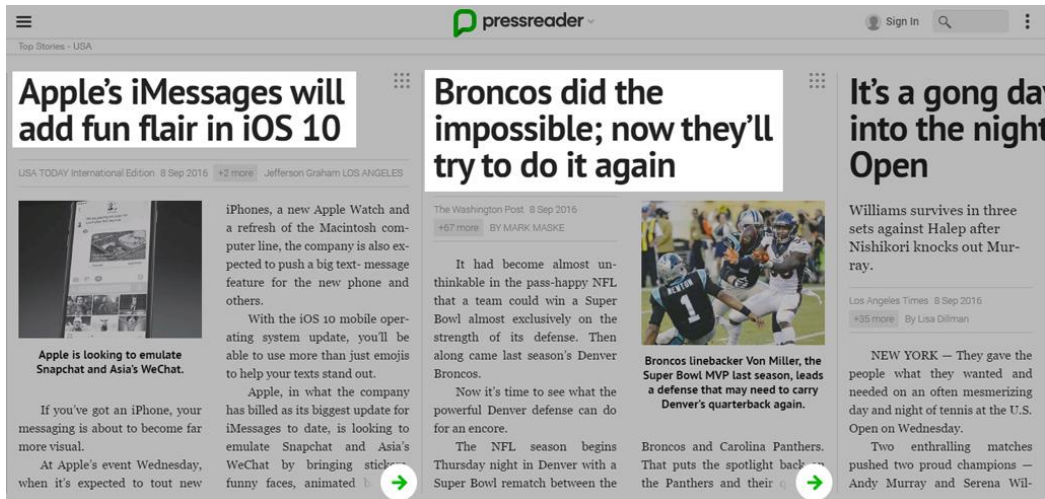
1. Browse

When you first open Pressreader.com in your browser, you'll be presented with the **Home Feed** of top stories automatically populated from the latest publications in your location.



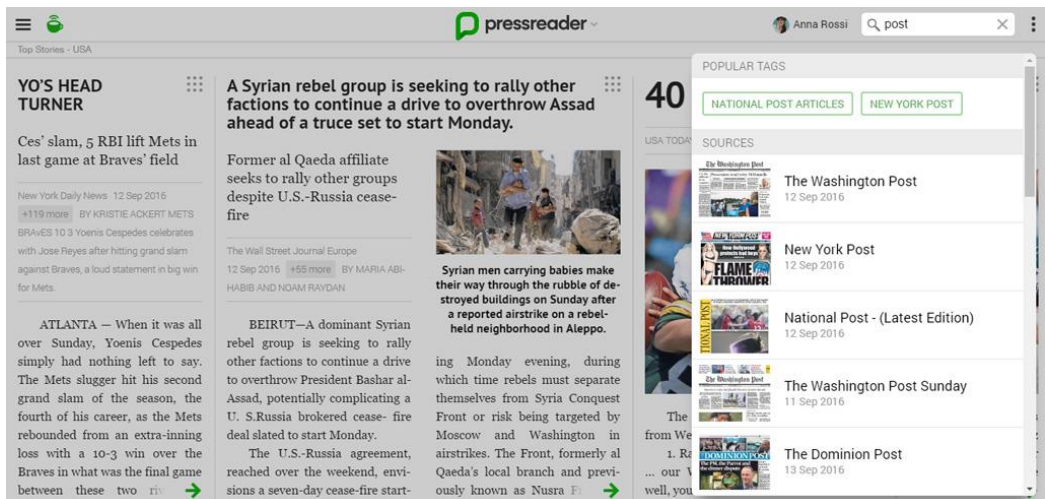
This unlimited newsfeed is easy to browse; simply scroll right across the screen and new articles will appear in an easy-to-read horizontal stream called **SmartFlow**.

Find an article that catches your eye? Just click on the article title or the little green arrow at the bottom of the article to reveal the full story.

