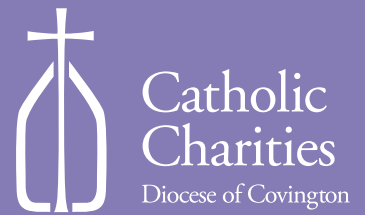


Family Values

Great Ideas For Modern Parents | Winter/Spring 2016



When to worry about your preteen or teen

As children enter adolescence, parents often wonder where their sweet, lovable child has gone. They miss the child who loved spending time with mommy and daddy, who craved parental approval, who thought that Mommy was the best mom and Dad the coolest dad. In the place of that adorable little person is someone quite different. Occupying the child's room is a snarky, sarcastic, moody kid who appears to despise parents and all they stand for, is unpleasant to brothers and sisters, is rude to adults, and who spends all his or her time texting friends and checking social media.

When this new kid takes up residence in the family home, parents sometimes are worried that there is something wrong with their child or with them. It's reassuring to remember that adolescence is the time when children begin the serious work of growing up. Little children identify with their parents. They want to grow up to be just like mom and dad. In contrast, when teens starting to develop their adult identity, they often take the example of their parents as everything they do not want to be. This is when the eye-rolling, sighing, sarcastic and sometimes openly rebellious or disrespectful behavior appears. The appropriate response from parents is to ignore negative behavior when possible and choose battles carefully. Allow children to experience the consequence of poor choices when it is safe to do so. Make rules regarding safety non-negotiable, and allow children independence appropriate for their age and developmental level.

Parents are sometimes shocked and worried about the changes in their child, for instance when a child who had been outgoing and chatty starts spending a lot of time in her room and who responds to any parental comment or question with words of one syllable. When is it

time to start to worry? Here are a few things to look out for.

- When your A-B student is suddenly making Ds and Fs
- When your child starts skipping school
- When you notice major changes in eating and sleeping habits
- When your child constantly complains of physical symptoms
- When your child expresses hopelessness, sadness, or seems extremely anxious
- When your child becomes aggressive and excessively noncompliant
- When your child suddenly starts to neglect his or her appearance and hygiene
- When your child suddenly has a whole new group of friends
- When your child loses interest in activities that had been important to him or her

It's important to ask consider frequency, intensity and duration when thinking about behaviors such as those listed above. Beyond that, parents often have a "gut feeling" about their child. Parents know their children better than anyone else does simply because they have lived with the child in the family home all the child's life. If a parent senses that there is something wrong, it's important to check it out. A good place to begin is with your child's primary care physician, who can rule out any medical reasons for the change in behavior. A meeting with a teacher or guidance counselor may provide some important information to share with a doctor or therapist. An assessment with a mental health professional, who is trained in gathering relevant information from several areas in a child's life, will provide some direction for treatment.

Extend a hand. Change a life.



Charity Community healing *HOPE* Education compassion

Group Education and Support

To register for any program contact Client Care at 859.581.8974 Monday–Friday 9am–5pm.

Family Wellness Classes

A lively, interactive curriculum that teaches parents the skills they need to raise their children successfully and builds on existing strengths. Each session teaches skills that can be used right away. This program is offered through Stronger Together, a partnership of the Northern Kentucky Community Action Commission and the Women's Crisis Center. No charge.

Parenting classes are ongoing starting every four weeks. Contact Client Care for the next available class.

NeighborWorks

Realizing the American Dream

Homebuyer Education Class

One Day Class from 9am to 5pm Can Help!

Saturday, March 5

Saturday, April 2

Saturday, May 7

Learn how to buy a home! Certified housing counselors will walk you through the process, answer questions, and give you the information you need to realize the dream of homeownership. Registration required, but class is free! Class meets from 9am to 5pm. Lunch is provided.

Human Trafficking—Victim Advocacy

Free Training Sessions are available for ANYONE who is interested in learning more about local human trafficking, equipping professionals, community members, and students to identify and respond to human trafficking in their neighborhoods.

Concerned about potential victims? Want to schedule a training? Contact Lisa Ramstetter at Catholic Charities, 859.581.8974 or Lramstetter@archlou.org.

FREE NEW GROUP

Parents of Addicted Loved Ones (PAL)

PAL meets every Wednesday from 6:30-8:00pm at Catholic Charities, 3629 Church Street, Latonia, KY 41015. It provides continuing education and support, at no charge, for parents with a son, daughter or spouse suffering from addiction to alcohol or drugs. Contact Laura Jackson at 859.581.8974 or visit www.covingtoncharities.org for more information.

Individual, Marriage and Family Counseling

Counseling addresses emotional and relationship issues which impair personal and social functioning, and includes work with individuals, couples and families.

Parenting Talks and Workshops

A parenting educator is available to speak to your school or community group on a variety of topics. Call Mary Fleischman at 859.581.8974.

Foreclosure/Mortgage Delinquency Counseling

Catholic Charities offers foreclosure counseling and mortgage delinquency counseling at no charge. Call for an appointment.

Support Group

Is someone you love separated from you and your family because he or she is incarcerated? You are welcome to attend our support group to listen and share stories, and to express needs. Resource people will be available to consult as the need arises. The group meets on the third Tuesday of the month at 7:00 p.m. at Catholic Charities. The group is free; no registration needed. For more information about our jail ministry program contact Mary Fleischman at mfleischman@covingtoncharities.org or 859.581.8974.



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