



# Supporting the Parent



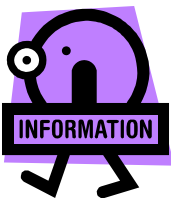
## Active Listening as a Support Parent

Active Listening means empathizing with the Referral Parent's feelings rather than trying to "fix" their problems. Although you cannot rescue them from their own difficult struggle, you can make the journey easier. You can attempt to remember how much you may have needed someone to talk to who could listen to anything you have to say and how universal this need is among people who are in crisis.

Listen for the actual message. This message sometimes is different from their actual words. Following are some guidelines for active listening which Support Parent have found to be useful:

- Try to put yourself in another's situation.
- Don't make judgments. There is no right or wrong.
- Suspend your own feelings and judgments.
- Accept feelings different from yours as valid.
- Trust the parent's ability to handle their feelings, to work through them and

*(Continued on page 2)*



## Did You Know?

The VITA Program offers free tax help to low- to moderate-income (\$38,000 and below) people who cannot prepare their own tax returns. Volunteers sponsored by various organizations receive training to help prepare basic tax returns in communities across the country. VITA sites are generally located at community and neighborhood centers, libraries, schools, shopping malls, and other convenient locations.

Trained community volunteers can help you with special credits, such as Earned Income Tax Credit (EITC), Child Tax Credit, and Credit for the Elderly for which you may qualify. In addition to free tax return preparation assistance, many sites also offer free electronic filing (e-filing). Individuals taking advantage of the e-file program will receive their refunds in half the time compared to returns filed on paper - even faster if you have your refund deposited directly into your bank account.

The CDSA of the Blue Ridge is a certified VITA sight. To find out more or to make an appointment, call 828-265-5391.



Family Support  
Network of the  
High Country

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## UPCOMING EVENTS

February 3, 10, 17, 24 & March 3, 10:  
10am-12pm Express Yourself—Special  
Six-Week Drawing Session: Larger  
than Life, Boone, Turchin Center

February 10: 6pm Children with  
Challenging Behaviors Share Group,  
Boone Unitarian Universalist (located  
beside the Playhouse)

February 10: 6pm Families with  
Medically Fragile Children Share  
Group, Boone Unitarian Universalist

Call us for more information  
about these events.



## The Ten Commandments for Parents of Children with Special Needs

1. Take one day at a time, and take that day positively. You don't have control over the future, but you do have control over today.
2. Never underestimate your child's potential. Allow him, encourage him, expect him to develop to the best of his abilities.
3. Find and allow positive mentors: parents and professionals who can share with you their experience, advice, and support.
4. Provide and be involved with the most appropriate educational and learning environments for your child from infancy on.
5. Keep in mind the feelings and needs of your spouse and your other children. Remind them that this child does not get more of your love just because he gets more of your time.
6. Answer only to your conscience: then you'll be able to answer to your child. You need not justify your actions to your friends or the public.
7. Be honest with your feelings. You can't be a super-parent 24 hours a day. Allow yourself jealousy, anger, pity, frustration, and depression in small amounts whenever necessary.
8. Be kind to yourself. Don't focus continually on what needs to be done. Remember to look at what you have accomplished.
9. Stop and smell the roses. Take advantage of the fact that you have gained a special appreciation for the little miracles in life that others take for granted.
10. Keep and use a sense of humor. Cracking up with laughter can keep you from cracking up from stress.

*Author Unknown, from [www.forabby.com/hope.htm](http://www.forabby.com/hope.htm)*



## Community Counseling

Christine Dave, Catherine Scantlin, and Melissa Kale are community counseling graduate interns offering counseling on a sliding scale from \$10-\$50 through the Blue Mountain Center in Boone. They will be supervised by Suzi Woodard, LPC and faculty at ASU and UNCG. They will work with children, teens, and adults in individual, couple, and family sessions. Christine, Catherine and Melissa specialize in expressive arts, addictions, and marriage/ family therapy. Call 828-265-1455 with questions or to schedule an appointment.

*Continued from page 1...Active Listening*

- to find solutions to problems.
- Be patient. Allow plenty of time. Don't interrupt or be in a hurry to give answers.
  - Be flexible and avoid arguments and criticism.
  - Know that feelings change over time. Allow parents to experience feelings in their own way and at their own pace.
  - Listen closely to be sure you know what they are asking or describing.
  - Do not prepare your answer while the Referral Parent is talking.

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