Add More Color to Your Life

In our busy lives we sometimes get stuck in a rut when it comes to what foods we choose. We go to the store and go on auto-pilot, buying what we always buy. This month try to be colorful! While in the produce aisle choose different items that you usually don’t choose, or are afraid of. Try at least 3 different fruits and vegetables this week. Have fun and get creative. Here are some colors to choose from: Red, yellow/orange, green, blue/purple, and white. Fill your cart up and have fun.

A tip to the reluctant: The produce workers are always there to lend a hand in choosing your new and sometimes strange new produce. They can help! Here are some suggestions for what to do with your new items once you get them home, and how to remind yourself to eat them:

- Keep a bowl of fruit on the counter
- Make fruit smoothies for a quick breakfast or snack
- Top baked potatoes with salsa
- Keep baby carrots or other ready-to-eat vegetables on hand
- Add corn, carrots, peas, sweet potatoes, or beans to soups and stews
- Top sandwiches with lettuce, tomato, and other vegetables
- Add bananas or berries to cereal or yogurt
- Add peppers, onion, or other vegetables to spaghetti sauce
- Stir fry, experiment with different vegetable or use what you have on hand.
- Most important, be creative and have fun!

Thanks to EFNEP’s (Expanded Food and Nutrition Education Program for the above information)

Super Stir Fry

Choose 5 vegetables (1/2 cup each)
- Broccoli
- Celery
- Carrots
- Cauliflower
- Mushrooms
- Onion
- Peppers
- Squash
- Zucchini

Choose 1 sauce (about 1/4 cup)
- Lite/low-sodium soy sauce
- Teriyaki Marinade
- Bottled stir fry sauce

Choose 1 starch 1 cup per person
- White rice
- Brown rice
- Rice noodles
- Whole wheat spaghetti noodles

Directions

1. Wash and chop selected vegetables into small evenly sized pieces. You may cut them into circles, strips or cubes as desired. A variety of shapes will make the stir fry more pleasing to the eye.

2. Heat a small amount (1 tablespoon) of vegetable oil over high heat in a 10 inch frying pan, electric skillet, or wok.

3. Keeping the heat high, add vegetables to the pan in order of firmness – harder foods first and ending with the softest foods.

4. Toss vegetables to keep from sticking until they are cooked. When stir frying, vegetables should still be crisp and retain their bright color.

