

# Is Your Child a Quitter?

Statistics show that children try many activities and stop being involved in them by the time they are fourteen. This can be disappointing to parents who have paid a lot of money and invested many hours in providing their children athletic and other organized activities. They worry that their children are avoiding responsibility and will not carry through on future endeavors. They are quitters.



Children drop out of sports and other activities for a variety of reasons:

- ◆ They want to try other things. Experiencing many activities can lead to a well-rounded individual.
- ◆ Team sports can cause some children to feel too much pressure. These children would rather involve themselves in individual activities.
- ◆ Some children thrive on competition. Other children would rather take part in cooperative efforts.
- ◆ While children may be sensitive to the amount of time and money their parents have invested, they tire of hearing about their parents' sacrifices.
- ◆ Some children get bored. Once they feel they have taken part in an activity, they may want to move on to learn a new task.
- ◆ Some children play to please others and these children are less likely to stay involved. Children who have a real love of the activity are more likely to stay with it.
- ◆ It isn't fun. If the focus is only on achievement and outcomes, children will not stick with it.

## Experts give some suggestions for parents:

- ◆ Realize that today offers many opportunities for your child. Let him/her have a say in which activities they will experience.
- ◆ Don't compare your athletic abilities with those of your child. "When I was your age, I was captain..."
- ◆ Encourage your child, don't push them. There is a big difference.
- ◆ Do not constantly remind your child how much the activity costs or how much time you give to the effort.
- ◆ Encourage your child to develop a non-team activity. Sports like swimming and golf can last a life time.
- ◆ Parents can't make an athlete or a piano player. A lot of conflict can happen in the parent/child relationship if the child doesn't have an interest.
- ◆ Help your child make it fun! It is the best motivator for continued involvement.

# Skills for Managing Anger

Over the last several years, CARE has offered Skills for Managing Anger classes for youth and their parents. Evaluations from the participants indicate that the classes have been helpful in not only assisting teens in managing their strong emotions but also in helping their parents to understand the mental development of their children. These adults are asked to use positive methods of encouragement to support their children. Parents are also taught how to set boundaries and determine appropriate consequences for inappropriate behavior.



Because of the many requests, over time, CARE will offer a class for younger children 9-12 years of age. Call 586-541-0033 to register or ask for Paddy Laske for more information.

Note: CARE is offering a class for adults who are having difficulty managing their strong emotions. Call Ellen Tucker at 586 541-2273 for more information.

## Project Focus teaches youth the dangers of alcohol and drugs.

One only has to read the newspaper to recognize the impact alcohol and other drug use has on individuals and families.

Breaking the cycle of addiction is imperative to the health of our society. Children and their parents/caregivers who are living in substance using environments, can take a 12-week educational program that explores addiction and offers skills for staying healthy.

Children learn the effects of alcohol on their bodies, ways to ask for help and skills that encourage their ability to feel capable and safe.

Of course, children enjoy many fun activities such as songs, games, and arts and crafts as they learn important lessons.

To register or for more information call 586-541-0033.

## Bits from Barb ♥ ♥ ♥

Barb Browe, Community Services Director

Motivation is truly the key to success. Experts tell us that the sky is the limit when someone understands, is given purpose and feels needed. Over the last year, CARE has entered into a new dimension of fund developing. A committee has formed to brainstorm and raise dollars for our Children's Programs. The excitement and passion that those involved seem to create is amazing. I personally find it extremely encouraging and look forward to planning and dreaming for our future.

We have set several goals for the upcoming year and it would be my hope that many of our readers would join our group and support our efforts. It has been decided to add six members to our committee, but sixty would be great.

Our 3rd Annual Tea Fundraiser is scheduled for May 15, 2005. The capacity of Blossom Heath is 270 people and our goal is a minimum of 200.

Filled baskets will be used for a silent auction. I hope to have these items fill every corner of my office over the next 6 months. Won't you contribute?

Every dollar earned is dedicated to our youth programs. Our children are our future and if we are to ever make a difference...it must begin with our young.

AND...

Schools, churches, business and community groups are being asked to save "Pennies for Prevention." A few cents contributed by each and every person will make a huge difference when we put it all together. I have put my "two cents" in on this issue...won't you put in yours?

## Rewarding with Food

*"Eat your broccoli and you can have a cookie."*  
*"Be good and we will stop for candy."* Does this sound familiar? What are we telling children about eating? *"The broccoli must be pretty bad if mom has to bribe me with a cookie. Eating vegetables is just another chore I have to do. Cookies and candy are wonderful foods that I have to work for."*

Eating disorders and obesity are increasing in our society. We need to stop bribing and rewarding with food. Instead, encourage children with your love and attention.



## News Notes

### Alcohol Poisoning

Binge drinking is common on college campuses, trips to Canada and summer break excursions. Occasionally we hear of the young person who dies from alcohol poisoning. We think it is sad. We may even get angry for the moment. Still, most underage drinkers and their parents believe that statistically, underage drinkers are at low risk of dying. The answer to this is simple. If your child is the ONE that doesn't make it, what the statistics say doesn't matter.

What is not publicized is the countless numbers of youth that have to pay a visit to the hospital because of overdrinking. All of these youth are at risk of paying the ultimately consequence – death. Alcohol is a depressant and overindulgence results in the slowing of the body's functions and can and does for many people, ultimately, result in brain damage or death. When someone becomes unconscious due to excessive alcohol intake, he/she is close to death. Furthermore, those that are left in a semiconscious state to "sleep it off" continue to have the alcohol in the stomach enter the blood stream causing further depression of the body's functions.

