



Supporting the Parent

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.

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



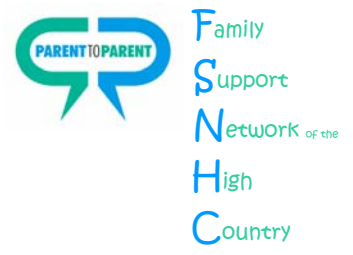
- 1-in-6 low income parents in 2003 had to quit or change

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.

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 by Nov. 15th. See you there!



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Boone, NC 28607

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Toll Free Parent Line:
(866) 812-3122
Fax: (828) 265-5394
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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

DANCE MARATHON
At Legends
November 18th
9am - until

Call us for more information about these events.



Share Groups

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.

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

A Time to Share the Sheer Joy of Reading

Helping Dyslexic Children Love to Read By The Huddersfield Daily Examiner

DYSLEXIA affects one in 10 children to some degree. To mark Dyslexia Awareness Week, book chain Waterstones has been working with its chosen charity Dyslexia Action to raise awareness of this hidden disability and encourage all children to discover the joys of reading. Dyslexia Action says it's important for books to be printed in a clear sans serif font, with a minimum print size of 11pt and printed on tinted paper, which reduces the glare of black print on bright white paper.

Some Tips for Parents

1. Get children off to an early start with books by reading to them and with them. Help children to recognize and understand the sounds that letter combinations make - this is called de-coding.
2. The Waterstones Guide to Books for Young Dyslexic Readers suggests that parents should discuss the

content of books with children and encourage role play - read out loud to each other, using different voices for different characters.

3. Make reading a fun activity and don't worry if your child wants to hear or read the same book over and over. This is good practice because it reinforces the understanding of the story and helps them to memorize words.

Some Suggested Books from Reading Rockets:

- Diary of A Worm by Doreen Cornin (age 3 to 6)
- Dog Breath by Dav Pilkey (age 3 to 6)
- What Are You So Grumpy About? By Tom Litchenfield (age 3 to 6)
- The Book of Bad Ideas by Laura Huliska-Beith (age 6 to 9)
- I Stink by Kate McMullin (age 3 to 6)

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.

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

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!

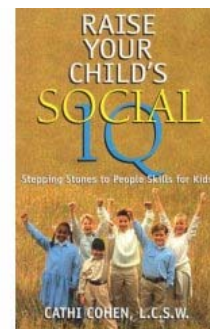
Raise Your Child's Social IQ: Stepping Stones to People Skills For Kids by Cathi Cohen

Book Review

Parents, this book offers direct, sense-making, step-by-step exercises that parents can do with their children to increase their social skills and awareness. Based on the highly successful social skills training groups that have been directed by Cathi Cohen for many years, Raise Your Child's Social I.Q. provides parents with the structure to work on skills at home--how to join a group, how to choose friends, how to notice what people around you are feeling, and how to handle angry feelings. .

Raise Your Child's Social IQ is a "must have in your

back pocket" therapeutic cookbook for working with children presenting with social skill deficits. Importantly, its easy for parents to understand. If you have or treat children with social skill problems and you don't have this book you have missed the boat on an excellent resource. For more information www.amazon.com



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