

HEALTHY CONNECTIONS

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WARM WORDS FOR WINTER BLUES...

Spring, summer, and fall fill us with hope; winter alone reminds us of the human condition.

Mignon McLaughlin

Winter is on my head, but eternal spring is in my heart.
Victor Hugo

If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome.

Anne Bradstreet

In the depths of winter I finally learned there was in me an invincible summer
Albert Camus

One kind word can warm three winter months.
Japanese proverb

DIVORCE: HELPING CHILDREN ADJUST

Children grieve their parent's divorce. Below are some helpful guidelines for parents:

Infants: React to changes in parent's mood & energy levels by crying & losing their appetite. **Strategy:** play soft music, keep routines, give more gentle touch.

Toddlers: Understand a parent moved out, but does not understand why. They cry, cling, bite, withdraw.

Strategy: reassure more, be less hurried, provide routines, allow for more cuddle time.

Elementary: Understand divorce means parents do not live together. They have frequent head & stomach aches, sleep problems, may fear no one will pick them up from school, worry about the future. **Strategy:** answer questions (will we all take vacations together?), encourage them to talk, respect their privacy.

Junior High & High School: Understand divorce but do not accept it. They feel abandoned, disillusioned about relationships, involved in high risk behaviors such as drugs, sex, cutting, drinking, worry a lot. **Strategy:** provide routines, communicate with them, maintain rules (curfew, driving), do not utilize child as a replacement partner (no venting about spouse, no discussing finances, etc...)

Divorce is stressful for all family members. Remember to allow the loss and grief to happen. Seek the help of a counselor for individual or family counseling.

From Amy's Kitchen

Basil, Tomato & Feta Salad

1 pkg cherry tomatoes rinsed and halved
1 pkg fresh basil rinsed and chopped
½ pkg Feta Cheese
Fresh spinach, chopped
1 whole lemon, juiced
Olive oil, sea salt, pepper
Toss ingredients together. Drizzle olive oil, lemon juice, salt, pepper; toss. In fridge about 1-2 hours before eating. Enjoy!

Amy Childers Counseling, LLC...

Working with individuals, couples and families on a variety of issues: depression, anxiety, life adjustment, marriage, parenting, grief, trauma, post traumatic stress, abuse and addiction.

*50 minute sessions

*respecting people in a confidential and empathetic setting

*insurance accepted; cash, check or credit card

*day, evening & weekend appointments

*EMDR trained (Eye Movement Desensitization Reprocessing) for trauma, grief, abuse & combat survivors, depression, anxiety

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