



# Connections

Information + Support

Families of Children with Special Needs

Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, & Yancey counties

November/December  
2010

## FAMILY SUPPORT NETWORK OF THE HIGH COUNTRY

2359 Hwy 105  
Boone, NC 28607

Phone:  
(828) 262-6089

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

Fax:  
(828) 265-5394

Email:  
hayeskl@appstate.edu

parent2parent.appstate.edu

### 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  
Doris Matraw  
Susie Lyall  
Rose Matuszny  
Alice Naylor  
Donna Soule

**An Affiliate of  
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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



## *Norma Bouchard introduces A New Satellite Office in Wilkes County*

**Parent to Parent Family Support Network - High Country** has opened a new satellite office in Wilkes County, located at the new Wilkes Family Central at Lincoln Heights in Wilkesboro. The office is open most **Mondays through Thursdays 9:00-4:00 p.m.** and is staffed by Norma Bouchard, the outreach coordinator for Ashe, Alleghany and Wilkes.

Norma has worked with Parent to Parent Family Support Network for five years. Norma is well-qualified as a trained support parent and has life experience through a disability of her own and two of her children. Norma is the parent of a fourteen-year-old young man who has cerebral palsy and was born prematurely. She has also experienced the death of one of her children born with anencephaly.

Through Norma's experience, she can assist families who have a child of any age. She can match parents one to one with a trained mentoring parent who has "been there and done that", provide information for families and service providers, trainings, workshops, and assist with collaboration with families and service providers as well as provide support for families who have a premature infant or have experienced the death of a child. She also offers support groups. All services are FREE and CONFIDENTIAL.

A new opportunity for families Norma can offer is, the services of **Benefit Bank**. The Benefit Bank of North Carolina is a work supports program of Connectinc. Connectinc is designed to be the connection that bridges the gap between where families are and where they want and need to be. The medical portion of Benefits Bank offers many types of assistance to help families in need of medical coverage. Health Check (Medicaid) and NC Health Choice for Children programs provide free or low cost health insurance to families, pregnant women, and children who qualify. The Benefit Bank is the only program available that can help you apply for a range of benefits, such as Food Stamps and Medical Benefit, file federal and state taxes, FAFSA forms for college, Low-Income Energy Assistance, NC prescription Assistance, and Register to Vote all at once. Applying for benefits can be a confusing, time consuming and a difficult experience, while the resources you are trying to access can make a real difference in your life. The Benefit Bank simplifies the process - making it easier for you to access the programs you need to be healthy and secure.

Norma also serves **Ashe** and **Alleghany** Counties. Ashe County Office hours are the last Tuesday of every month at the Midway Baptist Church. The number for that Tuesday is **336-246-2012**. Office hours in Alleghany are at the Partnership for Children/Family Resource Center on the first Thursday of the month. To reach her in Alleghany on that day call **336-372-6583**.

**Stop in or call Norma at Wilkes Family Central.  
She will be happy to provide you with the support you need.  
Her telephone number in Wilkes is 336/838-0977 ext. 212.**

## Is Your Child Being Bullied In Cyberspace?

If the word “bullying” makes you think of one child picking on another in the schoolyard, it may be time to update your image of this important problem. While such face-to-face harassment certainly still exists, new ways of bullying have emerged. With the proliferation of cell phones, instant messaging, social networking Web sites such as Myspace and other technologies, bullying has muscled its way into cyberspace.

Cyberbullying, as this new technological danger is called, may already have happened to your child. According to a study done by wiredsafety.org, 90% of middle-school students say they have been the victims of this new form of bullying. Perhaps more sobering, only 15% of parents even know what cyberbullying is, according to another study by the group.

### Cyberbullying: What is it and how it works

Cyberbullying is the use of technology to harass, hurt, embarrass, humiliate or intimidate another person. It can be done anonymously, which makes it easy for one child to hurt another and not to be held accountable or see the impact of his or her actions. Because this technology reaches a wider audience than just the person who is targeted, its effects can be devastating.

This form of bullying can take place in many ways. For example, some young people have discovered sites where they can create free Web pages— including one intended to bully another child. Embarrassing pictures, private instant messaging exchanges, and hateful or threatening messages can be posted on these sites. Some young people also post mean comments at legitimate Web sites’ guest books. Bullies have found blogging to be a powerful tool when encouraging peers to gang up on another child.

Cyberbullies, like schoolyard bullies, look for targets who are vulnerable, socially isolated and may not understand social norms. Many children with disabilities have these characteristics and so they may be especially vulnerable to cyberbullying.

### 3-Step Plan to Protect Your Children From Cyberbullying

Today’s children are the first generation to experience cyberbullying. Today’s parents are the first to figure out how to respond to the problem. As you venture into this new territory, here are some tips that you may find helpful, says Julie Hertzog, PACER’s bullying prevention project coordinator.

