



Children's Service Society

Safe Children · Caring Families
Strong Communities · Since 1884

Children's Service Society

SUPPORT SERVICES

.....

January 2014

From the Desk of Jacci Graham

Happy New Year! Lots of exciting things are happening at Children's Service Society. We moved our offices to 655 East 4500 South, Suite 200, SLC Utah 84107 in December 2013. We were established in 1884, and during our 130 years we have only moved four times so this is really exciting for us! We had outgrown our previous location and now have many more programs and services. Our support groups are now held at our own location which is convenient for staff, and we believe will be convenient for our clients. Please come by to see our new offices. We are thrilled there is lots of parking!!!

The last several months Grandfamilies has been working with the Division of Child and Family Services and the Initiative of Utah Children in Out of Home Care, seeking funding to expand Grandfamilies to Cache and Weber Counties. We have met with many legislators and they are very surprised that there are 83,000 children in Utah being raised by relatives. They are so impressed with the goodness of kinship care givers and have been very supportive. It looks very positive that we will receive funding.

In November we launched a new state-wide website for Grandfamilies. Hopefully, people can access the web and get the help they need if there is not a Grandfamilies Program in their area. Please visit the website at grandfamiliesutah.org and give us some feedback.

We wish you a wonderful new year and hope you feel that you can always contact us at 801-326-4409 if you need help.

Respectfully,

Jacqueline R. Graham, LCSW

INSIDE THIS ISSUE

Bonding.....	2
Grandparents	3
Post-holiday	4
Resources.....	5

SUPPORT SERVICES

Jacci Graham, LCSW
Co-Executive Director

Anna-Lee Hernandez
Grandfamilies Coordinator

Cathy Endicott
Home Visitation Coordinator

Jenny Williams
Mental Health Coordinator

Tami Hansen
Volunteer Coordinator

Becky Davis
Social Service Assistant

Nanette Evans
Contract Compliance

Bonding Reduces Risk of Drinking

Source: Parentsempowered.org



Research has shown that children who have a close relationship with their parents are less likely to use alcohol.

Parents have a greater influence on their children's behavior when they are actively involved in their children's lives and are able to form a strong bond with them.

Children who have a close relationship with their parents are less likely to use alcohol and illicit drugs.

Parent Tip



To increase family bonding: Think of your child's feelings as an emotional bank account. Each positive thing you say is like a deposit. Each negative comment is a withdrawal. To keep from bankrupting your child's emotional account and damaging the relationship, you need to deposit more positives than negatives.

Connecting with your Children

Create a positive, loving home environment

- Be kind and respectful of each other.
- Do fun activities together on a regular basis.
- Eat dinner together

Have daily positive interaction

- Take time daily to talk with your children about their interests.
- Stay involved with their education.
- Notice and compliment the good in your child.

Notice your child's emotional well-being

- Encourage your children to cultivate a positive attitude.
- Watch for signs of excess stress or depression.
- Take time to listen with empathy to your kids' concerns.



Ten Tips for Communicating with your Grandchildren

Source: *The Partnership at Drugfree.org*

- Take a walk or go for a drive with your grandchild.
- When there's not much eye contact, they won't feel like they are under a microscope.
- Listen to your grandchild without judgment.
- Have conversations on a variety of topics – friends, hobbies, school, activities.
- Strive for direct and honest communication
- Listen to your grandchild's concerns. They will feel more comfortable opening up to you when they need your advice.
- Take an active interest in the details of your grandchild's life.
- Take time to learn about your grandchild's hobbies and share your skills as well.
- Give praise and positive feedback.
- Offer encouragement for achievements both large and small.
- Let your grandchildren know that you are always there for them.

The Power of Grandparents

Although parents are recognized as the primary and most important influence on children, grandparents share a close and special bond with their grandkids. The unique relationship between grandparents and grandkids is not only ideal for discussing serious topics, but it can also help deter the use of drugs and alcohol.

I think it's a really essential part of children's upbringing to have other significant adults such as grandparents that they know they can be open and themselves with. It gives them room to be real, to have the space to really express themselves and to develop free from judgment or fear of punishment.

Dr. Jane Greer
Marriage & Family Therapist

Kids and the Post-holiday let down

Tami Hansen

Source: welcomebabysl.wordpress.com

For children, the holidays are the most exciting and wonderful time of the year. That's not surprising when you consider all the awesome things that are part of the holiday. It's easy to see why kids, and for that matter, adults, can experience some major post-holiday letdown once the festivities are all over.



TIPS FOR PREVENTING POST-HOLIDAY LET DOWN:

- **Schedule some quiet activities during get-together's.** Setting aside some quiet time can not only help prevent holiday stress in kids, but it can help ease the transition to the more quiet time that will come after the holiday hubbub dies down.
- **Limit the treats.** Instead of going full-speed ahead to an abrupt stop and suddenly declaring that treats are off-limits once the holidays are over, exercise moderation when it comes to how much sugar and rich foods you and your children eat
- **Take the emphasis off material things.** Share a few wanted gifts under the tree and still balance it out with charitable works and spirituality.
- **Set a post-holiday tradition.** Try setting up some fun post-holiday traditions, such as making each family member's favorite dinner for each night of the week after the holidays or going ice skating the first weekend after the holidays.
- **Make some new decorations.** One great way to make the celebratory feeling last longer into the new year is by coming up with some wonderful winter decorations, whether it's a snowman garland, paper snowflakes, or other winter crafts for kids.
- **Spend some family time together.** Grab some board games, go for a walk, or make some treats together and settle in for a favorite family-friendly movie.
- **Ease the transition back to school.** To make the switch back to early morning routines and books and rules easier, try to keep kids to consistent bedtimes and good sleep habits, especially a few days before the first day back to school.

Children's Service Society

Working to promote safe children, caring families, and strong communities!

- Adoption
- Grandfamilies Kinship Care
- Home Visitation
- Care About Childcare

Resources

<http://welcomebabysl.wordpress.com>
<http://www.parentsempowered.org>
<http://www.samhsa.gov>
<http://theparenttoolkit.org>
<http://www.communitiesthatcare.net>

**655 East 4500 South
Suite 200
Salt Lake City, UT 84107**

Administration
801-326-4363

Care About Childcare
801-326-4400

Support Services
801-326-4409



**Children's
Service Society**

Safe Children · Caring Families
Strong Communities · Since 1884

CHILDREN'S SERVICE SOCIETY IS SUPPORTED BY:

Ally Bank
American Express
Bamberger Foundation
Castle Foundation
The Church of Jesus Christ of Latter-day Saints Foundation
Daniels Fund
eBay Give
Edwards Lifesciences Fund
Frances W. Burton Foundation
George & Dolores Doré Eccles Foundation
Henry W. and Leslie M. Eskuche Foundation
Herbert I. and Elsa B. Michael Foundation
In-N-Out Burger Foundation
Intermountain Healthcare Community Care Foundation
Intermountain Healthcare Community Partner Fund
John & Dora Lang Foundation
Kennecott Utah Copper Charitable Foundation
Lawrence T. Dee & Janet T. Dee Foundation
Marriner S. Eccles Foundation
R. Harold Burton Foundation
Ruth Eleanor & John Ernest Bamberger Foundation
Salt Lake County Substance Abuse Prevention Services
Sorenson Legacy Foundation
Sterling & Shelli Gardner Foundation
United Way of Salt Lake
UPS Foundation
Utah Division of Child & Family Services
Utah Health Department, Office of Home Visiting
Utah Masonic Foundation