



# Fostering the Parent

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**Family Support  
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AFFILIATED WITH:



Appalachian State University



Children's Developmental Services Agency of the Blue Ridge



Family Support Network of North Carolina



High Country United Way

## Make Your Vote Count for the Children of NC - Action for Children

On November 7, North Carolinians will go to the polls to elect all 170 state legislators and 13 U.S. Representatives. These officials will make decisions that shape our children's lives today and well into the future. But children can't vote. It is up to us to make sure that children's voices get heard.

North Carolina ranks near the bottom of the nation on many conditions for children, including children growing up in poverty, babies being born with low birth-weight and dying before their first birthday, teens dropping out of school, and teens having babies. The decisions made by elected officials can provide families with tools for success or can erect barriers to that success. Adults need to ask candidates to put their priorities for confronting the challenges faced by North Carolina children and their families on the record.

Some facts that affect children and families in North Carolina.

- 1-in-9 children lack health insurance coverage.
- 1-in-6 low income parents in 2003

had to quit or change jobs due to problems with child care.

- 1-in-5 children grow up poor with only nine states having a worse score than North Carolina.
- Funding for many vital services to help children and families did not keep pace with need and inflation, and in many cases were cut.

Action for Children's mission is to advocate for child well-being by educating and engaging all people across the state to ensure that our children are healthy, safe, well-educated and have every opportunity for success. For more info: [www.actionforchildren.org](http://www.actionforchildren.org).



## Dance Marathon - Come Boogie with Us!

The ASU Students do it again! They are committed to dancing the night away to benefit the Parent to Parent Programs. Come out and support the dancers and have some fun. This will happen November 18th at Legends beginning at 9am. There will be a speaker at 3:30 so a good time to come with your family would be between 2:30 to 4:00. This will be an energetic environment so do keep that in mind if over stimulation is a consideration. There will be designated parking for families. To show our appreciation we would like to suggest that families

send in a statement, drawing or picture to let them know what this program means to you. If you could get those in by the 13th that would be great.

If you could RSVP Kaaren Hayes at 262-6089 or [hayeskl@appstate.edu](mailto:hayeskl@appstate.edu) by Nov. 15th. See you there!



### Upcoming Events

**DANCE MARATHON  
At Legends  
November 18th  
9am - Until**

Call us for more information.

## Share Groups - Come Join Us for a Party!

**Challenging Behaviors Share Group** is an opportunity to come join other families once a month to share knowledge, strengths, hopes and experiences. We eat together, visit, relax and learn about new resources and ways to help our children and ourselves. We respect each person's right to confidentiality and all agree that any personal information shared at a meeting, stays at the meeting. We believe that both information and fun are important. Topics in the past have been an introduction to the Love and Logic parenting approach, How To Keep Your Stripes On (Stress Relief!) and a family picnic. We strive to take an active part in making services better for our children.

This group is sponsored by FSN-HC and Watauga Youth Network supported by High Country United Way.

**Families with Medically Fragile Children Share Group** is a unique opportunity for families to meet and share with others with similar lifestyles and concerns.

Both Share Groups meet the second Friday of each month at 6pm at the Challenging Behaviors Share Group, Boone Unitarian Universalist Church, Boone.

Support groups are also meeting in Wilkes and Alleghany. For information call and leave a message for Norma at (866)812-3122.

New families are always welcome! For more information or to RSVP, please call (828) 262-6089. Childcare is provided if requested.

## Hit the Highway

**WIN A NEW CAR** and support High Country United Way. Your gift is important to our community. To show appreciation for your generosity, four local auto dealers are offering you a chance to win in the High Country United Way fund raising campaign. Just pledge a minimum of one hour of pay per month for a year (or \$1 of pay per week - only \$52 - if you make \$10 or less per hour, are retired or not currently employed) and you will receive a raffle ticket for a chance to win a NEW CAR! Final drawing will be held Friday, December 15th.

**For more info contact:**

High Country United Way, P.O. Box 247, Boone, NC 28607;

(828)265-2111; [hcuw@boone.net](mailto:hcuw@boone.net)



## Students focus on learning disabilities in 'Eye to Eye' by Lense Gebre-Mariam

A mentoring program named Eye To Eye will help undergraduates interact

with eight grade students who possess similar learning difficulties in an effort to enhance the younger students' self-esteem and encourage them to positively express themselves.

The program, which began at Brown University, states that its main goal is to use art to allow students to express any feelings of frustration they may have.

