



Enriching the Parent

Information & Support
for Families of Children with Special Needs
Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, & Yancey

December 2007

Family Support Network -
High Country
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Boone, NC 28607
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WITH SUPPORT FROM

Appalachian State University

Children's Development Services
Agency-Blue Ridge

Family Support Network of North
Carolina

High Country United Way

Avery & Mitchell-Yancey
Partnerships for Children -
Smart Start

Friends of Parent-to-Parent

Upcoming Events

Area Support Groups

Page 3



Happy Holidays From Parent to Parent!



Helping Your Kids Behave While Shopping

It's that time of year again when shopping bells await us! If you're

like most parents with children this thought might frighten you! It does me. Every year I try and get a game plan together and every year one of my kids gets sick and my plans fall apart from there. I may not be able to help with the stomach flu, coughing, or fever, but I can pass along some information I gathered from PCA of North Carolina.

First, plan ahead...

- **Check attitudes.** Is your child too tired or hungry to shop? Are you? If so, postpone your trip or find a sitter.
- **Agree on rules.** Before entering the store say things like: *Stay close to me. Use your quiet voice. And keep your hands...*
- **Agree on rewards.** For good behavior, give a choice of one snack food or a stop at the park. Promise to read a book or play a game at home. Keep it simple and be sure to follow up.

At the mall...

- **Make a game of it.** *Who can see the shoe store first? Who is wearing green? Which sign begins with a T?*
- **Choice.** When possible, allow your child to make a choice or decision. *Blue or red socks? Walk on this side or that? Take the elevator or stairs?*
- **Play.** *I see something.* Ask the child to guess what it is.
- **Praise your child.** *You are so helpful! You are making good choices today!*

If all else fails...

- **Ignore misbehavior** unless it becomes dangerous, destructive, or annoying to others.
- **Remove a child who is out of control.** Take the child to the restroom or out of the store. Tell him quietly, eye to eye, that this behavior is NOT okay. Tell him what you would like him to do instead.
- **Wait** for the child to clam down. Say nothing else. Then ask if she is ready to try again.
- **Go home** if the child cannot clam down. Find a sitter and return alone or try another day. Most times if you just leave the store without a word, it only takes one or sometimes two times to stop misbehaving in the store. If your child sees that you are serious, the bad behavior is less likely to continue.
- **Once you leave the store** stay calm and tell your child that you understand that he is sad and disappointed and that the two of you will try again another day. Don't cave in to crying and whining. If he doesn't get that treat or park date he will remember that a lot more than you yelling or lecturing. -Christie Jensen

We Have Moved!

The CDSA has moved and graciously given us two office spaces in their new building!

You can now find us at:
2359 Hwy 105 Boone NC 28607

Our phone number is still the same:
(828) 262-6089



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

Time for Bed

Sometimes bedtime can be a hassle. We say “Time for bed, Sweetie.” And then what? Our children often have an exciting array of excuses to put us off. “I don’t wanna,” or “Can I have some ice cream first?” or “Read me a story.”

This issue offers two guidelines for handling bedtimes with children.

Don’t “oversleep” your children. A friend remembers an early childhood filled with unnecessary naps. He and his brother would rub their eyes until they were red before stumbling out of their bedrooms in the afternoon. They would grope their way into their mom’s room and say, “We just woke up. Can we get up now?” If they had wanted to get up because they weren’t sleepy, it would not have been allowed.

Recent research indicates that bright children, particularly gifted children, may not need as much sleep as others.

Some parents put their youngsters to bed simply to gain some time away from them. That’s sad, because ideally children should be able to be up and unobtrusive at the same time. On the other hand, if adults need privacy in the evening, sending children to their *rooms* is more reasonable than sending them to *bed* early.

Understanding the child’s reason for not wanting to go to bed. Sometimes younger children are afraid. Night is associated with scary noises and other strange things. Monsters are lords of the darkness. Every child knows that the night is not your basic friendly puppy. Children have fairly active imaginations. One little eight-year-old girl, after recently being adopted, imagined that her parents only looked like humans. But at night, their skin would peel off and they were really lizards underneath. This sounds like a horror movie, but after all, horror stories touch something present within us—all things more readily accessible to children through their imaginations.

Explore your child’s reasons for not wanting to go to sleep. For youngsters, going to bed is no fun if they know their parents fight as soon as they are out of sight. Fear of the dark, fear of loss, fear of the unknown, and fear of death all play a role in a child’s bedtime problems.

You can use simple, calm reassurance with the expectation that your child will be able to handle his or her own problems. Unfortunately, instead of providing simple reassurance, an over exploring or overly involved parent may sometimes elevate the ridiculous to the sublime. For example, pleading, “Ricky, you’ll be all right, honey,” makes things worse. And it definitely does not improve the situation when parents look under the bed to prove there are no monsters. Children are likely to be more afraid, thinking, “Wow! Maybe there are monsters or they would never be looking under the bed like that!”