5. Add sauce to taste (about 1/4 cup). Stir fry until all vegetables are thoroughly cooked.

**Group Opportunities for Information & Support**

<table>
<thead>
<tr>
<th>SUPPORT GROUPS</th>
<th>ADHD seminar</th>
<th>Parents of Youth and Young Adults with High-Functioning Autism/Aspergers</th>
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</thead>
<tbody>
<tr>
<td><strong>Alleghany</strong>: Family resource Center, Sparta, RSVP/Info: Norma 336-246-3222</td>
<td><strong>Would you like to know more about Attention Deficit Hyperactivity Disorder (ADHD)?</strong>&lt;br&gt;<strong>Date:</strong> Thursday, October 25, 2007&lt;br&gt;<strong>Time:</strong> 6:00-8:00 PM&lt;br&gt;<strong>Place:</strong> Alleghany Family Resource Center&lt;br&gt;61 Wee Care Avenue&lt;br&gt;Sparta, NC (behind the ship’s wheel)&lt;br&gt;<strong>RSVP:</strong> Call (336) 372-6583 by Friday, October 19, 2007&lt;br&gt;<strong>Childcare space is limited and must be requested upon reservations</strong></td>
<td><strong>There has been some interest expressed in a get-together with other parents to discuss concerns, hopes, and ideas.</strong>&lt;br&gt;<strong>Date:</strong> Wednesday, October 24, 2007&lt;br&gt;<strong>Time:</strong> 6:00-7:30 PM&lt;br&gt;<strong>Place:</strong> Asheville TEACCH Center&lt;br&gt;162 Cox Avenue, Suite 200&lt;br&gt;Asheville, NC 28801&lt;br&gt;<strong>RSVP:</strong> Catherine Faherty, 225-1098</td>
</tr>
<tr>
<td><strong>Ashe</strong>: Midway Baptist Church, West Jefferson, RSVP/Info: Norma 336-246-3222</td>
<td><strong>Healthy Halloween</strong>&lt;br&gt;<strong>Date:</strong> Thursday, October 25th&lt;br&gt;<strong>Time:</strong> 12-6 PM&lt;br&gt;<strong>Where:</strong> Avery County Rock Gym&lt;br&gt;Join us for an afternoon of fun and healthy activities for all ages!</td>
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<td><strong>Watauga</strong>: Unitarian Fellowship Hall, Boone, second Friday of every month, 6:00 PM, Dinner and childcare provided. RSVP/Info: Kaaren 828-262-6089</td>
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<tr>
<td><strong>Wilkes</strong>: United Way building, Wilkesboro, RSVP/Info: Norma 336-246-3222</td>
<td><strong>Get Up and Move More</strong>&lt;br&gt;This month get out and take a walk or have a family parade around your area. Look at the autumn changes around you. Find some woolly worms and have your own family woolly worm race. Tie/attach some string to a fence or board, gently put your worm on the bottom of the sting and have fun watching them climb!</td>
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**Boone Boo**<br>**Date:** Wednesday, October 31<br>**Time:** 4:00 PM<br>**Place:** Watauga County Library<br>140 Queen St. Boone, NC<br>This is a fun event for young children. There is usually a craft that starts at 4:00 and then a kid parade down King Street to Trick-or-Treat! Come join the goblins and ghouls! There are over 40 businesses that participate.

**Healthy Halloween**

**Get Up and Move More**

**NEEDED: Your Old Eye Glasses** (reading and distance) as well as non-prescription sunglasses will be distributed to children and adults in Africa, Asia, and Latin America. Reading glasses and sunglasses are especially needed!

- Over 1 billion people in developing countries need eyeglasses but cannot afford them
- Over 4 million pairs of eyeglasses are thrown away each year in North America
- 25% of the global population needs eyeglasses.
- 50% of children in institutions for the blind in Africa would be able to read normal or large print if they had eyeglasses.
- The price for glasses in Benin and other African countries can exceed three months’ average salary

If you would like to donate your eyeglasses or sunglasses, please complete the form on-line at [www.uniteforsight.org/donate_eyeglasses.php](http://www.uniteforsight.org/donate_eyeglasses.php) Make a difference today!

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.
Learned helplessness? No! It’s Time for Self-Advocacy and Self-Determination

Before we dive into this month’s article I wanted to define the topic. Some may not have heard the term Learned Helplessness before. In this article Learned Helplessness is defined by Wikipedia as a psychological condition in which a human being has learned to believe that a situation is helpless. They have come to believe that they have little control over their situation and that whatever it does is futile. As a result, the person will stay passive in the face of an unpleasant, harmful or damaging situation, even when they actually have the power to change the circumstances. This could be viewed in one of three ways: personal—they may see themselves as the problem; that is, they have internalized the problem. Second, Pervasive—They may see the problem as affecting all aspects of life. And finally as permanent—they may see the problem as unchangeable. The following is an article by Cherie Takemoto, from PEATC (Parent Educational Advocacy Training Center)

When children are taught they have no control over their lives...When their day is spent being told when it is time to start something and stop something...When they are told exactly what they can and can’t do.. They learn that what they want doesn’t matter.

When they are told they cannot grow up to be what they want to be. When they are taught that they can’t play with the other kids… When they are taught that they can’t learn… When they are taught that they will never grow up and have an independent life.. When they are taught that they will never…… Then why should they even try?

What’s the antidote for learned helplessness? The first thought might be to withdraw support. The idea to this strategy is that the child needs to learn how to do things on his/her own. No one should “enable” a child’s helpless behavior. However, a more effective strategy involves a more direct and supportive approach. The antidote for learned helplessness is self-advocacy and self-determination.

