

Tender Hearts Child Therapy Center



Monthly Newsletter



Specializing in Child, Adolescent & Family Counseling

Are you ready?

Spring is finally here! Time to get outside and breathe some fresh air!

But with the coming of Spring, Southeast Missouri also welcomes back severe storms.

So, is your family ready? If you don't already have an emergency plan in place for your family, then there is no better time to make one than now. Paula Johnston has written an excellent article with suggestions on how to create a family emergency plan and includes the basic elements necessary to have an effective plan in place.

If you've already had to handle your child's fears of severe weather, then creating a family emergency plan will help reduce your child's anxieties the next time severe weather strikes.

Here's to wishing everyone a safe Spring! Time to get outside and enjoy the sunshine before the heat drives us back indoors!

If you're looking for something to do on a pretty Spring afternoon, then check out our Family Friendly page for some Free events to spend some quality family time together this month.

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

April

Inside this Issue

- Emergency Preparedness Planning For Your Family... 5
- Children With Oppositional Defiant Disorder... 6

In Every Issue

- Stronger Families Campaign... 2
- Tender Hearts Happenings... 3
- Family Friendly Events... 4

Location

2909 Independence Street
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Stronger Families Campaign



Spring is OFFICALLY here and that means the weather is getting warm enough to get out and enjoy some family friendly outside activities! Spring is the perfect time to get out and enjoy nature, so why not have a little fun and go on a family nature scavenger hunt! Here is a list of a few things to hunt for:

- **2 different types of grass**
- **Leaves from 2 different types of trees**
- **Flower**
- **Something red**
- **Feather**
- **Stick**
- **Something smooth**
- **Something soft**

Send us a picture of your findings for a chance to win a gift certificate to a local business!

(Send answers to TenderHearts@TenderHeartsChildTherapyCenter.com. Contest ends April 30th, 2014. The winner will be announced in our May Newsletter so be sure to sign up to see if your entry is the big winner.)

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

Did you get Messy?

We were so happy to see so many familiar faces at Messy Morning!

Tender Hearts is proud to continue being a sponsor of such a great family friendly event.

If you missed the event this year, keep us in mind for next year. The event is typically the first or second Saturday in April.

Hope to see everyone next year!



*Congratulations
Valerie Bollinger!
April is her 1 year
anniversary with
Tender Hearts!*



FREE Family Friendly Events



Easter Egg Hunt

Saturday, April 19, 2014 9:00am

Osage Centre Cape Girardeau, MO

The event will be held rain or shine inside the Osage Centre. Parents should only escort smaller children during hunt if needed. Must provide your own basket. Don't forget to bring your camera to get a picture of your child with the Easter Bunny!

9:00 am Ages 2-3

9:30 am Ages 4-5

10:00 am Ages 6-7

Cape Farmer's Market Opens

Opens Thursday, April 17th and runs every Thursday afternoon until November 20th.

Open 12:00pm-5:00pm

Located at West Park Mall back parking lot, Mt. Auburn entrance

Cape Girardeau Conservation Nature Center Feeding Frenzy

Thursday, April 17th 1:00pm-3:00pm

Ever wonder what it takes to keep all of 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.

Emergency Preparedness: Planning For Your Family

Spring has sprung in Southeast Missouri which means longer days, more sunshine, and yes, more potential for severe weather and weather-related emergencies. One of the best steps you can take to prepare for such natural disasters is to create a Family Emergency Plan together. Some of the ways to prepare your family for such an emergency could be:



Make A Family Plan: Your family may not always be together when a natural disaster strikes, so it is important to establish a plan in advance. How you will communicate with each other? How you will get back together? What you will do in different situations? These are all questions to consider and discuss with all family members when creating a family plan. You should also inquire about emergency plans at places where your family spends time: work, daycare and school, faith organizations, sports events and commuting. If no plans exist, consider volunteering to help create one. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with others in advance.

Build a Kit: Building and having a disaster kit together ahead of time is another important step in preparing your family for an emergency. This kit should include basic items your household may need in the event of an emergency: water, food, blankets, flashlights. You may need to survive on your own after an emergency. This means having your own food, water and other supplies in sufficient quantity to last for at least 72 hours. Local officials and relief workers will be on the scene after a disaster but they cannot reach everyone immediately. Also to consider is basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days or even a week, or longer. Your supplies kit should contain items to help you manage during these outages.

It is always a good idea to listen to a weather radio or to local radio or television newscasts for the latest information on approaching weather. In any emergency, always listen to the instructions given by local emergency management officials. It is a good idea to keep cell phones and other electronic means of communication charged prior to the severe weather in the event your home or place of shelter loses electricity.

When creating this family emergency preparedness plan, it is important to include all family members. When discussing plans with your children, be sure they understand what they are to do, who they are to call or go with, should an emergency or natural disaster happen. Being prepared in advance can decrease anxiety, and allow you and your loved ones to better navigate the unpredictability of an emergency, should one arise.

Children with Oppositional Defiant Disorder



Oppositional Defiant Disorder (ODD) is a childhood disorder that is characterized by negative, defiant, disobedient and often hostile behavior toward adults and authority figures primarily. The child's behavior often disrupts the child's normal daily activities, including activities within the family and at school. All children are defiant from time to time, but when a child is frequently hostile and uncooperative, this could indicate ODD. It is exceptionally rare for a physician or mental health practitioner to see a child with only ODD. Usually the child has some other mental health disorder along with ODD. It may be difficult at times to recognize the difference between a strong-willed or emotional child and one with oppositional defiant disorder. It's normal to exhibit oppositional behavior at certain stages of a child's development. But there is a range between the usual independence-seeking behavior of children and that of oppositional defiant disorder.

Signs of ODD generally begin before a child is 8 years old. Sometimes ODD may develop later, but almost always before the early teen years. When ODD behavior develops, the signs tend to begin gradually and then worsen over months or years.

Signs of ODD include:

- Often loses temper
- Often argues with adults
- Often actively defies or refuses to comply with adults' requests or rules
- Often deliberately annoys people
- Often blames others for his or her mistakes or misbehavior
- Is often touchy or easily annoyed by others
- Is often angry and resentful
- Is often spiteful or vindictive

The earlier this disorder can be managed, the better. Treatment can help restore your child's self-esteem and rebuild a positive relationship between you and your child. Your child's relationships with other important adults in his or her life — such as teachers and care providers — also will benefit from early treatment. Individual psychotherapy for ODD often uses cognitive-behavioral approaches to improve problem solving skills, communication skills, impulse control, and anger management skills. Family therapy is often focused on making changes within the family system, such as improving communication skills and family interactions. Parenting children with ODD can be very difficult and trying for parents. Parents need support and understanding as well as help in developing more effective parenting approaches. Peer group therapy is often focused on developing social skills and interpersonal skills.