Working with students from Richmond Middle School in Hanover, Dartmouth undergraduates who have similar learning disabilities expressed understanding for the eighth graders' situations.

"I really had a hard time in middle school," Eye to Eye volunteer Erica Feinman '08 said. "It was hard getting a grasp on having a learning disability.

"They feel like they're outcasts and below everything, so we try to help them find a voice to be vocal,"

Sarah Isbey '08 helped create a Dartmouth chapter of Eye To Eye her freshman year and has chaired the program for two years.

"I became interested because I had a learning disability and I thought I could really help these kids," Isbey said.

Isbey said her experience in middle school was shaped by having Attention Deficit Hyperactivity Disorder. Years of blurting out answers in class and having difficulty coping with teachers that were not understanding allowed her to easily bond and work with the middle school students, she said.

The program requires a commitment of six weeks in which students visit the middle school once a week to complete an art activity or project. Volunteers also spend time at local

libraries with the students to provide tutoring or to socialize.

"It's not a huge time commitment but the kids still get so much out of it," Isbey said.

Many students at Dartmouth may not want to admit to the possession of a learning disability, however, Isbey said.

"It's a challenge finding the people but we get volunteers to open up and talk about their learning disability," Isbey said. "I can have a lot of people on campus know I have a learning disability."



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

Special Thoughts on Raising Kids ©Love and Logic Press, Inc. [www.loveandlogic.com](http://www.loveandlogic.com) 1-800-338-4065

### One Parent Playing the Role of Two

Raising children is a challenge to most parents, but it can be overwhelming to those who try to play the role of both Mom and Dad.

Although single parents are in sharp contrast to the traditional families of our parent's generation, today's single parents are not longer unique. However they do face special difficulties.

### Finding Enough Time

Juggling a household, a job (sometimes two jobs), and the needs of their children is the hardest challenge for single parents. Most are frustrated by their lack of time and feelings of guilt. They feel bad about not spending enough time with their children, not making time for themselves, and the impact of their divorce on their family.

An open and honest attitude about their situation can foster a healthy parent-child relationship. A single parent says to Erica, "I'm in a real tough spot. I'd love to spend more time with you, but it's just not possible right now. How do you think we can make the best of our time together?"

When parents silently bury their feelings, their guilt rubs off onto their children. If parents come through with the attitude, "Oh, you poor kids-it's sad how much I have to work to support us," children will become resentful and play on their parents guilt. It's much healthier to say, "Aren't we lucky that I have a good job so we can have enough clothes and food? Although it's sometimes hard

on us, we have lots to be thankful for." By turning the situation into a positive, children often rise to the occasion with their support.

### Respect

Respect is sometimes more difficult for single parents who, tired and overburdened with responsibilities, might find it easier to yell at their children at the end of a hard day. We earn respect by making sure we communicate with our children in a respectful manner, and vice versa.

In the following example, Mom earns Ritchie's respect by expressing her feelings in a calm manner: "I don't feel like being around you today if you're going to talk rudely. Why don't you go some place for a while - on a walk or in your room. You're welcome back when you decide to talk nicely." In this case Mom made it clear that she wouldn't tolerate disrespectful behavior. She also modeled, to Ritchie, how to take good care of herself as opposed to criticizing his behavior. In so doing, she reduced a lot of personal stress, time and effort. This mother is a very effective single parent.



***A single parent can be very effective!***

### Tiny Toms by FamilyFun.com

This is one turkey that won't get eaten this Thanksgiving. Your kids can make a flock to decorate the dinner table -- or for all the kid guests to take home as favors.

#### CRAFT MATERIALS:

- Yellow and red felt
- Tacky glue
- Googly eyes
- Brown pom-poms
- Pinecones
- Pipe cleaners



Time needed: Under 1 Hour

1. For each turkey, cut out a yellow beak and a red wattle from felt. Then glue the beak, wattle, and a

pair of googly eyes onto a pom-pom to create the turkey's head.

2. Glue the pom-pom head to the tip of a pinecone. Allow the glue to dry.

3. Wrap a pipe cleaner around the middle of the turkey's cone body, starting from the top and twisting it together a few times on the underside. Separate the ends of the pipe cleaner (below the twists) and bend each tip into a 3-toed foot.

4. For the turkey's tail, individually wrap 3 or 4 pipe cleaners around the back of the pinecone, starting from the underside and twisting them together a few times on the top of the pinecone to secure them. Then loop both ends of each pipe cleaner to shape tail feathers.

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).