

Tender Hearts Child Therapy Center



Monthly Newsletter



Specializing in Child, Adolescent & Family Counseling

Post-Holiday Slump?

Well, you made it through another holiday season! Were the holidays everything you dreamed they would be? Did you find peace and prosperity this year?

Maybe you didn't. . .

Maybe you were really excited about the gifts you selected for your children. You read reviews, you picked out the perfect gifts from their lists, you just KNEW your kids would be overjoyed—and then you heard, “I wanted this one in blue, not red”—“This wasn’t as big as I thought it would be”—“Riley got the Deluxe Edition”

It doesn't have to be this way.

At Tender Hearts we believe that each of us has the power to make a difference in the lives of our children.

WE CAN teach our children gratitude.

WE CAN teach our children responsibility.

WE CAN teach our children to be positive influences in our communities.

Read on to DISCOVER HOW!

If you haven't already signed up for our Newsletter, just click [Tender Hearts Monthly Newsletter](#) to sign up!



January

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Location

2909 Independence Street
Cape Girardeau, MO 63703
(573) 803-1402

Stronger Families Campaign

Make Your Own Valentines Contest

It's time to start getting in the **Valentine's spirit!** Instead of having your kids fill out store-bought Valentines this year, make creating Valentines a **family-fun night**. There are hundreds of ideas on Pinterest. Below are 2 really simple ideas for creating your own Valentines. Send us pictures of your Valentines and be entered to win a **Gift Card** to a **Local Business**.

(Send answers to TenderHearts@TenderHeartsChildTherapyCenter.com. Contest ends January 31, 2014. The winner will be announced in our February Newsletter so be sure to sign up to see if your entry is the big winner.)

Please forward the contest to friends and family as you wish—we want to encourage as many parents as possible to spend quality one-on-one time with their kids!

How does the Stronger Families Campaign Monthly Contest Work?

As you know, we are 100% committed to helping Families in our area build **Stronger Relationships**. Each month, we will introduce a new, Family Friendly Contest to promote and encourage family involvement and family connectedness. And, even better, the **Monthly Contest Winner** will receive a Gift Certificate to a local business that offers fun, family friendly activities or products. Our Counselors will all vote each month for the winner. What a combination! **Supporting Stronger Families and Local Community Businesses at the same time!**



Tender Hearts Happenings

New Group Forming NOW

Shannon Anderson, Clinical Director of Tender Hearts, is offering a Problem-Solving Skills Group for kids ages 8-12.

Who Should Attend?

- Children with ADHD or Oppositional Defiant Disorder
- Children who have impulse control problems

Group will be on Saturdays beginning in February.

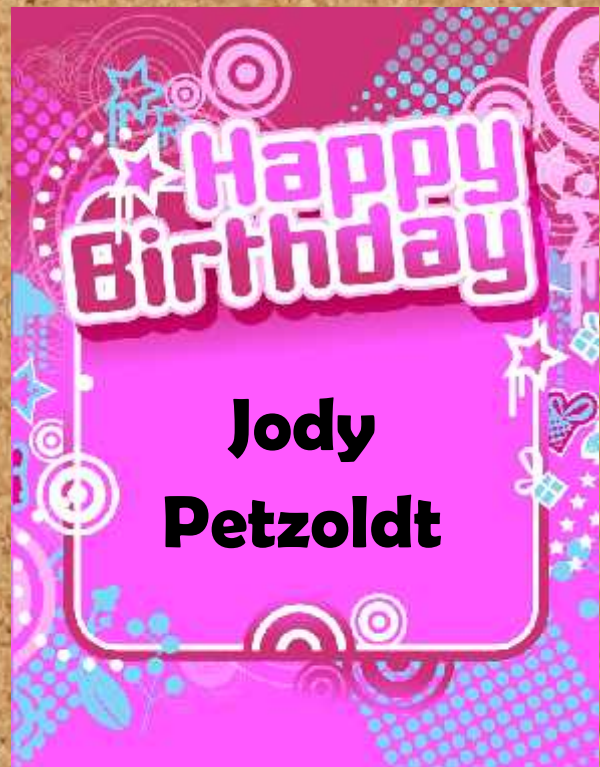
Seating is LIMITED.
Call 573-803-1402 TODAY
to reserve your child's seat!



Baby Bumps to Baby Blues

*We are now offering a Group for
New Moms!*

Group meets Tuesdays from 11am-12pm



Family Friendly Events



1. Cape Girardeau Conservation Nature Center. Feeding Frenzy. 1-9-14 from 1:00pm until 3:00pm. Ever wonder what it takes to keep all the nature center reptiles, amphibians, and fish happy? Thanks to some amazing animal care volunteers, they are fed a delicious smorgasbord of crickets, worms, minnows, and more! Drop by to visit with the volunteers and staff as they feed the hungry critters! Cost is free.
2. Cape Girardeau Conservation Nature Center. Nature Center at Night: Eye on Eagles. 1-9-14 from 5:00 pm until 8:00pm. Everyone can recognize eagles by their white heads, but there's more to these birds than meets the eye. Take a closer look at what makes our nation's symbol so amazing! Cost is free.
3. Cape West 14 Cine Sensory Saturday. Saturday, January 18, 2014. *Walking with Dinosaurs*. Showtime 10am. Cost is just \$5 for adults & children!

