



Enriching the Parent

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

March 2008

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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



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Check them out!



Common Childhood Fears



Many fears can be traced to a child's stage of development.

Courtesy of The Children's Council, March 2000

INFANTS: Babies startle at loud noises like a door slamming. During the second six months of life, they become wary of strangers and fear separation from their parents.

How to help: Know your child's temperament, and avoid loud and unpredictable situations. Introduce your baby gradually to others while he sits securely on your lap, building up trust.

TODDLERS: At this early age, toddlers still fear separation, but other fears may include vacuum cleaners and flushing toilets. If things can be sucked up and go down a drain, why not them? Toddlers have also learned that things exist, even when they can't be seen, especially things in the dark.

How to help: Explain that vacuum cleaners and drains don't make children disappear. Avoid scary TV shows and videos. At bedtime, stay close by and install a night-light if it makes your child feel more secure.

PRESCHOOLERS:

During this age, children develop vivid imaginations. Common fears include monsters and robbers, separation, and again, the dark. They may develop "supernatural powers" and wear costumes that make them feel more powerful as they learn to distinguish between fantasy and reality.



How to Help: Be patient; don't expect fears to be conquered overnight. Be empathic to their fears. To them they are real, don't belittle. Know what your child is being exposed to on TV or videos. Preschoolers need help identifying fears, and giving the fear a name is a first step in overcoming it. If you learn that your child is afraid of clowns, you can come up with a plan to help.

SCHOOL-AGES: Children ages 5 through 8 fear things such as participating in sports, and being teased or hurt by a bully. School-agers may be worried about death or divorce, more real-life situations than monsters and ghosts.

How to help: Ask questions. Encourage children to talk about fears and even draw pictures and write stories. Discussing fears keeps them from going underground. Sometimes adults must intervene by talking with their doctor, another child, teacher, or coach.

A Dozen Naptime Tips

Naptime can be a struggle. Children like to keep busy, and sleeping during the day when there are lots of other things to do doesn't make sense to them. But napping or resting during the day shouldn't be negotiable. Even older children need an opportunity to settle down and have a quiet time, even if they don't sleep. This quiet time is very good for adults, too! Follow these twelve tips to make it easier.

1. Stay on a schedule- naptime or quiet time should be at about the same time every day.
2. Beds are boring- Let your child sleep in your bed for a change, or in a tent or sleeping bag.
3. Naptime is a good time for fantasy- Sprinkle imaginary sleep dust on your child's head to help him drift off more easily.
4. Soft sounds are soothing- Play soft music and make sure you talk in a quiet tone as you get your child ready for a nap. No roughhousing now!
5. Nap with a buddy- Let your child cuddle up with a stuffed animal or special doll.
6. Create a restful environment- Turn down the lights, give your child a back rub.
7. Wind down with a story- Read a story or start your own story and then let your child drift off as she creates an ending.
8. Clocks are effective- Place a clock or an hourglass in the room to help an older child know when rest time is over.
9. Select special toys for quiet time- Let children who are too old to nap choose some books and puzzles to play with quietly in their room.
10. Tape your voice reading a story or singing a song and let your child listen to it during quiet time.
11. Teach your child to breathe deeply and relax muscles in arms and legs.
12. Welcome your child warmly after naptime.



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

Don't Touch!

I hate to go shopping. I've hated it for as long as I can remember. A number of people in the past have tried to help me with my problem but to no avail.

I had a flashback the other day. I was coping with yet another shopping excursion by watching parents deal with their kids, when I suddenly heard a slap followed by the sound of a screaming parent: "How many times have I told you not to touch? Do you want to go into the restroom for another spanking? Don't you make me tell you one more time to keep your hands off the things! Don't touch! And I mean it!"

There was the flashback. I could see myself fifty years ago in Thrifty Drug Store in Los Angeles. There I was, going through the store, doing what little kids do, trying to be big by doing the same thing the big people did.

The adults touched and examined the merchandise. I touched and examined the merchandise. Then I was reprimanded, and my hands were slapped.

Human beings, by nature, are copying animals. This means we learn best by watching others and imitating their behavior. That is one of the reasons we have so many habits, values, and mannerisms that are similar to those of our own parents.

This imitating happens on the subconscious level. We are never actually aware of it taking place. Psychologists call it learning through modeling.

Many of the battles I see in the shopping centers between kids and parents can be traced back to this issue of modeling. Unfortunately, many parents are frustrated when their kids try to act like adults.

There is a solution

Step One- Teach your children to act in independent, yet responsible, ways. For instance, many parents have found it helpful to spend a little time teaching their children how to be responsible shoppers. They teach their children how to touch the merchandise, when to touch and when not to touch.

