

## Great Parenting Tips

1. Use words that build your child's self esteem and feelings of adequacy. Do not use insults, put downs or humiliations as they can have long lasting affects. Children require lots of positive and nurturing attention.
2. Focus on your child's strengths. Build on their positives. "Catch" them doing good. Support them in their weaknesses and help them take small, manageable steps in turning their weaknesses around.
3. Children make mistakes. Don't paint mistakes as failures. Help them view mistakes as lessons and learning opportunities. Create opportunities for your children to be successful.
4. Be consistent and fair. Be persistent about being a consistent and fair parent. Follow through on what you say.
5. Give children responsibility. Children need to learn that you trust them to take responsibility for themselves by helping out and by handling things that are appropriate to their age and development. Do not create over dependency on you.

### Welcome To:

- Geoff Harvey
- Wendy Bulthuis
- Kim Penwarden

### Goodbye and best wishes to:

Bruce Murray  
Sue Mahaffey

## Relationship Check Up

Take a few moments to check how many of the following attributes and behaviours are present in your relationship with your marital partner or significant other. Please check (✓)

**1) Our communication is honest and open. We take the time to listen to each other.**

( ) Always ( ) Sometimes ( ) Rarely ( ) Never

**2) We enjoy doing many things together and we also enjoy doing things by ourselves.**

( ) Always ( ) Sometimes ( ) Rarely ( ) Never

**3) We can be assertive and direct with each other without fear of reprisal.**

( ) Always ( ) Sometimes ( ) Rarely ( ) Never

**4) We show each other respect and dignity.**

( ) Always ( ) Sometimes ( ) Rarely ( ) Never

**5) We support and encourage each other.**

( ) Always ( ) Sometimes ( ) Rarely ( ) Never

**6) When we disagree our discussions are fair and reasonably balanced.**

( ) Always ( ) Sometimes ( ) Rarely ( ) Never

**7) We have similar goals and dreams.**

( ) Always ( ) Sometimes ( ) Rarely ( ) Never

**8) Mistakes are worked through together and not brought up over and over again.**

( ) Always ( ) Sometimes ( ) Rarely ( ) Never

Healthy relationships require time and energy. If the results of this survey show you have a good relationship, great, keep on putting the time and energy into it. If this survey shows your relationship requires some more attention please consider calling us.

# Lidkea, Stob, Venema & ASSOCIATES

FAMILY COUNSELLING SERVICES



## Employee Assistance Program Newsletter

Main Office: 126 Niagara Street, St. Catharines, Ontario L2R 4L4

Branch Offices: St. Catharines, Welland, Niagara Falls, Beamsville, Fort Erie

Telephone: 905.684.5050 1-866-684-5050 Fax: 905.684.5232 www.familycounselling.com

Fall/Winter 2006

## What's love got to do with it?

The cold season is arriving. As Canadians, we all know that this is a time to be thankful for warm dry homes and offices. An organization that strives to provide shelter to those in need, Habitat for Humanity, adheres to the basic principle that ultimate grace is found in the simple directive: "Love One Another". It is a directive that can take many shapes and involves varied layers of interpretation. Love can be tough or gentle, controlling or forgiving, superficial or deep. Love is an ingredient, to some degree in all of our personal interactions. Our capacity to give or receive this feeling impacts directly on our ability to experience joy or fulfillment.

We have all been exposed to and taught varied statements regarding love:

"It takes courage to love"

"Love is a many splendored thing"

"Sometimes, love hurts"

"Love may be blind, but it certainly finds its way around"

"Compassion is the capacity to put love into action"

"Love is patient and kind. Love is not jealous or boastful or proud or rude. Love does not demand

its own way. It keeps no record of when it has been wronged ..... Love never gives up, never loses faith, is always hopeful ....."

"Love never asks "What can I get: it asks "What can I give?"

"Love at first sight can be cured by a second look"

We can be loving, loveless, loveable, lovely, lovelorn, lovesick and even lovebirds!

The bottomline, we all need to feel loved and gain a sense of energy with loving. We all know that the process of love can sometimes be elusive, sometimes helpful and sometimes frustrating.

But ultimately, we can enjoy living at a much more fulfilled level if we involve a kind sense of love in our daily interactions. It can warm the heart, even in this 'colder' season ..... Ya gotta love it!

### INSIDE THIS ISSUE

Behaviour Labelling . . . . .	2
Dear Counsellor . . . . .	3
Our Picks . . . . .	3
Great Parenting Tips . . . . .	4
Relationship Check Up . . . . .	4

"A little bit of fragrance always clings to the hand that gives you the roses."

Ancient Chinese Proverb

## The Lidkea, Stob, Venema & Associates' Family Counselling Team

Partners: John Stob, MSW RSW and Thomas Venema, MSW RSW. Our retired partner: William Lidkea, MSW RSW

### Our Associates:

Alice Carter BA MSW  
Len Dykstra MSW RSW  
Judy Cook BA MEd  
John McLachlan MSW  
Geoff Harvey MSW RSW  
Wendy Bulthuis MSW RSW

Kimberley Gunning BSW MSW  
Diana Cunningham BA MA  
George Nicolaidi BA MEd  
Diane Keenan MSW RSW  
Catherine Doan MSW RSW

Sherry Campbell MA RSW  
Mary Gostlow MSW RSW  
Ruth Beekhuis MSW RSW  
Claire Jutras MSW RSW  
Michelle McPherson MSW RSW  
Bob Gilmore BA MASC

Our secretary/receptionist: Anne Kennedy  
Our office manager: Debbie Ecker  
Our statistician: Cheryl Heaslip  
Asst. Receptionist: Kim Penwarden

\* RSW indicates Registered Social Worker with the Ontario College of Social Service Workers and Social Workers. All associates are registered with a professional organization assuring a Code of Ethics is in place.

