



Supporting the Parent

Martin Luther King Jr. and Nonviolent Families

A meaningful way that we and our children can celebrate the birthday of the great civil rights leader, Dr. Martin Luther King, Jr., is to incorporate his legacy of nonviolence into our daily lives. Each time we renew our commitment to resolving conflicts nonviolently, we honor Dr. King's legacy.

Dr. King was leading a major struggle to eliminate racial segregation and discrimination in the South. He quickly realized that the best strategy to liberate black people and gain them the right to vote was to use nonviolent forms of protest. His home base was in Alabama, where he first led the 1956 Montgomery bus boycott because they forced black people to sit in the back of the bus. He knew that any violence on the part of his civil rights workers would lead to violent counterattacks from segregationists; leading to injury and death for his followers. He had to teach his workers not to respond violently to violent provocations. He sponsored workshops to train workers in nonviolent behavior. Dr.

King's nonviolence strategy was successful. Nonviolence put his followers on the moral high ground and made the brutality of racists very apparent. In this way, Dr. King won many allies and gained passage of the civil rights bills of 1964 and 1965.

His workers felt proud that they could contain their violence and learn not to hate their enemies. This galvanized the sense of mission of the workers. Dr. King was a Christian minister and his turn-the-other-cheek philosophy represented some of the best principles for creating harmony among all people, regardless of race or religion.

Young people today can learn from King that nonviolent protest and participation in the democratic process are the best means of bringing about change. From King's teachings, many of us realize that nonviolence is the best approach to resolving conflict. Dr. King understood better than most people that violence only begets more violence.

To honor this legacy of nonviolence today in our lives:

We can help our children avoid violence
(con't on pg. 2)

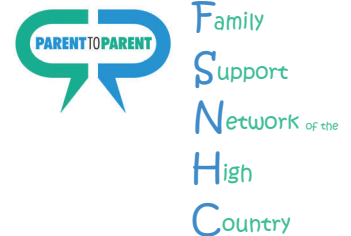
Lotsa Helping Hands

Lotsa Helping Hands is a service of The Aplastic Anemia & MDS International Foundation, which is the oldest and largest patient advocate and support organization for bone marrow diseases, providing life-saving hope, knowledge, and support to hundreds of thousands of patients and their families around the world. Their services are free. You can contact them at AA&MDSIF, P.O. Box 613, Annapolis Maryland 21404-0163 / (800)747-2820

Lotsa Helping Hands was created after witnessing four years of awe-inspiring community support and response to a family member's serious medical crisis. Seeing how

earnestly friends wanted to help, and juggling the difficulty of organizing their assistance, we designed Lotsa Helping Hands with the understanding of how to bring together a variety of social circles and what a resulting community like this would need. We have paid special attention to making this web service intuitive enough to begin using immediately.

When friends and family ask, "What can I do to help?" [Lotsa Helping Hands](#) is just the tool you need. It is a free, personalized, electronic calendar on the
(con't on page 3)



150 Den-Mac Drive
Boone, NC 28607

Phone: (828) 262-6089
Toll Free Parent Line:
(866) 812-3122
Fax: (828) 265-5394

February 2007

An Affiliate of
Family Support Network of North Carolina

With Support From
Appalachian State University
Children's Developmental Services Agency-
Blue Ridge
High County United Way
Friends of Family Support Network-High
Country
Avery Partnership for Children-Smart Start
Mitchell-Yancey Partnership for Children-
Smart Start

Upcoming Events

Check out page 2 for
Information on:

**Support Groups in
Watauga, Wilkes &
Ashe**

Love and Logic classes

Dine and Discover

Group Opportunities for Information & Support

SUPPORT GROUPS

Watauga: Challenging Behaviors

Watauga: Medically Fragile Children
First Friday at 6pm/Dinner and Childcare provided
Information/register: 828-262-6089

Wilkes & Ashe: Groups are beginning!
For information call & leave message for Norma at (866)812-3122

LOVE AND LOGIC PARENTING CLASSES are offered in Avery, Ashe, and Watauga. For more information on the times and places of these classes call: 828-262-6089

DINE & DISCOVER:

For Watauga Women

Relax and Take a Breath

Earn \$10 cash or \$10 gift card for attending!

March 15 6-8pm St. Elizabeth's Catholic Church
Dinner at 6pm Group at 6:30pm
Childcare provided
Information/register: 828-264-1532



MLK, Jr. & Non-Violence

(con't from pg. 1)

by acknowledging their anger even while we set limits. Help them learn constructive ways of dealing with strong emotions. Phrases like "I know you're angry, but you can't hit or hurt someone," are helpful.

Children learn methods of resolving differences from us, and how we manage conflict within our family. Counting to ten, taking a deep breath, or finding other ways to calm down will help us manage the intense anger that can lead physical violence. After we calm down, we can listen to our child's or partner's point of view, respect their opinions (even if we disagree), and search together for solutions to the conflict. In doing so, we model basic skills for resolving conflict.

We can support conflict resolution and violence prevention programs in our schools and communities. Find out what programs about conflict resolution are available through your child's school, or within your religious community. If none exist, contact organizations such as Educators for Social Responsibility that create curriculum materials promoting peaceful resolution to conflict.

