



Enriching the Parent

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

January-February
2008

Family Support Network -
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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
FSN-HC

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20 HEALTHY NEW YEAR'S RESOLUTIONS FOR KIDS

It is that time of year again when we all make new goals for ourselves. But how many of our kids make them? Each year as a family we sit down and each person writes out different goals for the year. At the end of our time together we put them in a small basket to review the following year. Last year our family all put our goals on the back of our doors as a reminder each day. Here are some great goals for children to set by the American Academy of Pediatrics.



Preschoolers

- I will clean up my toys.
- I will brush my teeth twice a day, and wash my hands after going to the bathroom and before eating.
- I won't tease dogs – even friendly ones. I will avoid being bitten by keeping my fingers and face away from their mouths.

Kids, 5- to 12-years-old

- I will drink milk and water, and limit soda and fruit drinks.
- I will apply sunscreen before I go outdoors. I will try to stay in the shade whenever possible and wear a hat and sunglasses, especially when I'm playing sports.
- I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!

- I will always wear a helmet when bicycling.
- I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- I'll be nice to other kids. I'll be friendly to kids who need friends – like someone who is shy, or is new to my school.
- I'll never give out personal information such as my name, home address, school name or telephone number on the Internet. Also, I'll never send a picture of myself to someone I chat with on the computer without my parent's permission.

Kids, 13-years-old and up

- I will eat at least one fruit and one vegetable every day, and I will limit the amount of soda I drink.
- I will take care of my body through physical activity and nutrition.
- I will choose non-violent television shows and video games, and I will spend only one to two hours each day – at the most – on these activities.
- I will help out in my community – through volunteering, working with community groups or by joining a group that helps people in need.
- I will wipe negative “self talk” (i.e. “I can't do it” or “I'm so dumb”) out of my vocabulary.
- When I feel angry or stressed out, I will take a break and find constructive ways to deal with the stress, such as exercising, reading, writing in a journal or discussing my problem with a parent or friend.
- When faced with a difficult decision, I will talk with an adult about my choices.
- I will be careful about whom I choose to date, and always treat the other person with respect and without coercion or violence.
- I will resist peer pressure to try drugs and alcohol.
- When I notice my friends are struggling or engaging in risky behaviors, I will talk with a trusted adult and attempt to find a way that I can help them.

American Academy of Pediatrics, 12/07

NEW IN OUR LENDING LIBRARY

- ADD Ventures “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.

- *Parenting Children with Health Issues* (Love and Logic™ series)

This book presents essential tools, tips, and tactics for raising kids with chronic illness, medical conditions and special healthcare needs.

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

AVOIDING CONTROL BATTLES

Avoiding control battles is not always easy, but is an essential, learnable skill. Such battles often occur when a parent gives their teen an order the parent can't enforce, such as: "Pick up that stuff right now." "Move fast." "You're not leaving this house with *that* on." Teens will find many other things to do, rather than pick up their stuff, "right now." No one can make a teen move faster. Many teens sigh and move more slowly when asked to speed up.

In most situations, where parents give orders, they should start their sentences with the word "if." "If" can always be used to indicate choices and consequences. For instance, the parent might say, "If you get your stuff picked up by dinner, then you'll be eating with us," or, "If you move really fast, I'll feel like moving fast for you, and I'll start dinner."

Using enforceable statements is another essential element in avoiding control battles. When using these, the wise parent talks about himself or herself; "I will be doing the laundry that has been brought down to the laundry room," or "I'll fix dinner as soon as the rooms are clean."

Unwise parents set up control battles by saying things like, "We're leaving at 8:00, you've got to be ready." Even United Airlines doesn't say, "We're leaving at 8:00 and if you're got to be ready!" United says, "We're leaving at 8:00 and if you're there 10 minutes ahead of departure, we won't give your seat away." Control battles can be avoided by parents and teen problem-solving together:

Parent: "Honey, do you have a minute?"

Teen: "Yeah, sure."

Parent: "Lately you've been leaving your school work scattered throughout the house."

Teen: "Yeah, I know."

