

Parents Who Need Parents (PWNP)

~An Adoptive, Foster and Kinship family support group~



The pain is real, scary and loud. It's almost impossible to see the sun behind the clouds. Don't lose hope; every day is a new day. We have each other and together, we'll find a way.

Parent Perspective



PWNP is a family focused support group and resource provider designed and committed to educate and support families, professionals and our community dealing with children with RAD or any other difficult diagnosis.

PWNP meets twice a month. Families share a meal and then the kiddos go do a craft/activity with our activity director while the adults have a chance to share their experiences, stories and resources. (There is also Kinder-care for the young ones_

Meetings are held at the Milliken Presbyterian church located at 201 S, Olive Ave, Milliken, CO from 5pm to 7pm.

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Upcoming Meeting Dates

*DUE TO COVID-19, Our regular meetings at the Milliken Presbyterian church have been cancelled. We are currently looking for a new venue.

If you see me talking to myself this week, mind your business. I'm having a parent-teacher conference.

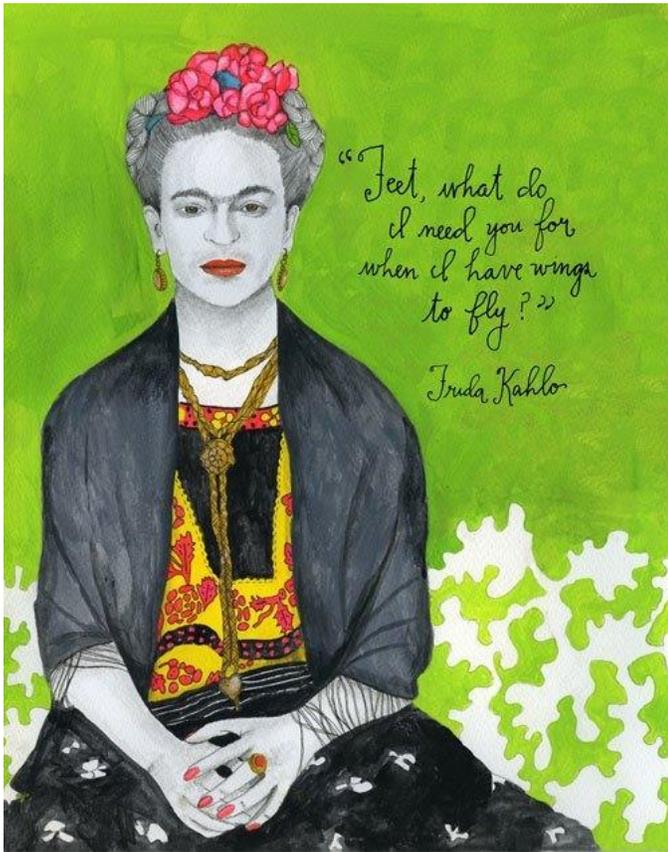
Covid-19, the Presidential Election and HOMESCHOOLING???!!!!

Daily life with children with special needs is tough enough and when you throw on homeschooling, it feels like WAY too much! Well, it is. I have been homeschooling my youngest 3 days a week since school began this fall (she is in person 2 days a week). We are super blessed she attends a great school for the communication and accommodations for her IEP have been great, however, the stress has not. My kiddo NEEDS micromanaging and that has been very difficult. I tend to make out a "daily lesson plan" along with a whiteboard of chores, tasks and other notes. (Such as picking out her clothes for the next day or making her bed) I homeschool her in Language Arts, Social Studies, P.E. and Art. Thank God my husband teaches her

Math and my oldest teaches her Science. The hardest thing I find is that there really isn't consistent work for her. There are days when she has multiple assignments and other days, I have to pull worksheets off of Pinterest. We are VERY fortunate that she has a hunger for learning so she does the worksheets without question. However, there is no doubt that I simply cannot teach the hours or at a level that she needs and deserves. I know we share this frustration with MANY other parents/guardians. My biggest suggestions are:

- Try to be as consistent as you can.
- Have them wake up the same time every school morning, whether it is homeschool or in-person learning.
- Somehow, try to make a subject fun (One that you like!) I super enjoy Art History and Art itself so I reached out to the teacher asking if I could do a particular art assignment, even her older sister "joined in" that assignment.
- IF YOU CAN, try to watch their computer usage. (These kiddos love to Google!)
- Stay strong and take deep breathes!
- **CALL FOR BACK-UP! You are not alone!**

~ Kami Chase



Why be grateful?

The word gratitude is derived from the Latin word *gratia*, which means grace, graciousness, or gratefulness (depending on the context). In some ways gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power.

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. Two psychologists, Dr. Robert A. Emmons of the

University of California, Davis, and Dr. Michael E. McCullough of the University of Miami, have done much of the research on gratitude. In one study, they asked all participants to write a few sentences each week, focusing on particular topics.

One group wrote about things they were grateful for that had occurred during the week. A second group wrote about daily irritations or things that had displeased them, and the third wrote about events that had affected them (with no emphasis on them being positive or negative). After 10 weeks, those who wrote about gratitude were more optimistic and felt better about their lives. Surprisingly, they also exercised more and had fewer visits to physicians than those who focused on sources of aggravation.

Other studies have looked at how gratitude can improve relationships. For example, a study of couples found that individuals who took time to express gratitude for their partner not only felt more positive toward the other person but also felt more comfortable expressing concerns about their relationship.

Gratitude is a way for people to appreciate what they have instead of always reaching for something new in the hopes it will make them happier, or thinking they can't feel satisfied until every physical and material need is met. Gratitude helps people refocus on what they have instead of what they lack. And, although it may feel contrived at first, this mental state grows stronger with use and practice.

Some ways to cultivate gratitude:

- *Write a Thank-you note*
- *Thank someone mentally*
- *Keep a gratitude journal*
- *Count your blessings*
- *Pray*
- *Meditate*

~Harvard Health Publishing

Easy Christmas craft ideas!



Funny Times!

HOW TO GET YOUR KIDS TO GO TO BED



PWNP (Mailing Address Only)
Attn: Kami Chase
117 W. Hawthorne
Milliken, CO 80543



Parents Who Need Parents Key Stakeholders

Kami Chase	President
Bill Greene	Vice-President
Rob Chase	Treasurer
John Benjamin	Member At Large
Debbie Greene	Member At Large
Samantha Wild	Child Care, Secretary & Craft Director

Website: ParentsWhoNeedParents.com

Email: PWNPRAD@gmail.com

Facebook: [ParentsWhoNeedParents](https://www.facebook.com/ParentsWhoNeedParents)

(970) 587-2588 to leave a message

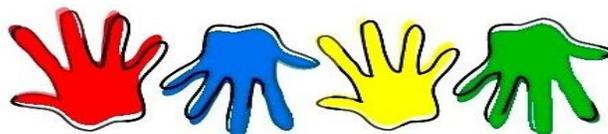
OR

(269) 317-3040 for a quick call back



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it takes a village to raise a child