Step Two- Let your youngest know you only touch things you can afford to pay for in case of an accident. This gives you something to say instead of, "Don't touch." From this point on, it will be more effective to ask, "that costs twenty nine dollars. Can you afford to pay for it?" Most children will say, "But I won't break it. The adult's answer at this point should be, "That's not the point. We agreed that you can touch things you can afford to buy. Please put it back."

Step Three- Some time is spent actually practicing in a store on items that are unbreakable. Tell your youngster the two of you are going into the store today to look at things and practice deciding which things should and should not be touched. Then spend a little time practicing the right way to touch, and how to put things back.

Step Four- Now it is time to catch the child doing it right so you can provide some positive reinforcement. "Look how well you are doing. It makes me happy to see you acting so grown up." In the event things are not going well, you can ask, "What was our agreement about that?"

Step Five- Once the lesson is taught, and there have been opportuni-

ties for practice, you can provide a short little review before you walk into a shopping area: "Tell me how you plan to handle your shopping. I'm anxious to hear how well you can do."



"Teach your children to act in independent yet responsible ways"

NEW IN OUR LENDING LIBRARY

?? **ADD Ventures in Babysitting: "Tips and Tricks for Child Care Providers"**

This small booklet is full of great and humorous stories and ideas for child care providers working with children with ADD/HD.

?? Also, check out www.additudemag.com for a wealth of ideas on ADD/HD. A print version of the magazine is also available, offering information, advice, and inspiration for families touched by attention-deficit disorder.



Fun with Bread Dough

This activity is fun for all ages of children. Thaw frozen bread dough, and let children roll small pieces of the dough into long strips. Older children can make numbers one to ten or write their names and other words with strips of dough. Younger children will enjoy pounding and sculpting the dough into interesting shapes. For even more fun, provide raisins and chocolate chips for decoration. When finished playing, let the dough rise for 30 minutes, place it on a cookie sheet, and bake at 350 degrees for about 15 minutes.

Serve warm with apple or nut butter

Group Opportunities for Information & Support

Area Workshops

Alleghany County Workshops

Assistive Technology for Children Workshop

Who: Parents, Teachers, and Service Providers

When: Thursday March 6th, 2008

Time: 4-6 pm

Where: The BREMCO Conference Room, Sparta NC

Registration or Information: Norma Bouchard at bouchardnj@appstate.edu or call 1-866-812-3122

Ashe County Workshops

Assistive Technology for Children Workshop

Who: Parents, Teachers, and Service Providers

When: Tuesday March 11th, 2008

Time: 3-5 pm OR 6-8 pm

Where: Family Central, Jefferson, NC

Registration/Information: Norma Bouchard at bouchardnj@appstate.edu or call 1-866-812-3122

Watauga County Workshops

Appalachian State University's Psi Chi and the Avery – Watauga Autism Society Presents: Parenting Across the Autism Spectrum

When: Friday March 28th, 2008

Time: 6:30 pm

Where: Appalachian State university Library Room 114

There will be a reception at 5:45 prior to the workshop it will be held in the ASU library room 114

Autism display reception in honor of Autism Awareness Month

When: Saturday March 29th, 2008

Time: 1:00-3:00 pm

Where: Watauga County Library

The Avery/Watauga Chapter of the ASNC are compiling multiple books relating to Autism Spectrum Disorders for the public. Check it out!



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, in need of 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!

Alleghany County Parent Support Group

Date: The First and Third Thursday of each month.

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: Tuesday, February 26th and Tuesday March 25th, 2008

Time: 6:00 p.m.

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, March 14, 2008

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!

Wilkes County Parent Support Group

Date: The Last Thursday of each month.

Time: 6:15 p.m.

Location: "Our House" 203 E. Main Street, Wilkesboro

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



COMMUNITY READINESS FORUMS

Below is a link about the information on the North Carolina Department of Health and Human Services Community Readiness Forums that will be held across the state to explain the Aging and Disability Resource Connections (ADRC) grant program and the results of the pilots. This is open to the public at no charge. Please plan to attend the forum here in Boone on March 26th 2008 from 9:00— 4:00 at the North West AHEC of Watauga Medical Center, 336 Deerfield Rd. Boone, NC. The registration deadline is March 17th. Please call 919-855-4428 for more information or email them at ADRC.forums@ncmail.net or visit http://www.ncdhhs.gov/lrc/Registrationform_2008_ADRC_Forums.doc

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.



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

Parent to Parent FSN-HC
2359 Highway 105
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