Sensory Saturday Includes:

- 👂 Moderately dimmed lighting
- 👂 Lowered volume
- 👂 Comfortable temperature
- 👂 Guests are welcome to move around, sing, dance, and be themselves

~Valerie Bollinger

Tips to Ignite Social Responsibility in Your Children



It's something that you've probably heard repeated 1,000 times by grandma and grandpa or others of the "Old School" parenting mindset? What I'm referring to is how so often children today seem to feel like the world revolves around them. I'm not saying that all children feel or behave this way, of course, but our society does seem to promote this in movies, television, and other areas of everyday life. But this "me, me, me" mindset does more than just annoy the "Old Schoolers"; it can also have a negative impact for children in their social interactions and in other social aspects of their lives.

So how can you teach social responsibility and keep the "Old School" parenting crowd happy? Start by simply teaching children to share, take turns and work mutually with siblings or peers. Work with toddlers to share and take turns, whether at home or in public places like the park.

Chores and sharing responsibilities around the home are a natural progression as soon as your child is old enough. Shared life responsibilities are an awesome way for a parent to spend one on one time with their child and teach a child that life is not always about the fun things, like mom dropping everything to run to the store to rent the newest video game that hit the shelves! Chores should be carefully chosen at first and should be promoted as fun and not an obligation. As your child ages, you can add more challenging chores. Just be sure to keep a positive focus if you want the child to continue to do them willingly.

So, how can you promote your child's sense of social responsibility further and see to it that he or she plays a part in the betterment of society on a larger scale? You can promote this mindset by discussing community events and engaging your child in these discussions at dinner time. Encourage your child to reflect on the bigger picture and promote an awareness of community, such as what's going on in your neighborhood or town. As a parent, you can teach a lot by modeling. If a child sees mom and dad talking about community events at the dinner table as opposed to only what is happening in their own lives, it encourages the child to also think bigger and not be as self-focused. Think of it as you're promoting a family culture of social interest and responsibility.

It is also a good idea to encourage children to participate in social activities and groups whenever possible. Boy Scouts and Girl Scouts are great ones that promote this type of community and social involvement. Churches are also a great resource for community service projects. See if there are some community projects that you can sign your family up for. The modeling that occurs here is priceless. When mom or dad makes time for a community project or volunteer activity, children begin to see this as an important part of their life as well. Some ideas include contacting your local parks department to see if there are scheduled events like "Friends of the Park" or the Conservation Department to see if there's a "Stream Team" over the summer that meets regularly to pick up trash from local waterways. The possibilities are endless here. These are just meant to get you started.

So let's all make an effort to promote our children's social responsibility and help make the world a less self-centered and more caring place for all of us!

~Shannon Anderson MA, LPC, NCC
Clinical Director

Teaching Financial Responsibility



Does your New Year's Resolution involve paying off debt? Then now is a perfect time to begin teaching your children Financial Responsibility. Below are several strategies for parents to use when teaching their children financial responsibility.

First, set a good example. As parents, we are our children's first teachers. Children watch everything we do, and that includes how we manage our finances. Parents want their children to save for the future and to not waste money on junk they won't play with or use. So naturally, parents should do the same. Start saving for retirement, even if it's only a small amount each month. Don't buy things you don't need or won't use. I'm sure you can think of plenty of things in your closets or garages that you really knew you wouldn't use when you bought them.

Second, teach your child to start saving, regardless of his/her age. Have your child put away part of his/her allowance each week to save for a new toy or have your teenager start a college fund. You can help younger children understand the benefits of long-term saving by breaking down how much the child will need to save each week to buy a new toy. Older children can benefit from a discussion about interest and how saving over the long term can help them in that way as well.

A piggy bank is fun for young children, but by the time your child is 8, it's probably a good idea to start a small savings account. Have your child help fill out deposit slips and balance statements, both are great practice for your child to begin learning about finances.

One very important aspect of financial responsibility is creating a budget. Don't be afraid to show your child your family's budget. Explain to your child how you keep track of expenses. Teaching children to fit expenses into earnings can be difficult, but practice will help. For example, next time you're eating at a restaurant, tell your child, "You have XX amount of money to spend at the restaurant today. What you pick to eat has to stay within that budget."

Another great way to teach budgeting is to go shopping together. This will allow your child the opportunity to learn the value of things and relative prices. Ask your child why he/she thinks one loaf of bread costs more than the other. Ask them if the extra money is worth it. You can further involve your child by helping him/her clip coupons. It's a great way to teach your kids one way to save money.

One additional note on financial responsibility is to remember to keep having these conversations and to make sure the conversations grow as your child grows. Talk to your teenagers about credit cards, interest rates, mortgages, etc. Before you know it, credit card companies will start sending information to your teen! Make sure you've had enough conversations before that time so they can make responsible financial choices when they are on their own.

~Shannon Anderson MA, LPC, NCC
Clinical Director