If parents are relaxed and do not make a big issue out of bedtime, most youngsters will naturally go to bed when they get sleepy.

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.



Explore your child’s reasons for not wanting to go to sleep!

Love and Logic Presents: “Parenting Children with Health Issues”

This book presents essential tools, tips, and tactics for raising kids with chronic illness, medical conditions and special health-care needs. This book will teach you how to:

- Encourage your child to love life despite health challenges.
- Handle refusal to take medication and do medical treatments.
- Skillfully respond to your child’s special emotional needs.
- Avoid power struggles and other common parenting traps.
- Promote responsibility without nagging or lecturing.
- Navigate sibling, family and couple relationship issues.
- Enable your child to make good self-care decisions.

Want to check this book out from our lending library, Call or e-mail us!

GENERATION REWIND DANCE MARATHON 2007



This year’s Dance Marathon sponsored by A.C.T at ASU was a huge success! 90 ASU dancers raised nearly \$18,000 for Western Youth Network (WYN) and Parent to Parent FSN-HC. You are ALL AWESOME!

Special Thanks to Mast General store for a general sponsorship and to over 20 dining faculties for feeding the dancers during the 24 hours. This could not have happened without YOU.

THANK YOU!!!

Group Opportunities for Information & Support

Spending time with your child



Ways to Tell Your Child “I Love You!”

1. Snuggle in bed together as you tell a good-night story.
2. The next time you take your child to an athletic practice, stay and watch from a distance.
3. Write a crazy poem by taking turns writing the next line. (Make sure it rhymes!)
4. At the park sandbox play tic-tac-toe in the sand. Write “I Love You” or “You’re great” messages in the sand.
5. Plant trees in your back yard in honor of your kids (one for each child). On a hot day, hook up a water hose and sprinkler in the backyard and run through the water together.
6. Roast marshmallows over the barbecue or in the fireplace on a cold day.
7. Show your child where you’ve kept for a long time a special card or picture he or she has given you.
8. Honor your child with a “just because” party (“just because I Love You”) and invite his or her friends.
9. Make a photo gallery somewhere in your home, and display your children’s school pictures each year.
10. Play hide and seek with your children. (Don’t find them too quickly).
11. Take advantage of the long days during summer and go on an evening walk together. Snuggle on the couch for a viewing of your child’s favorite movie when the days get shorter.
12. Have lunch together in the school cafeteria before the school year ends.
13. When your child talks to you, put down what you’re doing and look into her eyes. Maintain an encouraging expression and make your response positive.
14. At your next opportunity, give your child a hug. If your child is young, pick him up and hold him.
15. When your child says, “watch me!” Watch, clap and cheer.

Area Support Groups

Are you feeling a little stressed because you are a parent or guardian of a child or family member with disabilities, significant health concerns, need resources, or just need another adult to talk to that knows what you are going through? Come join one of our local groups, meet new families and make some new friends!

Allegheny County Parent Support Group

Date: Thursday, December 6th 2007

Time: 6:00 p.m.

Location: The Family Resource Center, Sparta

Contact: Norma Bouchard at 336-246-3222 or 1-866-812-3122 to RSVP. For child care call 372-6583

Ashe County Parent Support Group

Date: No December meeting. Norma will have office hours on December 13th.

Time: 9-4

Location: Midway Baptist Church Fellowship Hall

Mt. Jefferson Rd., West Jefferson

Contact: Norma Bouchard at 336-246-3222 or 1-866-812-3122 to RSVP.

Watauga County Parent Support Groups

Challenging Behaviors and Medically Fragile

Date: Friday, December 14, 2007

Time: 6:00-8:00 p.m.

Location: Boone Unitarian Universalist Church (381 E. King St, beside the Playhouse)

Contact: Kaaren Hayes at 828-262-6089 or 1-866-812-3122 or e-mail hayeskl@appstate.edu. RSVP for childcare and supper by December 12th!

Wilkes County Parent Support Group

Date: No December meeting

Time: See you next month!

Location: United Way, 910 C Street, Wilkesboro

Contact: Norma Bouchard at 336-246-3222 or 1-866-812-3122. Dessert and drinks will be served!





Information and Location for
ALL Support groups enclosed!
See page 3

Parent to Parent FSN-HC
150 Den-Mac Drive
Boone, NC 28607



If you would like:

*To talk with another parent who understands
Information about a specific disability or health condition*

To be a Supporting Family

Or

To make a tax deductible donation please contact:



FSN-HC

828-262-6089 or Toll-free family line: 866-812-3122

Or hayeskl@appstate.edu