



# Enriching the Parent

Information & Support  
for Families of Children with Special Needs  
Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, & Yancey

April 2009

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## WITH SUPPORT FROM

Appalachian State University

Children's Development Services  
Agency-Blue Ridge

Family Support Network of North  
Carolina

High Country United Way

Avery & Mitchell-Yancey  
Partnerships for Children -  
Smart Start

Friends of Parent-to-Parent  
FSN-HC

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## Parent to Parent FSN-HC Presents: Pearls of Love and Logic



### Special Thoughts on Raising Kids

#### Getting Kids to Do as Asked

"This kid is driving me crazy! You'd think she could do the few little things I ask her to do without having to be reminded over and over! I don't know what is the matter with her!"



It's not uncommon to hear frustrated parents talking like this. The good news is, it doesn't have to be this way.

#### Parents who have the most difficulty getting their children to do things generally fall into three categories:

1. **Parents who do not follow through with a consequence when their child fails to perform** - The most effective parents don't demand that their children do something, until they have first thought of what they will do if the child doesn't accomplish the task. Ineffective parents often give an order, wait to see if it will be carried out, and then, start hoping that they can think of a consequence. Too late! Times of frustration, disappointment or anger are terrible times to come up with effective consequences which need to be delivered in non-angry ways.
2. **Parents who make idle threats and/or reminders** - Children know how to handle this kind of parent. Some children don't comply. Some feel obliged to resist doing as told, just to see if the parent is actually going to do anything about it. Some comply, but complete the job only halfway. Regardless of the way the child handles it, the parent ends up frustrated and the child's feelings of

responsibility and competence are damaged.

3. **Parents who say, "Do it now!"** - Children have a subconscious preference for this approach. They just seem to instinctively know that a parent can never win this one. Just knowing that a parent can never make you "do it right now!" gives a child a sense of power. Children who don't feel a healthy level of personal control, learn that they can overpower adults just by "dragging their feet," and saying through their actions, "You can't control me."

#### The Solution is a Reasonable Deadline

**Step 1:** Never say, "Do it now." It is always more effective to say, "I'd appreciate you picking up your room by 5:30 p.m. Thank you." Remember to add the thank you in advance. It shows that you don't expect less than pleasant compliance.

**Step 2:** Don't remind! Hope that the job does not get done. Your youngster can then have an opportunity to see that something actually happens when he/she doesn't cooperate. Keep the possible consequence a secret, so that it can come when least expected, just like a lightning bolt out of the sky.

**Step 3.** At precisely 5:31 p.m., pick up the room and put the clothes and toys where they can't be found.

**Step 4.** When the child asks about his/her things, say-"Oh, the clothes and toys? They didn't get picked up on time so they're gone. Every time you do something helpful around here, without being told, you can earn one of them back. It will be fun to see what you decide."

*Set a Reasonable Deadline  
and Don't Remind*

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## **Enriching the Parent: Highlighting Local Therapeutic Horseback Riding Programs**

### **Blazing Saddles Inc.**

#### ***Therapeutic Horseback Riding For Children and Adults with Special Needs***

**Serving Watauga, Avery, and Ashe Counties**

**About:** Blazing Saddles, Inc. is a non-profit (501 c-3) organization comprised of many individuals dedicated to providing a unique and enjoyable therapeutic equestrian experience for children and adults with special needs. The program's success is a result of many years of volunteer endeavor combined with the generosity of individuals, families, and business owners throughout the High Country of Northwestern North Carolina...and beyond. Founded in the fall of 1985, Blazing Saddles is an active member of the North American Riding for the Handicapped Association, NARHA, which provides our program with resources and standards of education; certification and accreditation; and programs geared to the safety in all of its therapeutic riding offerings.

**Riders:** Children ages three and up and adults are accepted into the Blazing Saddles program. No one is turned away for inability to pay. Each rider must have a doctor's certification. Participants will engage in all activities associated with horseback riding, including grooming, care of horses, and learning about horse behavior, anatomy, and equipment. All lessons are tailored to benefit the riders individual needs. Since the winter weather in the High Country does not lend itself to horseback riding lessons, "winter lessons" are held indoors where we do horse related activities.

**Volunteers:** Blazing Saddles would not exist without its group of dedicated volunteers!!! Volunteers are present in all areas of the Blazing Saddles organization. Volunteers are always welcomed to assist in many areas including serving on the board of directors, assisting with fund raising and special events, instructing, and promotion and program development. Volunteer learning opportunities are available! All volunteers must attend one training session; the next one will be held on April 5, 2009 from 2-4pm at the Blowing Rock Equestrian Preserve. Volunteer forms can be located on the Blazing Saddles website.

**Location:** In 2002, Blazing Saddles was offered a permanent home located at the **Blowing Rock Charity Horse Show Grounds, Blowing Rock, NC**, home of the oldest charity horse show in the US. **Blowing Rock Stables is located off Hwy 221S.**

### **Contact Information:**

Blazing Saddles, Inc.

P.O. Box # 3082

Boone, NC 28607

**Phone:** (828) 295-3335

**E-mail:** [info@BlazingSaddlesNC.com](mailto:info@BlazingSaddlesNC.com)

**Website:** [www.BlazingSaddlesNC.com](http://www.BlazingSaddlesNC.com)

### **Additional Information:**

The new riding season is scheduled to begin on April 20, 2009 (weather permitting); applications can be found on the Blazing Saddles website. A new scholarship application will be posted to the website soon!



