

MCFR

Minnesota Council on Family Relations

Family Forum

WINTER 2011

Family Forum
is the
newsletter of
the
Minnesota
Council on
Family
Relations, a
state affiliate
of the
National
Family
Council on
Relations



The Minnesota Council on Family Relations strengthens all families by educating and supporting family professionals and promoting connections among those involved in research, policy and practice.

New Material! New Book! New Setting!

by Heather Cline, Spring Conference Committee Chair



The Minnesota Council on Family Relations is excited to offer you an afternoon with Dr. David Walsh on the topic of "Parenting with the Brain in mind: Using Brain Science to Help Kids Grow Smarter, Healthier and Happier." According to Dr. Walsh, this new information "...brings science to the art of parenting enabling us all to do a better job raising healthy, smart and happy kids." Dr. Walsh has written a new book on this topic, *Nurturing Your Child's Intelligence: The One Brain Book You Need to Help Kids Grow Smarter, Healthier and Happier*, which is expected to be released in June. Join us in May to get a jump-start on the frenzy that will surely ensue when parents and professionals worldwide begin reading and discussing this timely material. Dr. Walsh suggests that attending the workshop, "will allow the book to come alive by providing plenty of time for discussion, questions, interaction and application." At this conference, you can expect to learn about and explore new information you have not heard Dr. Walsh speak on in the past. "I've tried to cover a lot more of the waterfront by exploring a wide range of new topics." Dr. Walsh's genuine passion for, and dedication to, supporting families and family professionals is clear in his final statement, "I am excited to share the latest brain science discoveries with MCFR professionals so that together we can spread the word to parents. Some of the discoveries confirm what we've known, others are startling and still others can lead to important changes."

We, at MCFR, hope you will join us for a wonderful May afternoon with Dr. David Walsh at the beautiful Como Park's Rainforest Auditorium. If you are interested in attending or learning more about the conference, please contact the Minnesota Council on Family Relations at www.mcfr.net

Wednesday, May 11, 1- 4 pm

Parenting with the Brain in Mind
Using Brain Science to Help Kids Grow Smarter, Healthier and Happier

Como Park Visitor Center, Rainforest Auditorium, St Paul, MN

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From the President *Leanne Sponsel*

Hello Colleagues,

It is exciting to be part of the group of professionals who provide services and support to families. I am honored to call you “colleagues” and hope that you feel equally as good about being (or becoming) an MCFR Member. As your new president, I led our **Board of Directors Annual Retreat** as we made progress in our strategic planning - how the board will focus on long term plans (especially conferences) and ideas for member involvement. Two highlights:

- Board meetings will focus more on the “big picture” and use technology to manage the operations aspect of our organization.
- We will consistently look for ways to welcome MCFR members into action beyond board membership. Ideas included working on conferences, writing for the Forum, joining a task force, etc.

The theme for our board retreat was: **“With an open mind, anything is possible.”** This theme was actually inspired by last year’s accomplishments as we made a new “possible” by working closely with NCFR on the national annual conference. We learned more about our own national council and the other affiliates around the country – what a great opportunity it was! This year I, as an MCFR Representative, expect to do more on that “possibility” by enriching our collaboration with other affiliate councils.

Other plans for 2011 that will utilize our open minds include ...

- Assessing the use and distribution of our outstanding resource: *“Ethical Thinking and Practice for Parent and Family Life Educators.”* We are getting requests for this workshop from the Twin Cities area and outstate MN (St. Cloud, St. Peter, etc.) and from a variety of organizations.
- Boosting our marketing efforts for membership and conference attendance.
- Continuing the development of our already impressive web site. (Thank you San.)
- And always and foremost, promote work that supports our mission: to “strengthen all families by educating and supporting family professionals and promoting connections among those involved in research, policy and practice.

Open Your Mind by ...

- Attending our Spring Conference on May 11, 2011 at the Como Park Visitors Center;
- Plan the Fall Conference (December 2, 2011) with us (there are a variety of tasks to do);
- Contacting a Board member to hear about his/her experiences with MCFR and what you might like to do;
- Attend the NCFR National Conference in November – in Orlando Florida;
- Reading the Forum and Connecting with our website
- And, well, coming up with your own idea (and telling us about it).

