

I've seen some quotes lately that I'd like to share. I do not know who said them but believe they are words of wisdom. I'd like to start with a scenario and give the quote that speaks to it.

I work with a lot of parents with their kids. Common complaints among parents are the fights to get kids to do their chores, homework or generally anything that isn't considered fun. I wonder how these kids came to believe that effort, hard work and contributing were not expectations within the family. I hope to teach them it can be and a child is better for it.

"All growth depends on activity. There is no development physical or intellectual without effort and effort means work."

"We all need to tolerate frustration, persevere at a task, and anticipate accomplishments."

And yet, faced with the uncomfortable, the fear and the unpleasant we are apt to delay and put it off. We all need to develop self-soothing techniques in times of stress while at the same time working to address those underdeveloped parts of ourselves.

"Holding feelings in prevents us from knowing them. When they do come out it's often in a torrent of emotion."

"Fight fear with action. To increase fear-wait, put off and postpone."

In my work I hope to help children and their families take on the challenges of parenting while giving parents and their kids support, encouragement and skills to cope with difficulties and gain new understanding of why things are happening and how to change it for the better.

I use developmental approach, cognitive behavior and transactional analysis to demonstrate the purpose behind the child's behavior, the needs being present and how parents can respond in a way that meets those subconscious needs of their children. I can also help the kids learn to pay attention to how they talk to themselves, listen for messages and beliefs that may or may not work for them.

Lastly, the sooner a parent brings a child in for help the better off they will all be. As time goes on, mental health issues do not tend to go away by themselves. They may go underground but there are lessons not learned and coping skills not yet learned that can bring about more damage as the kids get older. Remember, a 13 year-old and an 18 month-old have a lot in common. Come in and learn how.