For more info:

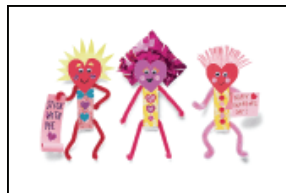
www.familyeducation.com

Family Fun - Gum Guy Cupids www.familyfun.com

1. Cover one side of a wrapped stick of gum with double-sided tape. Cut a pipe cleaner in half and place the pieces atop the gum stick, centered horizontally, one for the cupid's arms and the other for his legs. Stack the second gum stick on top and gently press down to stick all the pieces together. Then bend the pipe cleaner limbs into interesting poses.

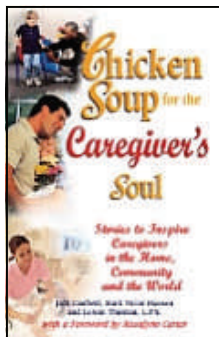
2. Now cut a heart-shaped face from card stock and glue on foil or paper hair. Attach googly eyes and a mini sticker mouth (or simply use markers to draw on

facial features). Glue or tape the face to the body. Then dress up your Gum Guy with sticker buttons and bow ties, as much as you wish. For a finishing touch, on a small piece of paper, print a Valentine's message, such as "Stick with me," to pop in his hand.



Chicken Soup for the Caregiver's Soul by Jack Canfield, et.

A dose of inspiration for caregiving professionals and the millions of souls who help care for family and friends Over 54 million people in America help care for ailing or recovering family members and friends and millions more give of themselves to others through day care, eldercare, emergency and community service. While rewarding, care giving requires tremendous emotional, physical and spiritual stamina. Chicken Soup for



the Caregiver's Soul offers a respite to those who give care through inspiring and uplifting stories about the work they do and its power to transform lives. Through awe-inspiring glimpses of real-life experiences of others, readers will find the motivation to overcome a challenging day, welcome recognition for their selfless contributions, and the encouragement to continue making a positive difference in others' lives.

Jacqueline Marcell, author, 'Elder Rage', and host of the 'Coping with Caregiving' on Internet Radio comments about this book by saying, I was honored to have my

story included in this delightful book. Over 54 million people are involved with caregiving, yet everyone feels alone with their roller coaster of emotions. This inspirational book will give you a quick pick-me-up at any moment you feel that you could really use a hug. These lovely short stories are by real voices of courageous caregivers who share their triumphs and sorrows, helping you to have an easier journey. Your heart will be warmed as you smile and nod in recognition, and realize that you've gained valuable insight, solutions and hope.

For more information 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

Empathy Overpowers Anger

Parents who are strong enough to let youngsters experience the consequences of their actions also need to help them feel loved. Too often parents or teachers mete out consequences with anger. Missing empathy, the child feels no love and blames others for his/her own mistakes.

A parent recently told a nationally known educator and expert on child discipline that she needed help managing the art of empathy. Here is her story.

I keep getting mad when I give consequences. I get mad at my daughter, and then she gets mad at me.

I almost got to empathy last week. I was so close. My daughters didn't study her spelling words. I kept hearing your voice during your last lecture when you said, "These can be great opportunities. Don't blow them by nagging." So I didn't nag. I also heard your voice saying, "The school will provide the consequences. You can balance them out with an equal amount of empathy."

She came home with a "D" on her test, and I did a great job of being sorry for her. I said, "Wow! It must really be embarrassing to get a "D". She got real quiet, thinking hard about what she had done. It was great!

Then I heard your voice in my head saying, "When you run out of things to say transfer the problem to the youngster by asking a question." I said, "Wow! What are you going to do?" With the saddest little face, she said, "I don't know what I'm going to do."

I had her owning her own problem and thinking hard. And then...I just had to do it. I don't know why, but I just blurted out, "And you're not going to that party on Friday!" That did it! She started yelling, "What do you mean I'm not going to the party! It's not my fault I got a "D". You should see the words that the teacher gives! She never gives us any time to study and....it's just not fair."

Isn't it amazing? It only took one remark for me to change my daughter from a thinker to a fighter. So I'm back to work on empathy.

The educator, Jim Fay, of the Cline/Fay Institute in Golden, Colorado, told me recently that he hasn't seen this woman at his lectures for several months. He said he hopes she has mastered the art of giving equal amounts of consequences and empathy.

It helps to remember that using anger, threats, and lectures rarely work with children. Parents need to combine consequences with empathy. Those who deliver consequences in loving, but firm tones find this far from easy but it works.

For more information on classes:
(828)262-6089 or (866)812-3122



Empathy opens the mind for learning

Lotsa Helping Hands

(con't from page 1)

Internet that helps you organize and manage the care and assistance offered by family and friends.

Here's how it works:

- One person (or several) signs up to coordinate the calendar. It takes only minutes to create.
- The coordinator(s) add the names and email addresses of friends and families who want to help.
- Coordinators list needs (meals, rides, etc.) on the group calendar.
- Friends and families check to see what's needed and sign up to help.
- The calendar automatically sends reminder emails to those who volunteer.

- The calendar is flexible--changes can be made.
- This service allows you to easily coordinate and offer support for loved ones in need. *Lotsa Helping Hands* is a free service offered to you through a partnership between *Lotsa Helping Hands* and the AA&MDSIF.

Because Lotsa Helping Hands was inspired by the outpouring of support during a medical crisis, we have dedicated part of our profits to supporting women's health education and researching novel approaches to the early detection and treatment of women's cancers. For more information go to:



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.