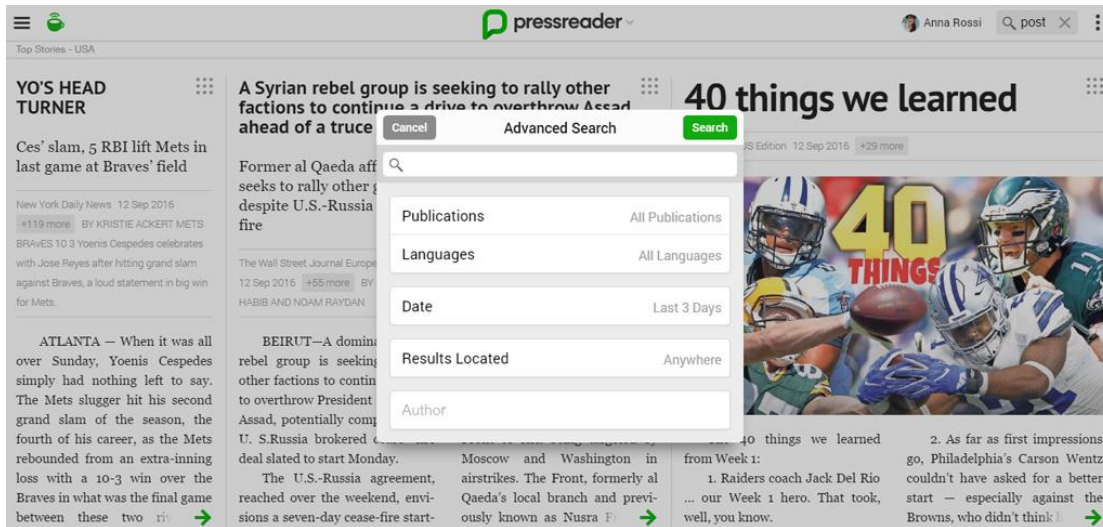


2. Search

Find news from newspapers and magazines that you already love and discover new publications with the cross-title **Search** feature. Looking for stories on a particular topic? Scroll to the bottom of this list to open **Advanced Search**.



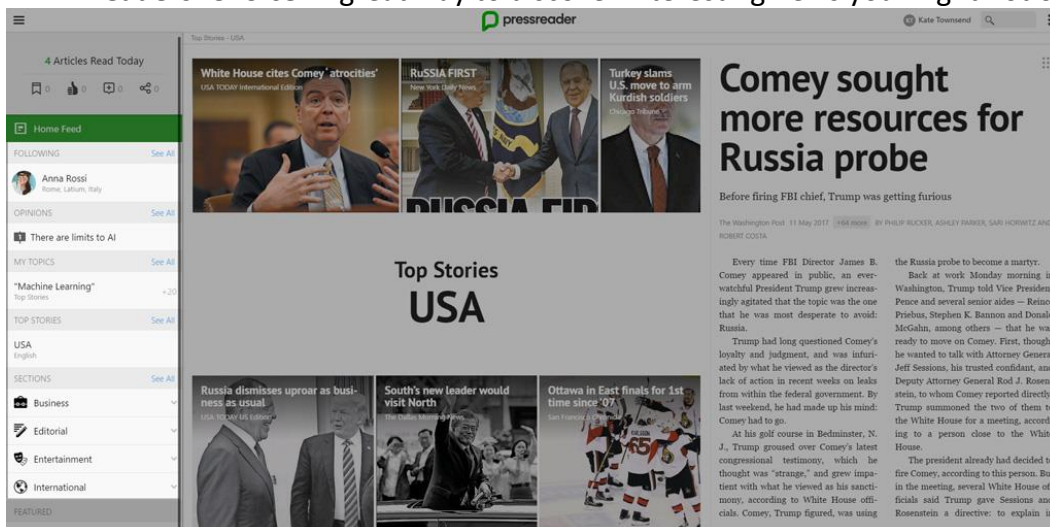
You can use Advanced Search to search across specific titles available on Pressreader from a set day or period. You can also filter your search results by language, date, where the keywords were located and by author.



