



Supporting the Parent



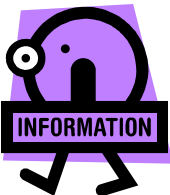
Kaaren receives Lifetime Achievement Award

Kaaren Hayes, Director of the Family Support of the High Country, received the Ann Royal Special Recognition For Lifetime Achievement Award from the Leo M. Croghan Memorial Foundation.

At this year's conference (the 17th annual), Kaaren received this award for her years of dedicated service to children and families. Kaaren joins a special group of individuals who have received this award for their dedication, commitment, talent, passion, and tireless effort.

The Foundation promotes education in developmental disabilities through an annual conference held in Raleigh on December 5th & 6th for parents and providers (typically over 600 individuals attend the conference) as well as through the granting of scholarships for continuing education. The Foundation also honors individuals who have made distinguished contributions in the field of developmental disabilities.

Congratulations, Kaaren!



Did You Know?

The Children's Council offers several services to help families provide quality care for their children.

Childcare Resource and Referral Service

The goal of the CCR&RS to help the families of Watauga County to obtain quality child care by maximizing their choices and minimizing the hassles. Call or come by our office to receive:

- Free consultation about the kinds of child care available.
- Up-to-date listings, and detailed information about each provider.
- Referrals to programs that are specific to their needs, location, and price range.
- Tips on what to look for in choosing child care and how to determine quality.



Family Support
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High Country

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UPCOMING EVENTS

January 13: 6pm Children with Challenging Behaviors Share Group, Boone Unitarian Universalist (located beside the Playhouse)

January 13: 6pm Families with Medically Fragile Children Share Group, Boone Unitarian Universalist

January 28: 2nd Annual Parents as Partners in Learning Conference, Mitchell Community College, Mooresville

Call us for more information
about these events.

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New Year's Resolution Tips

Are you thinking about making the new year a fresh start? Not so fast! Some say new year's resolutions are a waste of time as they are nothing more than a long list of "shoulds" that we don't take to heart. Make this year different. Take time to plan your new year's resolutions carefully and avoid the post new year let-down. Let's face it, we don't have a lot of time to waste on new year's resolutions that aren't effective. Plan your new year's resolutions carefully this year and choose realistic goals that you can keep.

Choose Carefully

A long list of resolutions will set you up for failure. Think carefully about what you'd like to change. Choose only one or two goals as your resolutions. Be honest with yourself. Your goals should be achievable and realistic. Use writing as a tool to help you identify and decide upon your goals.

First, review your year. What were the high points and low points? What were your successes? What made you proud? Now think about where you can improve. Are any of these areas ripe for a resolution?

As you consider possible changes, think carefully about each one. Is it realistic? Is it achievable? Why do you want to make the change? Will it improve your life? What are your reasons for making this change?

Make a Plan

You've got a goal. Now how do you get there? Break your goal into subgoals or small steps. Think about how to make each small step. Rather than emphasize the long term goal, consider daily goals. What daily changes must you make to achieve your long term goal? What action steps must you take? Again, write to clarify your thoughts and help yourself identify the steps needed to achieve your goals. Are these steps small? Achievable?

Monitor and Reward Progress

Keep track of your progress and reward your achievements. We tend to assume that success is its own reward, but change is difficult and often uncomfortable. Additional rewards will help you to make change effective and last over the long haul. Rewards can include treats like a massage, facial, or afternoon at the movies. Or they can include less tangible rewards, such as simply taking time to yourself to do whatever pleases you.

Change for Life

Once you have achieved your goal, maintain your success by continuing the small daily changes that helped you to achieve your goal. For long term success, make those small changes part of your lifestyle.

From www.gradschool.about.com/od/goalsetting/a/newyear.htm

Did You Know...continued from page 1

- Assistance in breaking down communication barriers between parent and caregiver.
- Information on parenting classes.

Directory of Human Services of Watauga County

An alphabetical listing of the agencies and organizations providing services to the residents of Watauga County and the surrounding areas. Each listing provides contact information and a brief description of services.

For more information, contact the Children's Council at 828-262-5424 or check out their website at www.thechildrenscouncil.org.

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