



Fostering the Parent

Volume 1, Issue 8

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**Family Support
Network of the
High Country
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Boone, NC 28607**

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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

Upcoming Events

**Share Group Party
Food, fellowship, &
Information
Friday October 13th
6:00-8:00pm
RSVP by Oct. 10th**

High Country United Way ,
FSN of the High Country &
Western Youth Network
Call us for more information.

Promoting Positive Childhood Experience Against Bullying from SAMHSA'S National Mental Health Information Center

Every day in our schools and communities, children are teased, threatened, or tormented by bullies. Take Time to Talk initiative, provides parents and caregivers with information about bullying and methods for communicating with children about the climate of fear created by bullying. The messages exchanged between children and their caregivers in just 15 minutes or more a day can be instrumental in building a healthier and safer environment for children. Safe schools are everyone's responsibility and everyone can help keep our schools safe.

A lot of love and involvement from the people bringing up children, clear limits for what behavior is allowed and not allowed, as well as the use of non-violent methods of upbringing, creates non-aggressive, harmonious, and independent children.

Some common sense rules for parents are:

- 1) Let child know he or she is important.
- 2) Laugh with and not at your child.
- 3) Set limits for you child to help them feel more secure.
- 4) Keep the agreements you make with your child so they know they have someone they can count on.
- 5) Praising your child frequently strengthens the child's self-image. When new challenges arise you child will be able to meet them confidently.
- 6) Do not frighten your child unnecessarily. Sometimes you may need to warn you child from a dangerous situation, but children should not be scared into obedience.
- 7) Remember that you are a role model for your child.

For more info:<http://mentalhealth.samhsa.gov/>

In Our Own Voice: Living with Mental Illness

In Our Own Voice (IOOV) is a unique informational outreach program developed by the National Alliance on Mental Illness (NAMI) that offers insight into the recovery now possible for people with severe mental illness. Two trained presenters give personal testimony about their journeys with mental illness through dark days, acceptance, treatment, coping skills, and successes, hopes, and dreams. Target audiences include: consumers, families, mental health service providers, educators, students, law enforcement personnel, professionals, faith communities, and all people wanting to learn about mental illness. In Our Own Voice shows how people with serious men-



tal illnesses cope with the realities of their disorders while recovering and reclaiming productive lives with meaning and dignity. Additionally, the

program provides a safe way for consumers to share the ups and downs of their recovery and learn from others.

For local information contact: Francine Barr at (828)264-9007 ext. 119

For more information on IOOV go to their website:

http://www.nami.org/template.cfm?section=In_Our_Own_Voice

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.

IT'S A PARTY!

Come and join other families for food, fellowship, and support. There will be supper and childcare provided for those who RSVP by Tuesday the 10th. Children will make costumes there and adults are encouraged to wear theirs. Please bring a \$1.00 gift to exchange. This should be a fun time for all. For more info: call 828-262-6089



Stone Faced Pumpkins

MATERIALS:

- Assorted stones (just about any shape will do)
- Orange acrylic paint and paintbrush
- Black permanent marker
- Twigs (1 for each stone)
- Tacky glue

Time needed: About 2 to 3 Hours



Looking for a rock-solid decorating idea to charm your visitors this year? Try lining up a windowsill collection of these mini stone jack-o'-lanterns.

1. Wash any dirt from the stones and let them dry completely. Then paint them orange, using 2 coats if necessary.
2. Once the paint is dry, draw on faces with a black marker. Finally, glue a twig pumpkin stem atop each stone.

For more info go to www.familyfun.go.com

Book Spotlight

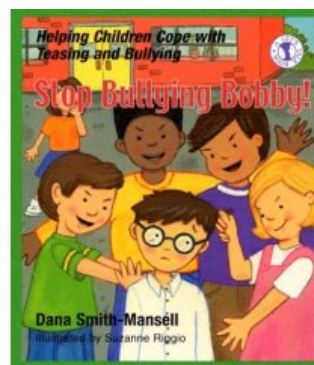
Stop Bullying Bobby!: Helping Children Cope with Teasing and Bullying (Let's Talk) by Dana Smith-Mansell

In this insightful and winsome story, Robin, a seven-year-old girl, sees Bobby, the new kid in the neighborhood, being teased and bullied by other kids. Bobby dresses differently and is very small for his age. Robin wants to help Bobby, but doesn't know how so she asks her parents for help.

