



# Enriching the Parent

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

February 2010

## FAMILY SUPPORT NETWORK OF THE HIGH COUNTRY

2359 Hwy 105  
Boone, NC 28607  
(828) 262-6089

Toll-Free Family Line:  
(866) 812-3122

Fax:  
(828) 265-5394

Email: hayeskl@appstate.edu

www.parent2parent  
highcountry.org

### Our Staff:

**Kaaren Hayes**  
Director

**Norma Bouchard**  
Outreach Coordinator for  
Alleghany, Ashe, Wilkes Counties

**Teresa Emory**  
Outreach Coordinator for  
Mitchell and Yancey Counties

**Debbie Bowman**  
Outreach Coordinator for  
Avery County

### Advisory Board Members:

Jeannie Caviness  
Allie Funk  
Christine Goodrich  
Susie Lyall  
Margaret Moore  
Alice Naylor  
Donna Soule

**An Affiliate of  
Family Support Network-  
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 County

Avery Partnership for Children

Mitchell-Yancey Partnership for  
Children

## **“Life’s most persistent and urgent question is: What are you doing for others?” ~Martin Luther King Jr.**

Going through the days with your normal routines, you have so much to do for yourself and for your family. During your busy day, do you realize how many things are going on around you? If someone held the door open for you, would you say thank you? While driving today with your children in the car, would you allow someone to get in front of you during rush hour? Every day people are doing kind things for others, Random Acts of Kindness. These people expect nothing in return. What do you do to help others every day?

The [Random Acts of Kindness Foundation](http://www.actsofkindness.org) website ([www.actsofkindness.org](http://www.actsofkindness.org)) has many ideas. Doing one act of kindness a day is very easy! There is a link for [Kindness Days](#) where you can go to the Monthly Calendars and find ideas for each day. Some examples are: offer to baby sit for free, call or visit a homebound person, say something nice to everyone you meet, drive safely and courteously, give blood. These tasks are simple and could make someone's day much better.

There is also a link for [Kind Times](#). It is a newsletter that has a little story, and ideas that you can try. Other links that can be found at the website are: [In Your Classroom](#), ideas for different age groups, [In Your Community](#), [Discussion Board](#), [Health Benefits of Kindness](#), articles about how helping can improve your health. The [Be Inspired](#) link has inspirational stories, quotes, what others people are doing, and you can even submit your own ideas. [About the Foundation](#) has the mission statement and discusses how the foundation began.

This website is a neat tool to start doing new things daily to help others. You will find that it is inspirational. A smile is contagious, so start smiling! Teach your children how to do Random Acts of Kindness. Help their friends and neighbors, by offering to shovel their driveway, or by bringing elderly neighbors their mail. Do something without even being asked. Parent to Parent FSN-HC challenges you to do 3 Random Acts of Kindness a week!

The Random Acts of Kindness Foundation Mission Statement “inspires people to practice kindness and to ‘pass it on’ to others.” They provide free educational and community ideas, guidance and other sources to Kindness participants through their website.

### One Last Thought

The Golden Rule of “Do to others what you would like them to do to you.” is probably the first quote your parents told you. It sticks with you forever, but we seem to always forget the practice of it. Let us stop forgetting and start embracing it. Let's start doing Random Acts of Kindness this year.

## Family Activity SILLY BASKET

A fun activity to stay active inside during the cold months. (from the Bright and Beyond Preschool Playtime Activities deck) Cut out these actions, fold them, and place them in a small basket or bowl. Let your child select one, then read it to her and let her be silly! Then she can choose again. Courtesy of Pal Toys - [www.brightandbeyond.org](http://www.brightandbeyond.org) - Permission granted by copyright holder to reproduce/forward in this form.

- Wiggle and jiggle!
- Count to 10 as fast as you can!
- Stand on one foot for as long as you can!
- Hop like a frog and say "ribbet!"
- Say the alphabet or sing the alphabet song!
- Touch your ears, then touch your knees!
- Hold up three fingers on one hand and two fingers on the other!
- Pretend you are talking to someone on the phone!
- Give someone a "high five!"
- Name three colors!
- Jump as high as you can!
- Walk on your heels across the room!
- Sing a silly song!
- Pat your tummy like a drum!
- Name three animals you can see at the zoo!
- Say what you had for breakfast today!
- Fly around the room like an airplane!
- Bark like an angry dog, then bark like a happy dog!
- Name someone you love!
- Make believe you are throwing a ball in the air and catching it.
- Lie down on the floor and pretend you are asleep.
- Say what you see out the window!
- Name a book you like!
- Close your eyes and try to touch your pointer fingers together!