Looking forward to the year ahead! Leanne



Stay in touch at
www.mcfr.net

2010 Election Results

by Beth Yokom, MCFR Nominations Committee Chair, Past President

Good News! San Ha has agreed to accept the President-Elect position on the MCFR Board. The Winter 2010 issue of Family Forum reported that the President-Elect Board position was vacant, and that the Executive Committee would select a candidate to fill the vacancy as allowed by the MCFR Constitution. The Executive Committee selected San for the position.

San served as a Board Member-at-Large in 2010. He quickly jumped in with both feet to become our Webmaster, an invaluable service to MCFR. He is an enthusiastic Board member and will provide outstanding leadership as President of MCFR in 2012. To get to know San better, read his bio description:

I currently work as a parent educator in the Minneapolis Public Schools' Early Childhood Family Education program. I received my B. A. in Philosophy and Psychology and M. Ed. in Family Education from the University of Minnesota.

I am ethnically South Korean but was born and raised in Kyoto, Japan. I met and married my Minnesotan wife in Kyoto, but we decided to move to the States with our daughter who was then 6 months old. She is 17 years old now and going to college next year. We also have a son who was born in Minnesota. He is 11 years old and going to middle school next year. I enjoy reading, writing, walking, watching movies, listening to music, singing songs, eating healthy food, and meditating.

I began my volunteer work in the late 1980s in Japan through Amnesty International to advocate human rights and justice for all people, including Nelson Mandela and Aung San Suu Kyi, while working as an account manager in a kimono business. Although I took over my father's small business after he passed away, I handed it over to my younger brother because I wanted to be a philosopher.

After moving to the States, my wife wanted work full-time outside the home. So, I decided to help my wife by working as a full-time househusband and stay-at-home dad, while studying philosophy and psychology. I also worked as a volunteer teacher at Jane Addams School for Democracy in St. Paul to support and educate immigrant families. In addition, I worked as the volunteer principal of a small non-profit Japanese K-12 school in Minneapolis. In fact, these experiences were the main factors that motivated me to become a parent and family educator and make a difference in the lives of families.

I strongly believe that we can build a better world through supporting and educating families. Therefore, I think it is imperative to support and educate all family professionals as well to strengthen all families who constitute our community, society, and the world.

Welcome New MCFR Board Members!

Michael Joseph Bender, Member-at-Large

"I grew up in Arden Hills Minnesota and now I am employed by the school district of my youth. I hold a teaching license in "K" – 8th grade though I am not licensed in Minnesota. My teaching experience in fourth and sixth grades took place in Colombia!

Now I am back in Minnesota with my wife, Carmen, and our 10 month old son, Matias, and I work as a paraprofessional with Mounds View ISD 621 ECFE program. I have never served on a formal Board of Directors and I am truly excited about learning through serving. This experience intrigues me and I am excited about becoming an active member."

Raelene Ostberg, Member-at-Large

I have been a presenter and parent educator for 9 years with Early Childhood Family Education. The last 2 1/2 years, I have also worked with the Rochester Area Foundation's First Steps Initiative to build business and early childhood education partnerships. I obtained my BA in Theater and M.Ed. in Family Education from the University of Minnesota. I currently enjoy teaching classes with PAIR in Rochester and traveling around Minnesota to present for parents and child-care providers on those topics that are critical to caring for young children. As an MCFR Board Member, I would like to continue to build partnerships and strengthen collaborations on behalf of all families. We can do so much more together than alone.

Holly Weisert, Member-at-Large

"I'm originally from Iowa; graduated from the University of Northern Iowa with a BA in Family Services in 2003. I moved to Minnesota that June and worked in a child care center until my position with Child Care Resource & Referral. I coordinate Washington County's Child Care Resource & Referral. The last 2 1/2 years, I have been working with the Army Guard & Reserves with their pre-deployment & post-deployment family events."

2010 MCFR Awards

Leanne Sponsel, 2010 Awards Committee Chair and President

The recipient of the Ruth Hathaway Jewson Distinguished Service to Families Award for 2010 was Janice Hayne of Dads Make a Difference.

As a youth development and family life education professional, Jan Hayne has worked with great commitment and passion for the Dads Make a Difference DMAD organization. She successfully transitioned DMAD from a University of Minnesota Extension Program to a freestanding nonprofit Youth Development/Sexuality Education organization, and has kept this organization afloat during lean times. “Her” organization (though she would modestly argue that others had key roles in DMAD’s success) champions the inclusion and importance of fathers and young men in pregnancy prevention and relationship / sexuality education. Working with both young men and women, this group has affected the lives of many. The peer education program has trained over 2,934 high school-age youth who in turn have educated approximately 69,000 middle school-age youth in the state of Minnesota since the program began in 1993. Jan Hayne’s leadership of DMAD includes recruiting and connecting trainers with schools and community agencies across the state of Minnesota to build a better future for our young people and families.

