

Tender Hearts Child Therapy Center



Monthly Newsletter



Specializing in Child, Adolescent & Family Counseling

Happy Fall Everyone!

This October, Tender Hearts is celebrating the one year anniversary of relocating to our new building! We love our new building and have been able to offer expanded services since coming together under one roof. Over the past year, we have added several new therapists and, in April, we hired Valerie Bollinger to serve as our part-time administrative assistant. In September, we welcomed two Counseling Intern Students, Brittany and Nicole. We are excited to have them on our team. Wow, what a difference a year makes! We hope you stay up-to-date on future changes by reading our monthly newsletters and browsing our ***Tender Hearts Happenings*** section.

As many of you may know, October is Breast Cancer Awareness month. Tender Hearts is proud to be participating in "Pink up Cape." Check out our building decked out with pink lights this month!

In honor of Breast Cancer Awareness Month, our newest addition to the Tender Hearts team, Donald Simpson, has written an article on what children need when a parent has a terminal or long-term illness. Check it out on page 5.

In this issue, you will also find our next Stronger Families Campaign Contest, Nicole's Tips for Having a Safe Halloween, and local Family Friendly Events.

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



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Location

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www.TenderHeartsChildTherapyCenter.com

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!**



Pumpkin Carving Contest

With your kids, carve a Pumpkin Family. Have each member of the family carve his/her own pumpkin. Send us a picture of your Pumpkin Family to be entered to win a **Gift Card** to a **Local Business**.

(Send pictures to TenderHearts@TenderHeartsChildTherapyCenter.com. Contest ends October 31, 2013. The winner will be announced in our December 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!

While you're carving your pumpkins, try this awesome recipe for roasted pumpkin seeds from foodnetwork.com

Ingredients:

1 1/3 cups pumpkin seeds, cleaned and rinsed
2 teaspoons garlic powder
1 teaspoon salt
1 teaspoon crushed red pepper
1/2 teaspoon black pepper.

Directions:

Preheat oven to 350 degrees F.
Spray a baking sheet with nonstick cooking spray. Combine pumpkin seeds with garlic powder, salt, crushed red pepper, and black pepper on prepared backing sheet and toss to combine. Bake for about 15 minutes, or until seeds are crispy and light golden brown. Remove from the oven and stir with a spatula or wooden spoon to release any seeds that have stuck to the baking sheet. Cool completely before serving. Roasted seeds can be stored in an airtight storage container for up to 1 week.

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!



Tender Hearts will celebrate our 1 year anniversary in our new building on October 31st!

WELCOME

Tender Hearts would like to welcome ***Donald Simpson and Paula Johnston*** to our growing team of professional therapists. Donald comes to us from O'Fallon, Missouri, having previously worked with children in a variety of settings. Paula most recently worked at Beacon in Perryville and brings a wealth of experience to our Center. We want to take this time to warmly welcome both to our team!

Family Friendly Events



1. Nature Center at Night (Cape Girardeau Conservation Nature Center): Missouri Bats. On Thursday, October 10th from 5-8pm, learn the facts and fiction behind bats. Are bats blind? Does a bat really try to fly in your hair? Find out the answers to these questions and more. Attend one of the two naturalist led presentations at 6:00pm or 7:00pm. Admission is free.
2. Cape Public Library: Pumpkin Carving. On October 27th from 2-3pm, enjoy a pumpkin carving event. The Library will provide pumpkin carving tools with patterns that are fun and creative enough to bring the Halloween spirit to life. ***Please bring your own pumpkin.***
3. Beggs Family Farm (Sikeston): Fall Harvest Festival. Opening this season Thursday, October 3, 2013 and will be open Wednesdays, Thursdays, Fridays, Saturdays and Sundays thru October 31, 2013. Please check hours of openings before visiting. Beggs Family Farm will be putting on a Fall Harvest Celebration. Open Wednesdays - Fridays 9 am - 2 pm (take note opening day for 2013 is Thursday Oct. 3), Saturdays 10 am -9 pm & Sundays Noon - 6 pm. Admission: \$11 per person (ages 2 and up).
<http://www.beggsfamilyfarm.com/festival.php>

What Children Need when a Parent has a Terminal Illness



With October designated as National Breast Cancer Awareness Month, sights of Pink Ribbons will likely quicken our awareness to breast cancer. We hope individuals and our larger community will rally against this chronic disease, fighting for new cures and combatting the multiple effects this illness makes known.

