

Tender Hearts Child Therapy Center



Monthly Newsletter



Specializing in Child, Adolescent & Family Counseling

Don't Let Your Child Be a Victim!

We know how hard it is to be a parent. And scary. You send your child out to school, out to social activities—out into the world—and know that there are all sorts of people and media influencing your child beyond your control. It's just plain scary.

The BEST WAY to reduce this “scariness” of the world is EDUCATION!

Tender Hearts is proud to offer FREE EDUCATION each month in our newsletter.

February is Dating Violence Awareness Month and Eating Disorders Awareness Month. In honor of these Awareness Months, we've got 2 excellent articles for educating parents on these issues.

Our counseling intern, Brittany Meredith, provides parents with some key warning signs of Dating Violence, so parents are armed with the information they need to monitor their teen's dating without being too intrusive, and thereby driving their teen away.

In recognition of Eating Disorder Awareness Month, Marcia Smith has written an informational article on the 3 types of eating disorders. In it she gives parents practical, easy-to-understand information on this complex topic.

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



February

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Location

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

Stronger Families Campaign

Dress Like A Leprechaun Contest!

In honor of **St. Patrick's Day** on March 17th, Tender Hearts is having a *Dress Like a Leprechaun Contest!* 🍀 Using second hand clothes and basic craft supplies, it is quite easy and inexpensive to make a costume. Things you will need to get started are: a green jacket, gold ribbon, and hot glue. Using your creativity and Irish spirit, make it a family fun night! There are some great and inexpensive ideas on eHow Crafts. Who doesn't have more fun wearing a little green??? Send us pictures of your **Best Leprechaun** and be entered to win a **Gift Card** to a **Local Business**.

(Send answers to TenderHearts@TenderHeartsChildTherapyCenter.com. Contest ends February 28, 2014. The winner will be announced in our March 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 February 22nd.

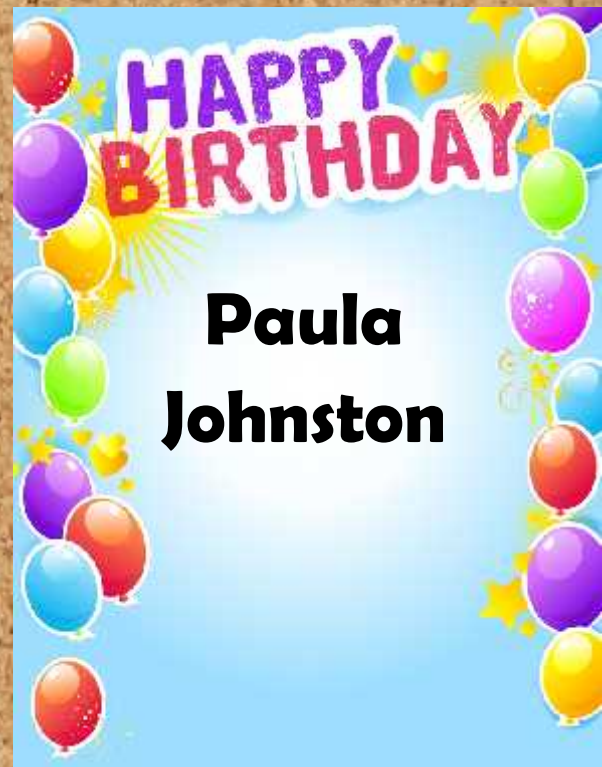
Seating is LIMITED.
Call 573-803-1402 TODAY
to reserve your child's seat!



Congratulations

Dr. Ward!

February 2nd is her 1 year anniversary with Tender Hearts



Family Friendly Events



1. New Dinosaur Dig at the Bollinger County Museum of Natural History. Kids of all ages will enjoy digging for and discovering dinosaur bones in the new dinosaur dig play area! The exhibit runs Thursdays, Fridays, Saturdays, and the first Sunday of the month through May 31st. The museum is located at 207 Mayfield Drive, Marble Hill, MO 63764. Cost for adults is \$2 and age 18 and under is \$1.
2. Daddy and Me Storytime at Cape Girardeau Public Library. February 13, 2014, 6:00-6:30pm. Toddlers, preschoolers and their favorite guys are invited to a story time featuring a book, activities, and fun! Dads, granddads, uncles and special friends are welcome to attend. Sorry moms - you'll have to sit this one out! This is for children ages 1-5 and the cost is free.
3. Cape West 14 Cine Sensory Saturday. Saturday, February 15, 2014, showing *The Nut Job*. Showtime is at 10:00am. 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

