

Tender Hearts Child Therapy Center



Monthly Newsletter



Specializing in Child, Adolescent & Family Counseling

Welcome!

We are excited to introduce this new format for our Monthly Newsletters. For many of our loyal subscribers, we hope you find this format to be much more informative and see it as a useful Community Resource full of Parenting Tips, Children and Parenting related Articles, and Family Friendly Events around our area!

The new format will include several **Feature Articles** with new content each month, each written by our Professional Counselors and other staff. In addition to our feature articles each month, every issue will include our **Stronger Families Contest**, **Tender Hearts Happenings** which covers our upcoming Counseling Groups and Parenting Classes as well as other exciting news from our office, and a section called **Family Friendly Events** which will highlight Community Events targeted to children and their families.

We are 100% committed to helping families in our community develop rewarding relationships with their children and we hope you will support this mission as well! Please help us with our mission by sharing this and other Newsletters with family and friends and help us spread our message and start **Building Stronger Families!**

Just click [Tender Hearts Monthly Newsletter](#) to sign up!

September 2013

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Stronger Families Campaign

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!**



September 2013: SEMO District Fair Scavenger Hunt Contest

It's time for the September Contest for the Tender Hearts' Stronger Families Campaign! Each month, we will be promoting a different contest that encourages parents and kids to participate in an exciting activity together! We are excited to announce the theme of the newest contest- the SEMO District Fair Contest! Send your answers by email to the questions below and be entered to win a **Gift Card** to a **Local Business in our area!**

(Send answers to TenderHearts@TenderHeartsChildTherapyCenter.com. Contest ends September 30, 2013. The Winner will be announced in our November 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 this fall!

1. **How many concession booths sell ice cream?**
2. **How much does the most expensive corn dog cost?**
3. **On what night could you see the Demolition Derby?**
4. **List one country music artist who is performing at the Grandstand.**
5. **How much does one ticket to ride a carnival ride cost?**
6. **Name 3 animals that you can see at the fair.**
7. **List one school that entered corn in the FFA contest.**
8. **List one animal that the Conservation Department has on display at their pavilion.**
9. **How many red tractors are on display at the Egypt Mills Antique Tractor Club area?**

Tender Hearts Happenings



There's still time to register for our FREE Parenting Workshop.

Stephanie Anderson, Assistant Director, will be at the Holiday Inn Express on Wednesday, October 9 to present Five Skills for Parenting the Defiant Child. Cost is FREE, but Registration is required so call 573-803-1402 or email TenderHearts@TenderHeartsChildTherapyCenter.com to reserve your seat!

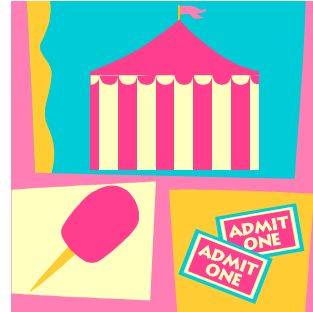


Congratulations to **Jody Petzoldt!**
August marked her 1 year anniversary with Tender Hearts.

WELCOME

Tender Hearts would like to welcome **Marcia Smith** to our growing team of therapists. Marcia is new to the area, having worked previously in the Rolla, Missouri area. Marcia has experience with many different ages of children and we are happy to have her on our team!

Family Friendly Events



1. SEMO Fair – The SEMO Fair will run from September 7th through the 14th. This is the 155th year of the “Old Cape Fair.” Tons of Family Friendly Activities here! Check out the farm animals, enter a Mother/Daughter or Father/Son Look Alike contest, ride the Farris Wheel together, or share some Cotton Candy. *(Just be sure to take some paper and jot down answers to our **Stronger Families Contest** while you’re there. As if the Fair itself is not good enough, you could top it off by winning a **Gift Certificate** by submitting an entry!)*
2. Nature Center at Night: Spectacular Spiders. This event will take place on Thursday September 19th from 5:00pm until 8:00pm. Examine different types of 8-legged arthropods that call Missouri home. You can also attend one of the two naturalist led spider presentations at 6:00 pm or 7:00 pm. Admission is free.
3. The Cat Ranch Round Up takes place Saturday September 28th from 9 a.m.-5 p.m. and Sunday September 29th from 10 a.m.-4 p.m., at the Cat Ranch in Marble Hill Missouri. Something for everyone! From fine arts to good food, everything will be a learning experience. Some of the exciting things to be offered are arts and demonstrations, paintings, drawings, woodworking, weaving, spinning, stained glass, face painting, book signings by area authors, goat milk soap, sand casting, steel sculptures & more! (Please note: Some of the attractions listed may not be both days). Musical entertainment includes Cabin Fever from 1-3 p.m. and Jacob Seyer from 3-5 p.m. on Saturday, and Rees and Greenwood from 1-3 p.m. and Matt Strong and the Travelers from 3-5 p.m. on Sunday. Outdoor church will take place on Sunday from 9-10 a.m. Storytelling by Paul White Eagle will take place on Saturday from 11-11:30 a.m. and 3-3:30 p.m. and on Sunday from 12:30 -1 p.m. Admission and parking are free of charge.