Breast Cancer, like many chronic illnesses, requires families to focus on survival and comfort of ill **parents**. To no wonder, through that process – when so much attention is turned to an ill mom or dad – the child’s needs are often not seen.

Parents help us “filter” emotional experiences. They help the child process their experiences. Upon widely varying crises, parents can function for their child to break into small, manageable pieces the information and feelings that would otherwise be traumatizing; too much. Yet, when the parent is overwhelmed, they cannot do this and the child can go unaided in their attempts at making meaning.

At three phases, trusted adults – parents, aunts or uncles, grandparents, counselors – can lessen for the child the impact of chronic illness of a parent or other family member: when the diagnosis occurs; when the treatment begins; when the parent gets back on track or dies.

Whether we know “right words” or not, it is difficult and painful to talk with children about crises related to chronic illness. Still, children need the parent to talk with them about what is going on; *they need knowledge*. Otherwise, the child will naturally make things up. They need explanation in a warm, connected way. They need to be involved, not isolated. When the child feels confused, angry or sad, they need adults who can ask them what they need to know and talk to them about it.

With our “filtering” help, and care not to overload, the child can continue to move ahead. Back and forth and over time, children can adapt through mourning. Through challenging stressors and loss, children can endure and continue to make it developmentally.

~ Donald Simpson, MA, PLPC

Have a Safe Halloween!



The month of October brings joy and excitement for children of all ages! Halloween festivities span from days before to the night of. Children prepare by practicing jokes, impersonating their favorite fictional characters and celebratory idols, mapping out what houses to approach and avoid based on the holiday treats given out, figuring out ways to maximize their candy storage and consumption, craving pumpkins to make jack-o-lanterns, decorating their classrooms and their homes to spread holiday cheer and inspire holiday fright, telling ghost stories, and participating in Halloween parades to display their lavish, creative, and/or terrifying costumes. Focusing

on the festivities and not safety, can create some fright provoking realities for children and adults. To enhance safety and eliminate parental fright here are some helpful tips to keep your child safe on Halloween:

1. Explore www.familywatchdog.us to identify homes with registered sex offenders in the area your child or children plan to trick-or-treat to ensure those houses are avoided to maximize your children's safety and your peace of mind.
2. Go over stranger danger with your children and the game plan of what house will be visited and which will not on Halloween. Instruct your children to only approach well-lit homes. Only allow entry if your children are accompanied by a trusted adult.
3. Always test costume make-up in a small area of the skin prior to use to identify any potential allergic reactions. And remove all make-up prior to bedtime to prevent skin and eye irritation.
4. Always purchase and wear flame resistant costumes. Never walk near lit candles or luminaries to reduce the likelihood of becoming a human candle and/or fire related hazards. If you are a home owner expecting trick-or-treaters, keep candle-lit jack-o-lanterns and luminaries away from doorsteps, walkways, landings, pets, small children, and curtains. Instead place them on sturdy tables and never leave them unattended.
5. Utilize reflective tape or stripping, glow sticks, and/or bright colors to Halloween costumes and trick-or-treat containers to increase visibility during nighttime hours. If driving on Halloween, be cautious and yield to eager trick-or-treaters.
6. To eliminate the potential of disastrous falls and scary cuts and scrapes, ensure children's shoes and costumes are fitted and fastened appropriately; limit the use of masks that may impair a child's vision; ensure swords, knives, and similar costume accessories are short, soft, and flexible; utilize flashlights; and encourage children to walk from house to house rather than running. If you are a home owner expecting trick-or-treaters be sure to remove any items including family pets from one's front yard, sidewalk, driveway, or front porch that could cause an individual to trip over or scrap against that could cause injury.
7. Examine all treats for choking hazards and tampering before allowing your children to eat them. Eat only factory-wrapped treats. And limit the amount of treats the child can eat daily to prevent sick stomachs and cavity ridden teeth.