

Tender Hearts Child Therapy Center



Monthly Newsletter



Specializing in Child, Adolescent & Family Counseling

November Greetings!

Our first Parenting the Defiant Child Workshop was a huge success! Thank you to all who attended. If you didn't get the chance to attend, check out the ***Tender Hearts Happenings*** section for information regarding our upcoming "Parenting the Defiant Child Webinar Series."

This month features an article about the true meaning of Thanksgiving. Teri Kluesner writes about how to use the true meaning of Thanksgiving as a means to create thankfulness in your children all year long.

In addition to being thankful this month, we've included an article about teaching feelings identification. Check out Jody's article on page 6 to learn why it is important to teach feeling words to your children.

In this issue, you will also find our next Stronger Families Campaign Contest and local Family Friendly Events.

As the holidays approach, we want to wish everyone a happy and healthy holiday season this year. May you find time to enjoy your children and the joy that the holidays bring!

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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Stronger Families Campaign

Leaf Collection Contest

It's time to get outside and enjoy the Fall weather! Tender Hearts is having a Leaf Collection Contest! Take a stroll through the woods and discover how many different colors of leaves you and your children can find.

Collect the coolest ones and send us a picture of your leaf collection and you'll be entered to win a **Gift Card to a local business!**

(Send pictures to TenderHearts@TenderHeartsChildTherapyCenter.com. Contest ends November 30, 2013.)

Be creative with how you display your leaf collection. Sometimes making the display is the best part of the experience!

Please forward this contest to friends and family—we want to encourage parents spending quality time with their children!

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



Our Parenting Workshop in October was a huge success! Thank you to all who participated.

If you missed the free workshop, there is still time to join our "Parenting the Defiant Child Webinar Series."

This Webinar is a series of 5 one hour sessions (with a FREE follow up session scheduled 1 month after completion of the course).

Series begins Tuesday, November 12th from 5-6pm. Cost is only \$75 for the entire series.

Webinar is hosted over a secure Internet connection. Upon attendance of the entire series, participants will receive a certificate of completion.



Congratulations Teri!

November marks Teri's 2 year anniversary with Tender Hearts.

Join Us

Tender Hearts will be at the MediCenter Pharmacy Community Health Fair.

Saturday November 16th
11am-1pm
Cape Girardeau Osage Center

Health Fair will include free blood pressure and glucose checks

All informational booths will be giving out free materials and other giveaways!

Family Friendly Events



1. Nature Center at Night (Cape Girardeau Conservation Nature Center): On Thursday, November 14th from 5-8pm, join us for a fun night of trivia. Drop by and test your knowledge of the natural world by trying to identify some mysterious artifacts and the animals that left them behind. Admission is free.
2. Shawnee Park Center: Fall Family Festival. On November 15th from 6:00pm-8:00pm. Activities include a hayride and weenie/marshmallow roast. The cost is \$1 for each activity.
3. Museum at SEMO's River Campus: Family days at the museum, Saturday November 16th from 1:00pm-4:00pm. Be inspired by photographic art! Learn photography tips, view a historic camera collection and visit the newly-acquired collection of Andy Warhol photographs. Hands-on activities will include photo development techniques, macro lens use and photo based digital art. Admission is free.

~Valerie Bollinger

What is Thanksgiving?

What is Thanksgiving about? Turkey and pumpkin pie? Cranky relatives? A day off school? A day to play video games? Football? Black Friday? Only 1 month till Christmas? These thoughts were not in the original intent of the holiday. The story of the first Thanksgiving is one of blessings after loss, survival through adversity and friendship, yet the story is often not taught in our schools any more. In 1621, the Pilgrims celebrated a plentiful harvest after a year of scarcity by giving thanks to God and sharing in food and recreation with the native American people who had helped them survive. The Continental Congress proclaimed the first national Thanksgiving in 1777. In 1789 President George Washington declared Thanksgiving “was a day of public thanksgiving and prayer.” It was not until 1941; however, that Congress officially declared Thanksgiving to be a National Holiday celebrated the fourth Thursday in November.



In our fast paced and commercialized lives, we are often caught up in rushing through our days and thinking to the next big event we have to do. We often forget to reflect on the true meaning of our life experiences and the opportunities we have to teach our children valuable life lessons. Thanksgiving is a wonderful opportunity for us to recognize and teach our children the importance of being thankful and giving thanks. The true meaning of Thanksgiving extends beyond gratitude for our blessings. It is a recognition of survival of our disappointments that sweeten blessings. It is also a model for positive thinking which is about choosing to focus on the positive vs. the negative. Studies show people who are grateful, report higher levels of happiness and optimism and lower levels of depression and stress. Gratefulness is not an inborn trait; it is a learned behavior. By learning gratitude, we become more polite and pleasant to be around. Additionally, we become more aware of and sensitive to others.

Here are a few ideas to begin your journey to gratitude and to teach thanksgiving to your children:

1. Read stories or watch videos which tell the story of the origins of the first Thanksgiving holiday
2. Use the Thanksgiving Celebration to launch a daily discussion in which you share what you are thankful for and invite your children to tell what they are grateful for. Include in your discussion, gratefulness for triumph over adversity and disappointments.
3. Teach your children about helping hands. Challenge yourself and your children to commit to an act of kindness towards others daily.
4. Teach your children to write thank you notes not only for material possessions but when others show them kindness.
5. Model gratitude. Thank people in your life including your child for doing good things and showing kindness.
6. Teach your child to focus on what they have not what they don't have. Teach your children an awareness that there are always others who are less fortunate.
7. Teach your children about No. If we always get what we want when we want, it is hard to appreciate receiving.

Use this Thanksgiving holiday to extend the meaning of Thanksgiving from a one day celebration of stuffing yourself with turkey and pumpkin pie to embracing the true meaning of gratitude and a daily celebration of Thanksgiving.

Feelings Build Relationships



One word that a lot of people tend to avoid is the word “feelings”. This topic often brings about a negative response such as “feelings...ewww” or “gross” or “all touchy-feely”. With many of my clients, there seems to be some discomfort and anxiety around this subject. But what I want to share with you is the importance of feelings, or emotions, and that learning how to identify and communicate them can improve your life.

Often people come to counseling because of some form of relationship issue. This could be a parent-child, parent-teen, or between two adults. There seems to be a gap, a difficulty in understanding someone, an inability to connect or get along. One way to

begin to bridge this gap and address the behaviors is to understand basic primary emotions.

When asked how someone feels, the response is usually not a primary but a secondary emotion. To help your family and relationships grow closer together, remember that primary emotions are simple: happy, sad, mad, afraid, hurt, lonely, and want. Nearly all other feelings can be categorized into one of these. Begin teaching these words, and help your child identify his feelings. For instance, the next time your child acts out in anger, respond by stating, “You sure are angry right now.”

Not only understanding emotions and keeping it simple (happy, sad, mad, afraid, hurt, lonely, and want), but knowing how to communicate them can increase confidence, self-esteem, and improve relationships. This reduces anxiety and fear in regards to being able to talk to others, especially teenagers. When someone doesn’t think they are being understood, they often shut-down, withdraw, or act out in defiance. Being able to communicate and understand each other’s emotions can help connect you to them and break down the walls.

So talk to your child about his feelings and you will be able to communicate better and improve your family’s relationships. It’s never too late or too early!

~Jody Petzoldt MA, LPC