Self-Injury: An Overview

Self-injury refers to the deliberate violation of one's own body most often done without suicidal intentions. Sometimes called "cutting," "self-harm," "self-mutilation," or "self-deprecation," self-injury can include cutting one's skin, burning skin, hair-pulling, skin picking, and skin chafing. Self-injury can be described as an unhealthy way to manage intense feelings of worthlessness, emotional trauma, and anger. Although self-injury may occur in a variety of mental disorders, such as depression and eating disorders, it is important to note that self-injurious behaviors may occur in the absence of other mental disorders as well.



Because of the sense of shame and fear of social stigma the victim feels after the act, the location of the wounds is most often hidden by baggy clothes or long sleeves. Often individuals who self-injure do not discuss their actions with others, which in turn, leads to feelings of emotional isolation and lack of attachment to others. Therefore, it is crucial that individuals engaging in self-injury feel understood. Counselors with experience in this area are not only able to understand self-injury as a disorder, but can also provide a relationship with the victim that is built on trust, empathy, and acceptance. Because self-injurious behavior is closely tied to feelings of worthlessness, understanding of the disorder should be followed by compassionate counseling designed to help the self-injurer feel accepted and aware of his or her emotional states, while treating the underlying issues.

If you are self-injuring, or know someone who is, please reach out for help. Those engaging in self-injury should be taken seriously and should not deal with it alone.

~Melissa Vogelsang

Defiant Children and...*POWER STRUGGLES!*

Do you have a defiant child? Do you feel like no matter what you tell your child to do, your defiant child won't follow through with requests? One key to managing your defiant child is to END THE POWER STRUGGLE! In fact, make a commitment to end the power struggle today! Everything doesn't have to be a fight. Some things are just not worth the battle. So many parents get wrapped up in the idea that their defiant child must be MADE to listen to them—that every time their defiant child disobeys them, then the child must be punished. I'm here to tell you that managing your defiant child's behavior isn't about disciplining every single thing your child does wrong. Instead, it's about having a parenting plan that will change your defiant child's behavior over time.



Here are some guidelines to get you started managing your defiant child:

- *Start tracking. For a week or so, jot down in a notebook everything you and your defiant child fight over and when these fights occur.
- *Categorize the data you collected and look for patterns. Do you fight with your defiant child frequently over bed time? Is your child more defiant when it comes to what they wear or what they eat?
- *Rate the defiant behaviors in order of most important to address to least important to address.
- *Focus your discipline of your defiant child on the behaviors you feel are most important to address, and let the other ones go for now. This is where you begin to end the power struggles with your child. It's far more important to get your defiant child to stop hitting his sibling than it is to have him make his bed daily. End the power struggle over the bed and focus on disciplining the hitting behavior at first.

As a parent you can't fight your defiant child all of the time on every misbehavior that he or she engages in. If you try, your life will be a constant battle, you'll be exhausted, and your defiant child will never learn to respect you. Learn to let some things go, for now at least. Focus on what is most important. Fix those things and the other smaller problem behaviors will begin to fix themselves over time. Remember changing your defiant child's behavior won't happen overnight. It likely took many months or even years for your child to develop these habits and behaviors and it will take several months of hard, focused work on your part as the parent to undo them. But remember, the longest journey starts with a single step! Get started today and in a few months your child's defiant behaviors will most certainly be diminished and you will be a much happier parent in the process.

~Shannon Anderson