#### Signs of Alcohol Poisoning

- ◆ Unconsciousness or semi-consciousness
- ◆ Slow respiration or lapses between respirations
- ◆ Cold, clammy, pale, or bluish skin

These signs indicate a medical emergency and an ambulance must be called. When in doubt – don't wait!

### WANTED!

Parents who want to make a very BIG difference.

CARE offers parent education using the Systematic Training for Effective Parenting (STEP) model and is looking for parent volunteers interested in facilitating the 8-week series.

Training is required. A \$100 stipend is paid to all facilitators that complete an eight-week series for parents.

**Call Teresa at  
586-541-0033 for more  
information.**

### Getting to Know CARE Staff

**Teresa Sandner** is a member of our Prevention staff. She is the Parent Education Specialist and handles the coordinating of STEP classes throughout Macomb County as well as facilitates classes and makes presentations to the community. She was born in Detroit, raised in Roseville, alongside her three sisters and one brother, and graduated from Roseville High School. Teresa loves to read, sleep and go camping with her family. She also enjoys the friendships she has made at CARE throughout the years. Her future goals include: read as many books as she can, do some volunteer work, enjoy her family and retire early with her husband and move up north and live on a lake.

### Silly Putty

- ◆ 1/4 cup glue
- ◆ 1/2 cup liquid starch
- ◆ Food coloring
  
- ◆ Pour glue into container and add food coloring until well blended.
- ◆ Add starch and mix until consistent.
- ◆ If mixture doesn't blend and seems to not stick together, add a little more glue and knead.



## Calendar of Events

Call 586-541-0033 for  
information or registration

**2005 Parenting Series** for parents of young children, school aged children and teens are ongoing at many locations. \*Workshop fee may be waived for active Medicaid recipients.

Check our web site at [www.careofmacomb.com](http://www.careofmacomb.com) for a complete listing of all workshops and specialty workshops including times and locations.

### FASD Support Group

Raising children with FASD  
2nd Monday of every month  
6:00 - 8:30 pm

### Project Focus Dates

Cross Lutheran Church  
Thursday 11/18/04  
Weekly starting 1/13/05

Mt. Calvary Church  
Thursdays  
Dates to be Announced  
Contact Paddy Laske  
586-541-0033 ext. 216

### JANUARY

National Mentoring Month  
[www.mentoring.com](http://www.mentoring.com)

Jan. 18 - March 8  
Non-Custodial Parenting  
Tuesdays - 6:30 - 8:30 pm

Jan. 20 - Feb. 24  
Anger Management for Adolescents & Parents  
Ages 11-14 only  
6:00 - 7:30 pm

Jan. 25 - Mar. 15  
Time For a Better Marriage  
Tuesdays  
7:00 - 9:00 pm

### January 28, 2005

Keeping Kids off the Predatory Path: Navigating the Lure of Sex, Drugs & Alcohol. The conference will provide cutting edge information about the problems and viable solutions for preventing youth alcohol and drug use. Held from 8:30am - 2:30pm at the Ford Conference & Event Center in Dearborn. For more information, call PREVCO at 586-296-9890

### FEBRUARY

Feb. 3 - March 17  
Children in the Middle/  
Divorce Education for Parents w/children ages 9-16  
Parent and Child Components are held separately on Thursdays  
7:00 - 8:30 pm

### *Stepping Stones Will Take on a NEW LOOK!*

Beginning March 2005, Stepping Stones will be printed quarterly and include a complete listing of quarterly workshops and educational programs. We hope you like it!

# A Great Big Thanks!

We ask that you please support the following  
businesses that have donated to CARE:

### *Benedetto's*

15505 15 Mile Road  
Clinton Twp., 48035  
586-790-1010

### *Sterling Photography*

2335 Oakcrest Road  
Sterling Heights, 48310  
586-795-5001

## A Special Thanks to those who purchased Glass Blocks:

Natalie Barner, Barb & Phil Browe, Blue Cross Blue Shield of Michigan, CARE's Prevention Staff, Janet Clay, Clinton Counseling Center, CVS Pharmacy, Anne & Bob Dallaire, Tom & Sandy Denewith, Nancy Donahue, Joe Fedorczyk, Greyhound Technologies, Paula Kiesgen, Helen Klingert, Carrie & Dave Kulusa, Laura & David Ladd, Richard & Mary Lange, Paddy Laske & Jim Klein, Vicki LaVerdiere-Nixon, Macomb County Health Department, Macomb County Tobacco Prevention, Sheri Morgan, Mt. Clemens General Hospital, Maryanne Mounts, John & Cherie Plevak, Kathy Rager, Sharon & Larry Ranke, Jeanne & Dan Rioux & Bill & Rose Cook, Ron's Carpet & Design, Teresa Sandner, Elnora Silette, Toni Silette, Sherry Stepulla, Judy Southerland, Brenda & Ron Szalka, Nancy & John Temelko, Lisa Weingarden, Mr. & Mrs. Robert Wirsing

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Fraser, MI 48026



CARE (Community Assessment Referral and Education) is dedicated to the prevention of alcohol, tobacco and other drug use disorders. Federal and State funding has been provided through Macomb County Mental Health/Office of Substance Abuse to support project costs.

Recipients of substance use services have rights protected by state and federal law and promulgated rules. For information, contact CARE Recipient Rights Advisor, 31900 Utica Road, MI 48026, (586) 541-0033 or State Recipient Rights Coordinator, P.O. Box 30664, Lansing, Michigan 48909.

CARE's Web Site:  
[www.careofmacomb.com](http://www.careofmacomb.com)



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