Parents and teacher need to support children with disabilities as they learn that what they want, what they need, and what they dream matters. They need a life full of choices, so they can make good decisions. They need to understand their strengths so that they understand that they have power. They need to understand their disabilities and need for accommodations so that they understand that despite a disability, they have a right to reasonable accommodations and modifications.

Children with disabilities already know that they have it harder in life than most of their peers. They need to know that this doesn’t mean that they can’t. It only means that they may have to work harder. They need to know that what they learn matters. And what they dream is possible.

They need to learn how to ask for what they want. Just like parents of children with disabilities, they need to learn how to ask in a way that people will hear what they have to say. Just like many of us parents, they need to find allies who support them as they dream.

Real life is not a protective bubble. Parents will not be around forever to make sure that the bad things that happen in life, never happen. Children need to learn that mistakes happen, and to learn from those mistakes. But they will become stronger and more resilient as they learn that there is much in life that they can overcome.

We all feel helpless sometimes. When things don’t go as planned….When we see our children suffer from an illness… When we see our children with feelings that have been so wounded, that right now, kisses and hugs seem like a woefully ineffective antidote…. Sure, sometimes it can actually be perversely comforting to wallow in self pity. However, in order to help our kids, we need to dust our own selves off and move on to doing what we can do.

Even if we lean on our own friends and loved ones for support, the support we need is to learn that we are not helpless. We may rely on the support of others, but together, we can be less helpless. We may not have the power to change everything, but we need to use what little power we have to make things better.

### Internet Links

- Children and Youth with Special Health Care Needs
- Transition
  http://www.alyouthinfo.org
- Financial Concerns/Insurance Issues
  http://www.uneedpsi.org
- Advocacy
- Provider Issues
  http://www.aap.org/saferhealthcare/

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.
How to Give Your Kids an Unfair Advantage - Part II

In Part I we explored the advantage children gain by being given the opportunity to struggle. In this article we’ll explore specific techniques that parent can use to give their children a head start in life.

Give Chores—Regardless of what your children say about chores being unfair or that none of their friends have to do chores, children need to contribute to the welfare of the family.

To get your children performing their chores, begin by spending a couple of weeks listing all the jobs that have to be done for the family to survive. This list should include all the jobs parents usually do for them. Have your kids select the jobs they think they would most like to do. In the event they don’t like any of the jobs, have them choose the ones they hate the least.

A proven technique for getting children to do their chores is to say, “There is no hurry each day to do the jobs. Just be sure they are done before the end of the day.” Do not remind them about the chores. If the jobs are not done by the end of the day, say nothing and let the kids go to bed. Let them sleep for 30 to 45 minutes and then wake them up, reminding then that the end of the day is near and they are to get up and finish their work. Don’t take “no” for an answer.

Providing matching funds—Kids are bombarded with media advertisements about their need for material things. It is tempting to give them all you can as a show of love. It may also be tempting to say, “You don’t need those things.” Both of these responses rob the child of a chance to struggle.

Times when children ask you to buy something are opportunities to provide success through struggle. This is the time for the parent to implement “matching funds.” Tommy announces, “I really need those basketball shoes. All the other kids have them and they are only $125.” The wise parent responds, “You ought to have them. I can’t wait to see how you look in them. I’ll contribute $35. As soon as you earn the rest, you’ll have those shoes.”

Don’t pay for good grades or punish for bad grades—As long as children have others who will worry about their problems, they don’t worry about them. It’s as if they say, “My parents have that worry well in hand. No sense in both of us worrying about it.” Parents who offer to pay for good grades, or punish for bad ones, are taking over too much of the worry about grades. This also raises the odds the child will see achievement as something that is being coerced rather than offered.

Once a youngster sees grades as part of a power struggle, the issue is no longer the value of a good education, but who is going to win. A child in a power struggle can see only one choice: winning the power struggle. However, as long as a child has two choices, to succeed or not to succeed, there is still a good chance of success.

Children who earn what they get gradually learn self-respect, resourcefulness, the value of money, and most importantly that problems are solved through struggle.
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 Tollfree family line: 866-812-3122

Or hayeskl@appstate.edu