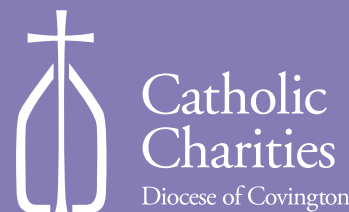


Family Values

Great Ideas For Modern Parents | Spring/Summer 2017



Promoting Resiliency in Children

Written by Anna Phillips, BA, FDC, Parenting Supervisor

Everyone faces difficulty, adversity, frustrations, personal crisis, life problems and setbacks at times. Resiliency is the ability to overcome challenges of all kinds. It is the ability to bounce back. It is important to help with life's inevitable difficulties and be able to cope and continue to function in healthy ways for overall social and emotional wellbeing. As parents we want our children to be able to function in healthy ways so they can be successful. We can promote resiliency in children by helping them in the areas of social and emotional competency which will help them to achieve success in school and life.

The following suggestions, tips and strategies are from the book *Promoting Resilience For Now and Forever* (Mackrain, M. & Cairone, K., 2012) a handbook for parents on promoting resilience in children. Parents can help strengthen social and emotional wellbeing in children in areas of self-awareness, self-management, social awareness, relationship skills, goal-directed behavior, decision making, personal responsibility and optimistic thinking. Parents can help children to have a realistic understanding of their strengths and limitations and desire for self-improvement. You can help your child identify what is special about themselves, their talents and interests and help celebrate and reinforce those things which will increase their confidence and self-esteem. Provide them with opportunities to practice being successful. Help children to know how to successfully control emotions and behaviors to complete a task or succeed in a challenging situation. Parents

can help children learn how to recognize what emotion they are feeling and how to calm down and ask for help if needed. Talk to your child about emotions and acceptable ways to react to those feelings. "It seems that you are frustrated, take a few deep breaths to help calm down." Help your child to interact successfully with others in social situations. Teach children about how to respect other's ideas and cooperate in social situations. Provide social opportunities to interact with family and friends. Be a good example and model respectful interactions. Teach them what socially acceptable actions are to make positive connections with others. Provide children with lots of opportunities to make choices, problem solve, use values to guide actions and to be able to accept responsibilities for actions. Have fair and consistent rules and clear consequences to reinforce personal responsibility for actions. Teach children how to have an attitude of confidence, hopefulness and positive thinking about themselves, life, situations and the future. Create a positive atmosphere at home through calm, respectful communication, talk with you child, enjoy activities together, show affection, praise and encouragement and positive discipline.

Supporting children socially and emotionally will increase their ability to be able to cope and bounce back from life's difficulties.

For more information, feel free to contact us for resources, a parenting consultation or a parenting class.

Extend a hand. Change a life.



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, June 3

Saturday, July 8

Saturday, August 5

Saturday, September 9

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 SUPPORT GROUPS

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 education and support, at no charge, for parents. Contact Laura Jackson at 859.581.8974 or visit www.covingtoncharities.org.

Families of Incarcerated

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 Maria Meyer at mmeyer@covingtoncharities.org or 859.581.8974.

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. Catholic Charities accepts many different insurance companies. Call Client Care.

Parenting Talks and Workshops

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

Foreclosure/Mortgage Delinquency Counseling

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



**Catholic
Charities**
Diocese of Covington

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

