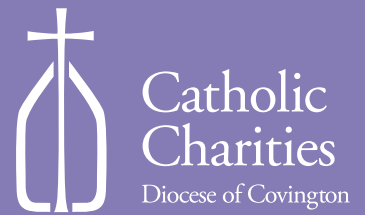


Family Values

Great Ideas For Modern Parents | Autumn 2015



Managing Stress at Christmas

It's sometimes difficult not to go overboard at Christmas. Parents often try very hard to create the "perfect" holiday that either they remember having, or feel that they themselves never experienced when they were children. In the process, parents often create stress for themselves and their families.

It's important to take time to reassess expectations and concentrate on the things that are meaningful, such as spending time with family, and avoid getting caught up in the materialistic aspects of the holidays. As Christmas approaches, the following suggestions may help parents set priorities and diminish stress.

- **Look after yourself.** Try not to cram too many activities into one day, either for yourself or for the children. Younger children in particular are quickly overstimulated. Aim for one "special event" a weekend, not two or three. Make sure that young children have some down time each day. Make sure that you take time to relax, and don't feel that you have to accept all invitations.
- **Go easy on the children.** Remember that a child's tolerance for new experiences is much less than an adult's. Hours spent in unfamiliar surroundings, wearing uncomfortable clothes and eating unfamiliar food can wear children out. It's easy for parents to become preoccupied with holiday tasks and have less time than usual for the children. Don't let children end up feeling that there isn't any time for them because you are so busy.

- **Shop smart.** Be realistic about what you can afford. Don't get carried away so that the bills that arrive in January are a source of stress. It's okay to tell children that certain items are beyond the family budget. Try to explain this in a way that tells children that the price of a gift has nothing to do with how much you love them. This is a lesson that they will remember long after they have forgotten all about whatever it was that they wanted.
- **Remember that Christmas is about giving as well as receiving.** Teach children the true meaning of Christmas by talking about charitable giving, and decide as a family which organizations you will support. Donating to food pantries, soup kitchens and homeless shelters will help your children learn to appreciate the things they have, and teaches them that there are families who need help with the basics of food, clothing and shelter. This helps children learn gratitude, and helps develop a habit of thinking about the needs of others that hopefully will last a lifetime.

Forget about trying to create a "perfect" holiday. Life isn't perfect, families aren't perfect, and holidays don't have to be perfect either. One of the precious things about a family is that it is a group of people who, despite their imperfections, love each other and are bound together by that love. That is what we truly celebrate each holiday season.

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, December 12

Saturday, January 9

Saturday, February 6

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.



**Catholic
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