3. Personalize

Free registration allows you to take advantage of a much richer selection of features that will further enhance your reading experience. As a registered user, you can:

- Customize your **Home Feed** to be as unique as your reading interests by:
 - **Following:** Updates from people that interest you
 - **Opinions:** Discussions on things you care about
 - **Topics** that interest you, such as politics, technology, sustainability or fitness.
 - **Country:** Choose from over 100 different countries around the globe.
 - **Sections** from specific publications: Increase the quality and relevance of your news feed with your favorite Sports, Business, Technology or Entertainment news.
 - **Readers' Choice:** A great way to discover interesting news you might not otherwise see.



- Set up **Email Alerts** when new articles are published that relate to a topic of interest.
- View **Similar Articles** to get a new perspective on the same topic

pressreader Anna Rossi

The value of discomfort

Children who learn to handle distress (shots are a good start) grow into resilient adults

Baltimore Sun 13 Sep 2016 +3 more
By Sharon Hennes Silverman @sharonh
Hennes Silverman is the author of "13 Steps to More Peaceful Families," "13 Steps to Better Grades," and "No More Homework Headaches." Her email is sharon@sharonsilverman.com



Daniel Molloy braves a flu shot in December given by Laurie Johnson at the Carroll County office of the Maryland Department of Health and Mental Hygiene in Westminster.

Increasingly, parents who don't want to get their children vaccinated against a broad range of dangerous diseases cite their children's comfort as a reason to skip the shots. This despite information from the American Academy of Pediatrics that the vaccines are safe, effective and powerful, and that they benefit the public at large.

The "comfort" excuse highlights a larger societal problem: We as parents are so reluctant to have our children experience a moment of distress or inconvenience that we are turning an entire generation into a bunch of hypersensitive, entitled brats who fall to pieces when they get a hangnail.

This would be a good time to remind ourselves that our job as parents is not to protect our children from the world but to teach them how to navigate it successfully. Much as we might not want to face it, life can be pretty scary and upsetting. Bad things happen to all of us, and they will happen to our children. It is our responsibility to give them the tools they will need to cope with those inevitable difficulties. As part of that, it's not only OK for our kids to experience discomfort and disappointment now and then, it is crucial for their development into sturdy, resilient adults.

Let's take vaccination as an example. First, we have to put aside our own reluctance to let our children experience pain and remember that sometimes a small hurt or inconvenience can prevent a bigger one. A broken engagement is difficult, but if it heads off a disastrous marriage it's worth it. Nobody enjoys wearing a bicycle helmet on a hot day, but it's better than smashing one's head against the curb. Similarly, the brief jab of the hypodermic needle can prevent serious diseases including measles, diphtheria, rubella and pertussis, to name a few, not just for our children but for the wider community. This isn't just theoretical: In late 2014 and early 2015, a multistate measles outbreak started with a single unvaccinated child at Disneyland.

Be honest with your children. Tell them they are going to get a shot to help keep them and others from getting sick. If they ask you if it will hurt, tell them it probably will, but only for a short

Related Stories

- Kids' nasal flu vaccine not up to snuff
Star Tribune 12 Sep 2016
- Kids, you need to have a flu shot this year
Baltimore Sun Sunday 11 Sep 2016
- Flu vaccines available at grocery stores
The Register Citizen (Torrington, CT) 12 Sep 2016

4. Share, Discuss, and Save

Reading the news is much more rewarding when you can share it with friends, discuss with others and save it for future reference. Free registration enables you to:

- **Share** articles with friends, family, colleagues and your legion of adoring social media followers.
- **Copy** stories into your Evernote, OneNote accounts with just one click.
- **Print** articles in hardcopy or save them as PDFs.
- **Vote** on viewpoints being presented in an article by supporting or opposing them.
- **Comment** on articles and view the comments and profiles of others who also had something to say. Through their profiles you will discover other articles they have saved which may be of interest to you as well.
- Add your **Opinion** to your comments to connect you with like-minded people. Together you can share your viewpoint throughout multiple articles to gain support or spark debate with other readers.
- **Save to Collection** — Mark articles for future reference and organize them into Collections. One of the benefits of saved stories is that they are always accessible to you even when the publication from which they originated is no longer available.

