



Ten Statements to Make to Children When They are Trying...

1. I think about you when we're apart, and I smile when I think about how hard you're trying.
2. It makes a difference when you keep putting in effort.
3. You can change your mind.
4. You can learn from your mistakes.
5. You can ask for help.
6. You are learning.
7. You are growing.
8. Growing is hard work.
9. I see you working and learning every day.
10. What can I do to help you?



In this quarter's edition we are focusing on perseverance and what motivates us to continue pressing on when times get tough.

For those of us in Wisconsin, all we need to do to understand perseverance is look out the window! We endured a difficult winter, endless spring, and a summer that did not come upon us without an abundance of rain showers! In fact, we wondered if summer would come at all. For those of us who stuck around, we noticed how the weather tells the story of life. In one sense predictable, and in another perplexing. Life, like the weather, is vulnerable to our influence, and yet, completely out of our control at the same time.

For many of the caregivers who attend the Grandparents and Other Relatives as Parents group, better known as, GORP, they too are teaching each other and us facilitators what it means to stay motivated, and press on in the face of perplexing and unpredictable life circumstances.

In honor of the GORP members, and their perseverance, as well as, sunny skies ahead, this edition is devoted to:

- Ideas for parenting children so they learn to keep trying
- Opportunity for self-care, through upcoming caregiver conference in Wisconsin Dells
- Inspiration to "stay in the game," through the poem, "Wild Things"

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How to Parent Children So They Keep Trying . . .

Life is full of twists and turns. Preparing children for this reality is one goal of parenting. Every day is packed with opportunities for children to confront challenges big and small. That amounts to a lot of opportunities for caregivers to practice

parenting them through these challenges in ways that will pay off in the long run and help children and youth learn how and why to choose perseverance.

The ideas below will help caregivers encourage children to keep trying and not give up!

“Perseverance is stubbornness with a purpose.”

- Josh Shipp

- 1. Put the pom-poms away.** In an effort to increase self-confidence in our children, we can short circuit the process when we rely on statements like, “Great job!” or “You’re so smart!” as a part of our ‘go-to’ cheerleader moves. Instead try praising them for the effort, “You must have worked really hard at that!”
- 2. Set them up for success.** When children are learning new skills, it helps if the steps to achievement are broken down into small, realistic goals. For example, when a child is learning to jump rope: “first watch mom, then jump in slow motion, now add the rope.”
- 3. Build in opportunities to “loose” in low-stakes scenarios.** Use competitive experiences to help children adjust to win/lose experiences and help them learn how to manage the thoughts and feelings that come up. Focus on the effort first and foremost.

Opportunity is Knocking!

If you are a relative caregiver to children, and you're interested in connecting with others in a similar parenting position, this new, and exciting opportunity might be for **you, AND it's at no cost:**

What: "Families Like Mine" is a statewide conference for relative caregivers who are caring for children both through child welfare and informally. The all-day conference hosted by the Department of Children and Families and the Coalition for Children, Youth, and Families will feature keynote speakers and workshop presentations, as well as a resource room. Attendees will have the opportunity to connect with other relative caregivers and collect resources for ongoing support.

Please see below to sign up for a day of inspiration and connection!

When: Saturday, September 14th, 2019 from 9 a.m.-4 p.m. (registration begins at 8:00 a.m., includes continental breakfast)

Where:

Kalahari Resort
1305 Kalahari Dr
Wisconsin Dells, WI 53965

How: Call 414.475.1246 to register OR visit this website:

<https://www.eventbrite.com/e/families-like-mine-wisconsin-relative-caregivers-for-children-conference-registration-62853671022>



The Peace of Wild Things

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may
be,
I go and lie down where the wood drake rests in his
beauty on the water, and the great heron feeds.
I come into the peace of **wild things** who do not
tax their lives with forethought of grief.
I come into the presence of still water. And I feel
above me the day-blind stars waiting with their
light.
For a time I rest in the grace of the world, and am
free.



- Wendell Berry

SPEAKER'S CORNER

January
Group Support

February
Jane De Broux,
Caregiver Program
Coordinator
Area Agency on
Aging of
Dane County

March
Legal Panel

April
Group Support

May
Group Support

June
Group Support

July
Jamie Schrandt
Outreach
Representative
Rogers Behavioral Health

August
Nicole Solheim
Union Corners

September
Group Support

October
Group Support

November
Caregiver
Appreciation Month

December
Group Support



THE RAINBOW PROJECT, INC.

CHILD & FAMILY COUNSELING & RESOURCE CLINIC

The Rainbow Project Vision

A safe, healthy and nurturing world for children and families

Mission

The Rainbow Project provides restorative healing and hope for young children, and their families who have experienced trauma, building a foundation for the mastery of life sustaining skills.

Values

Respect Philosophy of interactions with others. . .internally, consumers, other professionals and the community

Growth Desire to inspire, support, and foster others. . . consumer, families, colleagues, team members and the community

Compassion Recognition, empathy and support for individual differences. . .including, but not limited to life experiences, culture, background and abilities

Collaboration Interactive roles as part of a larger whole

Excellence Commitment to quality, integrity, leadership, professionalism and thoughtfulness

RESOURCES

Want to join the group or learn more about community resources and referrals? Contact below!

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