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## **Appalachian Therapeutic Riding Program**

**Serving Mitchell, Yancey, and Surrounding Counties**



**About:** The Appalachian Therapeutic Riding Center (ATRC) was founded in 1986 and became a NARHA (North American Riding for the Handicapped Association) Premier Accredited Center in 2006. The center is located on fifteen acres in the beautiful South Toe River Valley just outside of Burnsville and serves Yancey, Mitchell and surrounding counties.

ATRC is dedicated to providing therapeutic horse-back riding for persons with physical, cognitive, and/or emotional disabilities in a safe, structured environment. The two NARHA certified instructors work with physical, occupational, and speech therapists who participate directly in the sessions or serve as consultants.

**Riders:** ATRC works closely with the school Exceptional Children's Programs in Yancey and Mitchell Counties. Services are also provided to other individuals not served through the school groups. Currently ATRC serves approximately 65-70 riders in each of the fall and spring sessions.

**Volunteers:** ATRC could not exist without the help of many dedicated volunteers.

Help us save money!! If you have an email address that we can use for this newsletter, please email to [hayeskl@appstate.edu](mailto:hayeskl@appstate.edu) or call (828) 262-6089. This newsletter is also available on-line at [www.parent2parenthighcountry.org](http://www.parent2parenthighcountry.org).

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## Enriching the Parent: Highlighting Local Therapeutic Horseback Riding Programs

Volunteers are needed to help with classes as horse leaders or safety side walkers and to assist with maintenance, horse care, and fund raising. Horse experience is helpful but not necessary.

**Cost:** ATRC is a 501-3C non-profit agency funded entirely by grants, donations, fund raising activities, fees, Yancey County United Fund, and Mitchell County United Way. Cost per rider is \$200.00 for an eight-week session. There are some full and partial scholarships available.

**Additional Information:** Scholarship information, general information, session dates, rider forms, directions, and contacts can be found on the ATRC website: [www.atcriding.com](http://www.atcriding.com). You may also email: [atcriding@gmail.com](mailto:atcriding@gmail.com)

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### Recipe Corner:

#### Barbecued Chicken Burritos

These burritos are something of a Tex-Mex wonder: tangy barbecue sauce, some roast chicken (or rotisserie chicken) and vegetables, all wrapped up in tortillas. For the best taste, look for a fiery barbecue sauce without added corn syrup.

**Prep Time:** 15 minutes

**Ready in:** 15 minutes

**Yield:** 4 servings, 1 wrap each

**Ease of Prep:** Easy

#### Recipe Ingredients:

- 12-pound roasted chicken, skin discarded, meat removed from bones and shredded (4 cups)
- 1/2 cup prepared barbecue sauce
- 1 cup canned black beans, rinsed
- 1/2 cup frozen corn, thawed, or canned corn, drained
- 1/4 cup reduced-fat sour cream
- 4 leaves romaine lettuce
- 4 10-inch whole-wheat tortillas
- 2 limes, cut in wedges

#### Recipe Directions:

1. Place a large nonstick skillet over medium-high heat. Add chicken, barbecue sauce, beans, corn and sour cream; stir to combine. Cook until hot, 4 to 5 minutes.
2. Assemble the wraps by placing a lettuce leaf in the center of each tortilla and topping with one-fourth of the chicken



mixture; roll as you would a burrito. Slice in half diagonally and serve warm, with lime wedges.

**Health Advantages:** high fiber, low sat fat, heart healthy, diabetes appropriate.

**Recipe courtesy of:** <http://family.go.com/food/recipe-ew-504707-barbecued-chicken-burritos-t/>

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### Local Area Support Group Information:

- **Alleghany County:** First & Third Thursday of each month at 6:00 pm at The Family Resource Center, Sparta. For more information or to RSVP contact Norma at: 336-246-3222 or 1-866-812-3122.
- **Ashe County:** Last Tuesday of each month at 6:00 pm at Midway Baptist Church Fellowship Hall, 1670 Mount Jefferson Rd, West Jefferson. For more information or to RSVP contact Norma at: 336-246-3222 or 1-866-812-3122. Meal provided with RSVP.
- **Mitchell & Yancey:** First Tuesday of each month at 6pm at the Spruce Pine United Methodist Church. For more information or to RSVP, contact Teresa Emory at 682-4772 or 1-866-448-5781. Meal and childcare provided with RSVP. A group in Burnsville will be starting soon. Contact Teresa Emory if you are interested.
- **Watauga County:** Second Friday of each month at 6:00 pm at Unitarian Fellowship "House" 381 E. King Street, Boone. (Beside the Playhouse) For more information or to RSVP contact Kaaren at: 828-262-6089 or 1-866-812-3122. Meal and childcare provided with RSVP.
- **Wilkes County:** Last Thursday of each month at 6:00 pm at "Our House" 203 E. Main Street, Wilkesboro. For more information or to RSVP contact Norma at: 336-246-3222 or 1-866-812-3122. Snacks will be served.

#### Become a "FRIEND OF FSN-HC"

Help us grow and increase our community connections. It is simple! We are looking for individuals in each of our counties who would like to help "spread the word" about Parent to Parent FSN-HC. Our Friends of FSN-HC support our Advisory Board and staff by making a commitment to talk about the work of our program on a regular basis with their network of friends and co-workers. The Friends members will receive our newsletters and regular communication from staff so they will always have news to share. Call today to volunteer!

**866-812-3122**



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