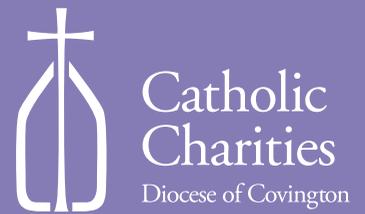


Family Values

Great Ideas For Modern Parents | Winter/Spring 2017



Keeping school motivation up in the New Year

Months of this school year have passed and the monotony of the school day, too much homework, and apathy may have hit your home. It's cold and dark outside so it's necessary to create a warm and light environment inside to keep grades and motivation up!

Start by getting back to the habits you tried to create at the beginning of the school year. Designate a daily study time and be available for support. Find a place in the home where your child can work comfortably with little distraction.

It is helpful to know what your child's current grades are and what they are working on. Talk about ways to maintain good grades, and if your child has a poor grade help your child to develop a plan to improve that grade. Use encouragement to help your child believe that they can succeed, and reward the efforts and not only the success. Instilling determination and optimism are skills they will use for a lifetime.

It may have been a while since you have conferenced with your child's teacher so now may be a good time to reconnect. Ensure that you are getting the real picture of your child's school day and are aware of the strengths and weaknesses that can help guide your child to success.

You can't help keep your child motivated if you don't know what is going on. Make sure that you stay connected and involved in your child's daily life. Be creative in asking questions to understand more about their feelings, successes, and challenges at school. Try to find questions that give answers you can use to encourage perseverance, resilience, and instill confidence in your child. If you only ask "how was your day", you are likely to get a one word answer. Instead try some of these

- When did you feel most proud of yourself today?
- What rule was the hardest to follow today?
- What would you rate your day on a scale of 1 to 10? Why?
- Did anyone push your buttons today?
- What did you eat for lunch?
- What challenged you today?
- What was your best moment today at school?

This time of year can be hard on all so try to continue and set a positive and hardworking example for your child. Do your best to focus on the present and maintain what's good or make a fresh a start. Spring will come and your child will feel confident and proud of the endurance they have shown.

Source, Child Development Institute <https://childdevelopmentinfo.com/>

Extend a hand. Change a life.



Charity

Community
healing

HOPE

Education

compassion

Group Education and Support

To register for any program contact Client Care at 859.581.8974 Monday–Friday 9am–5pm.

Family Wellness Classes

A lively, interactive curriculum that teaches parents the skills they need to raise their children successfully and builds on existing strengths. Each session teaches skills that can be used right away. This program is offered through Stronger Together, a partnership of the Northern Kentucky Community Action Commission and the Women's Crisis Center. No charge.

Parenting classes are ongoing starting every four weeks. Contact Client Care for the next available class.

NeighborWorks

Realizing the American Dream

Homebuyer Education Class

One Day Class from 9am to 5pm Can Help!

Saturday, February 4

Saturday, March 4

Saturday, April 1

Learn how to buy a home! Certified housing counselors will walk you through the process, answer questions, and give you the information you need to realize the dream of homeownership. Registration required, but class is free! Class meets from 9am to 5pm. Lunch is provided.

Human Trafficking—Victim Advocacy

Free Training Sessions are available for ANYONE who is interested in learning more about local human trafficking, equipping professionals, community members, and students to identify and respond to human trafficking in their neighborhoods.

Concerned about potential victims? Want to schedule a training? Contact Lisa Ramstetter at Catholic Charities, 859.581.8974 or Lramstetter@archlou.org.

FREE SUPPORT GROUPS

Parents of Addicted Loved Ones (PAL)

PAL meets every Wednesday from 6:30-8:00pm at Catholic Charities, 3629 Church Street, Latonia, KY 41015. It provides education and support, at no charge, for parents. Contact Laura Jackson at 859.581.8974 or visit www.covingtoncharities.org.

Families of Incarcerated

Is someone you love separated from you and your family because he or she is incarcerated? You are welcome to attend our support group to listen and share stories, and to express needs. Resource people will be available to consult as the need arises. The group meets on the third Tuesday of the month at 7:00 p.m. at Catholic Charities. The group is free; no registration needed. For more information about our jail ministry program contact Maria Meyer at mmeyer@covingtoncharities.org or 859.581.8974.

Individual, Marriage and Family Counseling

Counseling addresses emotional and relationship issues which impair personal and social functioning, and includes work with individuals, couples and families. Catholic Charities accepts many different insurance companies. Call Client Care.

Parenting Talks and Workshops

A parenting educator is available to speak to your school or community group on a variety of topics. Call Anna Phillips at 859.581.8974.

Foreclosure/Mortgage Delinquency Counseling

Catholic Charities offers foreclosure counseling and mortgage delinquency counseling at no charge. Call for an appointment.



**Catholic
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Diocese of Covington

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www.covingtoncharities.org