## Funky Fruit Snack

From: Family Fun Magazines

Looking for a fun way to get kids to eat more fruit? Give your child's after-school snack an appealing twist with a homemade hybrid.

### Ingredients:

Any kind of fruit of relatively the same size

### OPTIONS

- Apples
- Pears
- Oranges



### Instructions

1. Slice two pieces of fruit that are relatively the same size and alternately stack the pieces, as shown.

**The Assistive Technology Library** at the CDSA has lost one of its major funding sources. Many of the items in the library are being moved to a different location. In an effort to continue to have a diverse supply of materials to loan we are looking for donations of toys and equipment that your children may have outgrown. If you have books and toys that are appropriate for 0-3 year olds we would appreciate donations and will share them with other families with children with special needs. If your child has an old walker or communication device that they are no longer using we can help to put those to use with other children. If you have any items to donate contact Jennifer Chapman at the CDSA of the Blue Ridge at 828-265-5391 or [Jennifer.chapman@dhhs.nc.gov](mailto:Jennifer.chapman@dhhs.nc.gov)

## Dance Marathon Fundraiser held on Feb 20<sup>th</sup> at ASU...A Night to Remember!

Ben Robinson and Lindsey Edwards performed a special dance during this year's Dance Marathon. The Dance Marathon is a yearly event sponsored by ACT at ASU that raises money for Parent to Parent FSN- HC and Western Youth Network. .

**THANK YOU** Ben and Lindsey for your amazing performance!

Ben

Lindsey



## A Special Thank you to The Blue Ridge Electric Members Foundation.

Blue Ridge Electric Members Foundation has awarded Parent to Parent FSN-HC a grant to help provide support for families of children who have been hospitalized. Through the Round Up Program, Blue Ridge Electric Members Foundation contributes money to organizations in the community. We are grateful to have been chosen.

## **Love and Logic: Special Thoughts on Raising Kids** **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 need 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 daughter 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 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 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 working on empathy.

The educator, Jim Fay, of the Cline/Fay Institute in Golden, Colorado, told me recently that he hasn't see 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 works with children. Parents need to combine consequences in loving , firm tones find this far from easy. But it works.

## **Local Area Support Group** **Information:**

• **Ashe County:** Last Tuesday of each month at 6:00 pm at Midway Baptist Church Fellowship Hall, 1670 Mount Jefferson Rd, West Jefferson. For more information or to RSVP contact Norma at: 336-246-3222 or 1-866-812-3122. Meal provided with RSVP.

• **Mitchell County:** First Tuesday of each month at 6pm at the Spruce Pine United Methodist Church. For more information or to RSVP, contact Teresa Emory at 682-4772 or 1-866-448-5781. Snacks and childcare provided with RSVP.

• **Watauga County:** Second Friday of each month at 6:00 pm at Unitarian Fellowship "House" 381 E. King Street, Boone. (Beside the Playhouse) For more information or to RSVP contact Kaaren at: 828-262-6089 or 1-866-812-3122. Meal and childcare provided with RSVP.

• **Wilkes County:** Last Thursday of each month at 6:00 pm at "Our House" 203 E. Main Street, Wilkesboro. For more information or to RSVP contact Norma at: 336-246-3222 or 1-866-812-3122. Snacks will be served.

• **Yancey County:** Third Tuesday of each month at 10 am to 12 pm at West Burnsville Baptist Church. Contact Teresa Emory at 682-4772 or emorytd@appstate.edu. Snacks and childcare provided with RSVP.

### **Become a "FRIEND OF FSN-HC"**

Help us grow and increase our community connections. It is simple! We are looking for individuals in each of our counties who would like to help "spread the word" about Parent to Parent FSN-HC. Our Friends of FSN-HC support our Advisory Board and staff by making a commitment to talk about the work of our program on a regular basis with their network of friends and co-workers. The Friends members will receive our newsletters and regular communication from staff so they will always have news to share. Call today to volunteer!

**866-812-3122**

Family Support Network-HC  
2359 Highway 105  
Boone, NC 28607



Please support our program so that we can continue to serve families and the community. Any help you can give will be very appreciated. Please detach this form and send any donations to the address below. Donations are tax deductible.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip Code \_\_\_\_\_

Amount \$ \_\_\_\_\_

Name of Honoree \_\_\_\_\_

Thank you for your contribution!