Warning Signs of Dating Violence

Dating violence is described as any intentional sexual, physical or psychological attack on one partner by the other in a dating relationship. Emotional dating violence is somewhat more challenging to define as there are no physical signs when emotional abuse occurs. Some types of emotional abuse include insulting, swearing, terrorizing, uttering threats, destroying property, forcing isolation, or being extremely jealous or possessive to the point of where it negatively affects the other person involved in the relationship. Dating violence is scary and hard to deal with. Dating violence is very prevalent among adolescents, although it can happen to anyone. Males and females are at equal risk of becoming involved in dating violence. Here are some ways to recognize dating violence in a relationship.



Warning signs that a person may be experiencing dating violence:

- Physical signs of injury such as bruises, scratches or other injuries
- Avoids friends/isolating behaviors
- Behaves differently around his/her boyfriend/girlfriend
- Excessive text messaging or calling from boyfriend/girlfriend
- Makes excuses or apologizes for his/her boyfriend/girlfriend's behavior
- A boyfriend/girlfriend who makes threats of suicide or self-injury in the event of a breakup

One in ten 9th-12th grade girls reports having been a victim of some type of dating violence. It is important to make teens aware of and educate them on the dangers and risks of dating violence. Being a victim of dating violence has been associated with reports of sad/hopeless feelings and engagement in high risk sexual behaviors, specifically multiple partners and unprotected sex. Victims of dating violence report more mental health problems as well as a decreased relationship satisfaction.

The only way to prevent dating violence is to pay attention for the signs and risk factors and become aware of how to recognize it and educate others on the subject. It is also important to seek support when you have been a victim of abuse. This is often the first and most difficult step to relief and recovery.

And if you know someone who is or who has been a victim you should be supportive, helpful, and encouraging towards them.

~ Brittany Meredith, Therapist Intern



Simple Guide for Parents: Eating Disorders

Eating disorders are real, complex, and devastating conditions that can have serious consequences for health, productivity, and relationships. They are not a fad, phase or lifestyle choice. Eating disorders are serious, potentially life-threatening conditions that affect a person's emotional and physical health.

People struggling with an eating disorder need to seek professional help. Approximately 24 million people in the U.S. struggle with an eating disorder.

There are 3 main eating disorders:

- *Anorexia Nervosa* is the disorder associated with fear of gaining weight or becoming fat. People with anorexia often skip meals, cut calories, or starve themselves.
- *Bulimia Nervosa* is the disorder associated with intense fear of gaining weight, paired with eating large amounts of food (binge) followed by eliminating the calories by way of vomiting (purge).
- *Binge Eating Disorder* is associated with frequently eating large amounts of food in one sitting until uncomfortably full. The person is unable to stop eating or control how much they eat.

Many individuals struggle with body dissatisfaction and the best-known contributor to the development of anorexia nervosa and bulimia nervosa is body dissatisfaction (By age 6, girls especially start to express concerns about their own weight or shape. 40-60% of elementary school girls (ages 6-12) are concerned about their weight or about becoming too fat. This concern endures through life.

The most used and studied treatments for eating disorders are Cognitive Behavior Therapy (CBT) and Interpersonal therapy. Cognitive Behavior Therapy focuses on teaching behavioral strategies to help the client restore normal eating, identifying and understanding triggers for their eating disorder behaviors, and examining and modifying their thinking related to food, shape, and weight.

Interpersonal therapy views interpersonal problems as underlying eating disorder symptoms and focuses on helping patients learn more effective strategies for dealing with interpersonal challenges, such as improving communication skills, modifying expectations in relationships, and identifying and modifying problematic interaction styles. The most effective and long-lasting treatment for an eating disorder is counseling, coupled with careful attention to medical and nutritional needs.

Many people with eating disorders respond to outpatient therapy, including individual, group, or family therapy and medical management by their primary care provider. Support groups, nutritional counseling, and psychiatric medications under careful medical supervision have also proven helpful for some individuals. Hospital-based care (including inpatient, partial hospitalization, intensive outpatient and/or residential care in an eating disorders specialty unit or facility) is necessary when an eating disorder has led to physical problems that may be life threatening, or when it is associated with severe psychological or behavioral problems.