## Behaviour Labelling

by Dixie Fletcher

If an adult is reinforced for behaving appropriately, we call it *recognition*.

If a child is reinforced for behaving appropriately, we call it *bribery*.

If an adult laughs, we call it *socializing*.

If a child laughs, we may call it *misbehaving*.

If an adult writes in a book, we call it *doodling*.

If a child writes in a book, we call it *destroying property*.

If an adult sticks to something, we call it *perseverance*.

If a child sticks to something, we call it *stubbornness*.

If an adult seeks help, we call it *consulting*.

If a child seeks help, we call it *whining*.

If an adult is not paying attention, we call it *pre-occupation*.

If a child is not paying attention, we call it *distractibility*.

If an adult forgets something, we call it *absent-mindedness*.

If a child forgets something, we call it *retardation*.

If an adult tells their side of a story, we call it *clarification*.

If a child tells their side of a story, we call it *talking back*.

If an adult raises their voice in anger, we call it *maintaining control*.

If a child raises their voice in anger, we call it a *temper tantrum*.

If an adult hits a child, we call it *discipline*.

If a child hits a child, we call it *fighting*.

If an adult behaves in an unusual way, we call them *unique*.

If a child behaves in an unusual way, we refer them for a *psychological evaluation*.

GCTA Communications

## Did You Know?

- Many people today, both adults and children, are seriously sleep deprived. Learn to view sleep as nutrition for our bodies, our minds, and our moods. Make it a priority to get a longer and better quality sleep.

- Valentine's Day is not the only day couples can show their love and care for each other. Surprise your partner with a special meal, tickets to a concert or game, flowers, notes, or a night away when he/she least expects it! Loving surprises are great for relationships.

- Persistent stress increases the level of the hormone cortisol in our blood stream which subsequently decreases our immune system's ability to fight colds, flus, and other more serious illnesses such as heart disease and cancer. Find ways to manage your stress and to get balance and perspective. Your health is worth it.

- An excellent way to make decisions and to problem solve is to put your thoughts and ideas down on paper. Gather background information and summarize it in writing, make a pros and cons list, outline in writing all your choices, both good ones and lousy ones, and/or make a checklist. Writing things out will assist you to see things with much clearer perspective, and will help you make better decisions.



Building on the popularity of casual Fridays, many companies have instituted bad hair Monday.

## Dear Counsellor

We are the parents of two sons, ages 21 and 26. Our 26 year old son is away at school and is doing very well and has many goals and dreams. Our younger son lives with us at home and is causing us concern.

Right now he works part-time at a local restaurant and has had similar jobs in the past. He often calls in sick or shows up late. We suspect he will be let go soon. He barely finished high school as he skipped school a lot and didn't do his homework. He started smoking 'pot' in grade 10 and we have noticed a big change since then. He says he smokes only a few joints a week but we suspect he smokes much more than that. He says everyone is smoking 'pot' these days. He seems to have very little ambition and motivation.

Is there a connection between his pot smoking and his behaviour? What can we do?

Worried Mom and Dad

### Dear "Worried Mom and Dad":

You have asked good questions that many parents ask us these days. You have also noticed patterns of behaviour over a period of 5 years which are causing you concerns about your son. Trust the concerns and the questions you have.

Here are some suggestions for you to consider:

1) Learn more about 'pot' usage and its effects. The effects of smoking marijuana may be different each time depending on the amount, the potency, the mood a person is in when they use it and the environment in which it is consumed.

Your son sounds like a frequent user in an environment with others who smoke frequently. He presents pot smoking as normal to him and the people around him. Frequent users are vulnerable to chronic cough and recurring bronchitis; impaired learning, concentration and memory difficulties, depression, anxiety, low motivation and psychotic illnesses if there is a family history.

Some research indicates that frequent pot smoking during teen years changes brain wiring in the growing brain.

2) Speak seriously with your son regarding your concerns and refer him (or attend with him) to your family physician to rule out medical concerns and for discussion.

3) Recommend Niagara Alcohol and Drug Assessment Services to your son for a comprehensive assessment and treatment plan.

4) Attend EAP counselling yourself, with or without your son for support strategies, and for discussion whether you might be enabling your son to continue his lifestyle without consequences.

In summary, from what has been mentioned so far there appears to be a strong connection between his pot smoking and his behaviour but perhaps there are also other reasons as well. All the best with the suggestions provided.

Sincerely Counsellor

## Our Picks

New for this newsletter and just in time for winter reading and Christmas giving, three counsellors recommend a favourite book for your reading interest and pleasure. Enjoy our selections.

**Title of Book:** Queen Bees and Wannabes: Helping your Daughter survive cliques, gossip, boyfriends and other realities of Adolescence.

**Author:** Rosalind Wiseman

**Publisher:** Three Rivers Press, New York, N.Y.

**Year:** 2002

**ISBN:** 1-4000-4792-7

**Recommended by:** Kimberley Gunning

**Title of Book:** How Can I Forgive You?

**Author:** Janis Abrahms Spring

**Publisher:** Harper Collins

**Year:** 2004

**ISBN:** 0-965-9366-X

**Recommended by:** Geoff Harvey

**Title of Book:** Choice Theory: Choosing the life you want to live and staying close to the people you need.

**Author:** William Glasser

**Publisher:** Harper Perennial

**Year:** 1999

**ISBN:** 0060930144

**Recommended by:** Bruce Murray