After witnessing firsthand the teasing that Bobby has to endure, Robin's mother talks to Bobby and Robin's teacher, Ms. Wells. Ms. Wells develops a clever class activity to teach the children that everyone is different, but these differences should not be grounds for bullying. Using puppets, the children come to see the good in everyone, no matter how different. This informative book is a must read for all

parents of young children who may be or are dealing with bullies and teasing at school.

The author includes lists of valuable resources and suggestions for adults, peers, victims, as well as ways to help bullies change. The discussions about the book are very effective. Teachers and counselors can use the kind of puppet show which the counselor used in the book.



The author works as a preschool service coordinator and behavioral consultant. She gives emotional and social support to children with special needs and their families.

For more info go to www.amazon.com

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

Special Thoughts on Raising Kids ©Love and Logic Press, Inc. www.loveandlogic.com 1-800-338-4065

Handling a Crisis

Every crisis is different and individual, whether it's drug use, a runaway child, pregnancy, or a death in the family. Think of the Chinese character denoting crisis: it combines the symbols for danger and opportunity. It is important to see the opportunity in a crisis as well as the danger.

The most common mistake made during a crisis is to assume that something must be done right now! This is seldom the case. Here are four common elements that help us deal with a crisis:

1. **Crises are often temporary** - Remembering that this is a temporary problem helps us from becoming so anxious we become paralyzed or over involved. Many times a crisis is simply a long-term problem we haven't known about until now. If we suddenly discover we have cancer or our daughter is sexually involved with someone or our child has been taking drugs, it's a big happening! It certainly may be far from a good happening, but it's not necessarily a crisis.
2. **Few crises need an immediate answer** - Usually, there's time to seek advice from someone we respect, someone who has had similar experiences or who is a competent professional. It's also helpful to write down all of our options, including what would happen if we did nothing at all. This may not be the best solution, but at least it should be considered

among all of our choices.

3. **It's important to ask ourselves what would be the worst possible outcome** - Once we can state the worst possible outcome, we also realize we can actually come with it. It helps to ask, "Will we live through this?"
4. **Always try to keep the monkey on the back of the person(s) responsible for the problem** - If it's your teenager who has run away from home telephoning your for money, he or she may need to know they're welcome to return home. However, it's their responsibility to come up with the means of getting home, just as they figured out the means of running away. Parents may loan the teen money, backed up with collateral, in order to return home.

Remember, take a moment, breathe deeply, and relax. Write down all the possible choices, talk them over with a person you respect, and think about your ability to cope with the worst possible outcome.



Ask Yourself: What is the Worst Outcome?

Orton-Gillingham Institute for Multi-Sensory Education - Use with Dyslexia

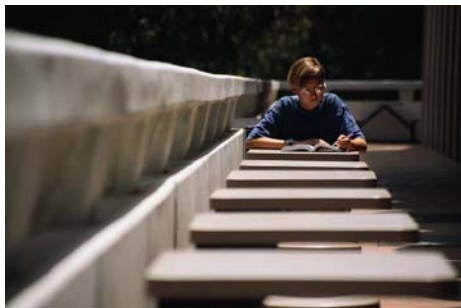
The Institute for Multi-Sensory Education's training programs are based on the Orton-Gillingham method of reading instruction developed by Dr. Samuel T. Orton and educator

Anna Gillingham. This method works well with those who have Dyslexia. The Orton-Gillingham methodology utilizes phonetics and emphasizes visual, auditory and kinesthetic learning styles. Instruction begins by focusing

on the structure of language and gradually moves towards reading. The program provides students with immediate feedback and a predictable sequence that integrates reading, writing and spelling.

The Orton-Gillingham method is **language-based and success-oriented**. The student is directly taught reading, handwriting and written expression as one logical body of knowledge. Learners move step by step from simple to more complex material in a sequential, logical manner that enables students to master important literacy skills. This comprehensive approach to reading instruction benefits all students..

For more info: www.orton-gillingham.com



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