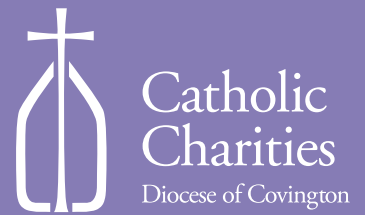


Family Values

Great Ideas For Modern Parents | Winter 2015



Respectful Communications

Disrespect and “mouthing off” – we see it on television and only too often experience it in our own living rooms. It may be cute and funny on television, but with our own children it is aggravating and difficult to deal with. Parents are often bewildered by the disrespectful language that comes out of the mouths of children who, for the most part, are loving and well-behaved, and comment that their own parents would never have tolerated for an instant this kind of behavior.

The day of the all-powerful parent is over. The positive side to this change is that the parent-child relationship today is characterized more by openness and affection, and less by distance and fear. Although very few parents today want to return to the days when children were “seen but not heard,” constant disrespect and back talk can be detrimental to the parent-child relationship.

It is possible to help children develop a more respectful attitude. Parents need to make sure that they themselves are modeling respectful behavior. It is important, even when frustrated and angry, not to yell or call names such as “lazy” or “stupid”. Confronting a child about disrespect when the child is showing disrespect may escalate the behavior. Instead, a parent may choose a moment when s/he and the child are getting along to talk about disrespect, how it is unacceptable and how the par-

ent is going to help the child change the behavior. Let the child know that disrespectful behavior is a choice.

It also helps to practice. A parent may demonstrate how to communicate respectfully. For some children, even saying “please” and “thank you” may be a new behavior. When the child is disrespectful, the parent can remind the child to start over, and find a different way to make a request or comment.

Another way to help change behavior is to list the child’s privileges. An easy place to start is with all the driving the parent does so that the child can have fun, for instance to a friend’s house, to the movies, or to the mall. Most parents have no trouble coming up with a list of things they do for their children. Then, when a child is disrespectful, that privilege is lost for that day. The child is told “Because you chose to be disrespectful, I am choosing not to drive you over to Tyler’s house.”

Consistency and follow-through are necessary for this approach to work. Many disrespectful children believe that they can talk, whine and argue their way out of any negative consequence. It’s important for parents to remember that behind the disrespectful behavior is a child who longs for limits and guidance, and who in the long run will be happier because his/her parents have taken charge.

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

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 the intake department for the next available class.

NeighborWorks

Realizing the American Dream

Homebuyer Education Class

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

Saturday, March 7, 2015

Saturday, April 11, 2015

Saturday, May 2, 2015

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.

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.

Substance Abuse Treatment Services

Are you concerned about your teen's drug or alcohol use? Do you feel that you are fighting a losing battle? Catholic Charities provides counseling services for teenagers. We can assess for drug or alcohol problems, make recommendations, and work with your teen to make positive changes. We work with parents and teenagers who are struggling with the same issues that you are currently facing; you are not alone.

Foreclosure/Mortgage Delinquency Counseling

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

Have You Been a Victim of Crime?

Do you feel frustrated, angry or afraid? Are you wondering "What do I do now?" Support is only a phone call away. Contact David Phillips at 859.581.8974 or dphillips@covingtoncharities.org.

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 David Phillips at 859.581.8974 or dphillips@covingtoncharities.org.



**Catholic
Charities**
Diocese of Covington

3629 Church Street, Covington, KY 41015
Phone 859.581.8974 | Fax 859.581.9595
www.covingtoncharities.org