Parent: "What's a solution? What do you want to do about it?"

Teen: "Put it all away, I guess."

Parent: "Well that would be great! That would handle it this time. But this seems to be happening a lot. What do you want to do about it all the time?"

Teen: "Put it away after I leave it out."

Parent: "That would be great. What if you still forget? It's easy to forget, you know."

Teen: "You pick it up?"

Parent: "Well, maybe I could. How about if I just sweep through the place and put all your stuff in a garbage bag and put it in the rec. room? Then you'd know where it is and it would only take me a second."

Teen: "All my books and shoes and stuff together?"

Parent: "Yeah, probably."

Teen: "I think I'll remember to pick it all up."

Parent: "Well, I hope so, but I do understand that forgetting is easy."

This parent avoided a control battle by problem solving around consequences, without anger. It's simple once parents practice and get the knack.



Rules for avoiding control battles:

1. **Don't give an order that you cannot enforce.**
2. **Tell the teen how you stand, rather than what he or she must do.**
3. **Give the teen choices.**
4. **Problem solve together while understanding your teen's feelings.**
5. **Give only reasonable consequences that you can live with yourself.**
6. **If you've made a mistake with your teen, admit it without overdoing the apology.**

Parent expression of frustration and anger almost always means there has been a control battle, and worse yet, the teen has won!

DISABILITY AND MEDICAID UPDATE: PROPOSED RULE TO ALLOW MEDICAID BENEFICIARIES TO CONTROL PERSONAL ASSISTANCE SERVICES

The Centers for Medicare and Medicaid Services (CMS) is requesting public comment on how states could allow Medicaid beneficiaries who need help with activities of daily living to hire, direct, train or fire their own personal care workers. The proposed rule may be downloaded by visiting this link:

[http://www.disabilityinfo.gov/digovpublic/public/DisplayPage.do?parentFolderId=143.](http://www.disabilityinfo.gov/digovpublic/public/DisplayPage.do?parentFolderId=143)

DISABILITY AND SPECIAL EDUCATION FOR EDUCATORS UPDATE: NASA UNVEILS COSMIC IMAGES BOOK IN BRAILLE FOR BLIND READERS

Touch the Invisible Sky is a 60-page book with color images of nebulae, stars, galaxies and some of the telescopes that captured the original pictures. Each image is embossed with lines, bumps and other textures. These raised patterns translate colors, shapes and other intricate details of the cosmic objects, allowing visually impaired people to experience them. You may access this information by visiting this link:

[http://www.disability.gov/digovpublic/public/DisplayPage.do?parentFolderId=107.](http://www.disability.gov/digovpublic/public/DisplayPage.do?parentFolderId=107)

Group Opportunities for Information & Support

Support Information

System of Care Collaborative

- Concerned about children with emotional, behavioral and/or substance abuse challenges?
- Looking for a way to make a difference?



Join the System of Care Collaborative in your community and work along side other concerned and committed programs, agencies and families to identify challenges, gaps in services and problem solve ways to make things better for children and families.

Everyone is welcome!

For more information, contact:

Carolyn Greene, local System of Care Coordinator
Tel: (828)263-5653
e-mail: greencar@smokymountaincenter.com.

Schedule of meetings:

Alleghany: Monthly 3rd Wednesdays 10 am Alleghany BREMCO conference room.

Ashe: Monthly 4th Tuesdays 10 am Ashe County Agriculture Building conference room.

Avery: Monthly 1st Wednesdays 11:30 am Avery County Dept. of Social Services County Board Room.

Watauga: Bi-Monthly 1st Thursday 9:00 am Watauga County Human Services conference room.

Wilkes: Monthly 2nd Tuesday 9:30 am Wilkes County Courthouse Juvenile Justice conference room.

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 ADRC (Aging and Disability Resource Connections) 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.ncdhs.gov/lte/Registrationform 2008 ADRC Forums.doc](http://www.ncdhs.gov/lte/Registrationform%2008%20ADRC%20Forums.doc)

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, need 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, January 29th, 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, February 8, 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 by December 12th!

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!



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
150 Den-Mac Drive
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