#### **1. Raise the topic of cyberbullying with your children**

Many children are afraid to initiate such a conversation because they fear that their access to the Web and cell phones will be eliminated; others are scared to admit that they are being bullied. Open the subject for discussion and let your children know that you want them to have some cyber freedom— but that it needs to be safe.

#### **2. Set cyber safety rules**

You set safety rules for your children in the physical world. Do the same in cyberspace. Remind your children that they never really know who is on the other end of cyber communication. It could be the person they think it is, or it could be a predator or a bully. With that in mind, two good guidelines are, “Don’t do or say anything online that you wouldn’t do or say in person. Don’t reveal anything that you wouldn’t tell a stranger.”

#### **3. Know what your children are doing online**

Privacy is important, but safety is more important. As a parent, you have a responsibility to know what your children are doing online. Keep your children’s computer in an open spot, such as the family room, where you can supervise Web activity. If your children have an account on a social networking site such as Myspace or Facebook, for example, know how to access it so you can monitor the communications. If you do discover that your children are subjected to cyberbullying, document it by printing the emails or Web pages, saving electronic copies, and contacting your children’s school or the police.

Technology offers your children many advantages and benefits— and, occasionally, some risks. The solution is not to remove their access to technology, but rather to manage the risks. You can do that by being aware of your children’s cyber activities, learning about new technologies and adding “cyber parenting” to your list of talents.

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## Family Fun Activities

Familyfun.com

### Gobble Me Up



#### Ingredients

- Apple
- Clementine or navel orange
- Pear
- Dried Apricot
- Peanut Butter or Cream Cheese
- Mini Chocolate Chips
- Nut
- Dried Cranberry

#### Instructions

1. Arrange apple and Clementine or navel orange slices on a plate as shown, and lay a cored pear half on top.
2. Use scissors to half a dried apricot, then snip small triangles from each half and tuck them under the pear to form the feet.
3. Finally, use peanut butter or softened cream cheese to attach mini chocolate chip eyes, a nut beak, and a dried cranberry snood.

### Area Support Groups

#### Ashe County Parent Support Group

Date: Last Tuesday of each month  
(No meeting in November or December)  
Time: 6:00 pm  
Location: Midway Baptist Church Fellowship Hall  
Mt. Jefferson Rd., West Jefferson  
Contact: Norma Bouchard at [336/838-0977 ext. 212](tel:3368380977)  
Or [336/246-2012](mailto:bouchardnj@appstate.edu) or [bouchardnj@appstate.edu](mailto:bouchardnj@appstate.edu)  
Meal provided with RSVP.

#### Mitchell County Parent Support Group

Date: First Tuesday of each month  
Time: 6:00 pm  
Location: Spruce Pine United Methodist Church  
Contact: Teresa Emory at [828/682-4772](tel:8286824772) or  
[emorytd@appstate.edu](mailto:emorytd@appstate.edu)  
RSVP for childcare!

#### Yancey County Parent Support Group

Date: Third Tuesday  
Time: 10:00 am-12:00 pm  
Location: West Burnsville Baptist Church  
Contact: Teresa Emory at [828/682-4772](tel:8286824772) or  
[emorytd@appstate.edu](mailto:emorytd@appstate.edu)  
RSVP for childcare

#### Watauga County Parent Support Group

Date: Second Friday of each month  
Time: 6:00—8:00 pm  
Location: The White House at 381 E. King St.  
(beside the Playhouse)  
Contact: Kaaren Hayes at [828/262-6089](tel:8282626089) or  
1-866-812-3122 or [hayeskl@appstate.edu](mailto:hayeskl@appstate.edu)  
RSVP for childcare and supper!

#### Wilkes County Parent Support Groups

Date: Last Thursday of each month  
(No meeting in November & December)  
Time: 6:00 pm  
Location: Wilkes Family Central at Lincoln Heights  
Contact: Norma Bouchard at [336/838-0977 ext. 212](tel:3368380977)  
or [bouchardnj@appstate.edu](mailto:bouchardnj@appstate.edu)

#### AND

Date: Third Thursday of each month  
Time: 11:00 am  
Location: Wilkes Family Central at Lincoln Heights  
Contact: Norma Bouchard at [336/838-0977 ext. 212](tel:3368380977)  
or [bouchardnj@appstate.edu](mailto:bouchardnj@appstate.edu)

**We're on the Web & Facebook Check us out!**  
**[www.parent2parent.appstate.edu](http://www.parent2parent.appstate.edu)**

## Love and Logic Helpful hint....

### Giving Choices:

- For each choice, give two options - each of which you like!
  - Only give choices that fit your value system.
- Don't be afraid to say, "I usually give choices, but not this time."
- If your child does not choose within 10 seconds, choose for him or her.
  - Give choices before the child becomes resistant.



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ONLINE

**[www.parent2parent.appstate.edu](http://www.parent2parent.appstate.edu)**

Choose the DONATE button

MAIL

Parent to Parent FSN-HC  
2359 Highway 105  
Boone, NC 28607