The Friend of the Family Award for 2010 went to the Down Syndrome Association of Minnesota, Kathleen Forney, Executive Director.

The Down Syndrome Association of Minnesota (DSAM) was formed by a small group of families in 1984 as the Twin Cities Down Syndrome Association. They met in response to the lack of centralized and current information about Down syndrome and to compare notes about parenting children with Down syndrome. The group published its first newsletter in 1985, was incorporated as a 501c3 in 1987 and held monthly support groups, quarterly education meetings and annual social events. It operated out of members’ homes for 11 years before office space was established and a part-time staff person hired in 1995. Currently the organization sponsors two dozen support groups throughout the region, houses a centralized resource center, and provides conferences and speakers. Collaboration with the medical community, social events for people with Down Syndrome, and fundraising events are now a part of this group’s mission. To a group recognized for their work to “open hearts, change minds and remind us all that we are more alike than different,” MCFR is pleased to present this award.

2010 included the creation of a one-time recognition: the Special Honor Award for Years of Exemplary Service to Parents and Children which was presented to the Parent Warmline.

This important and popular resource connected parents with questions and professionals who volunteered their time to provide answers. This non-crisis help line (hence the name Warmline vs. Hotline) has responded to thousands of requests from parents concerned about their children and has presented quality information and sincere support to many families. As families and communities change, the Parent Warmline provided a consistent place for parents asking “Is this normal?” “How do I . . . ?” and “Do you have ideas for handling ...?” Many volunteers played a role in the success and duration of this service yet three people stand out as strong, enduring leaders: Barbara Lucey who began the program and Mary Maher and Marty Rossmann who coordinated the project for years. Thanks to you all.

Committee Reports

Treasurer's Corner

Heather Cline, MCFR Treasurer

As you know, MCFR ran business a little differently in 2010. Rather than host two large conferences, we provided local workshops on ethical thinking and practice and we partnered with NCFR to provide an MCFR day at the annual NCFR conference in November. These activities reaped significant benefits such as connecting with new audiences in greater Minnesota, stimulating rich dialogue around ethical thinking and practice, and strengthening our relationship with NCFR. However, veering from our larger conferences this past year has helped us recognize how important those events are to our financial stability. We lost about \$5,000 last year that we are looking to regain in 2011 with two strong conferences. The first of these conferences is planned for May 11th, so save that date. We are ecstatic to offer a half-day workshop highlighting Dr. David Walsh's newest work on Parenting with the Brain in Mind. Further information will be coming soon. Thank you for adapting with MCFR as we try out new ways of better serving you. We hope that you benefitted from last year's services, and that you will join us in a new year filled with new possibilities for personal and professional growth.



Communications Committee Report

Peg Lindlof, Communications Committee Chair

Communicating about MCFR news and events is now easier than ever. Besides serving as our volunteer Web Manager, Board member San Ha is now posting a weekly update on the MCFR listserv. MinneNews, which announces the latest MCFR news, was suggested by Board member, Nancy Melquist. We are the Minnesota affiliate of the National Council on Family Relations, and NCFR's popular weekly update is called Zippy News.

Members of the Membership and Communications committees are continuing the Marketing Task Force this year. Mary Maher has completed her term as Board Secretary, but will continue to serve on the task force. We invite anyone else who has ideas and is willing to help promote MCFR to join us.

MCFR members are welcome to communicate through our listserv about events, news, questions or ideas. Send your email message to MCFR@lists.umn.edu.

Contact San Ha at haxx0039@umn.edu to post your organization's link or event on the website.

Membership Committee Report

Nancy Melquist, Membership Committee Chair

Current MCFR Membership:

MCFR State Only=29

MCFR/NCFR=22

Affiliate NCFR=193

Total Membership=244

The Minnesota Council on Family Relations is upgrading its listserv as part of our plan to improve MCFR communications. We have worked hard to improve our web presence, and need your help to improve our internal member communications. Our goal is to keep members informed about MCFR events and other member benefits, and to be a source for information you want and need.

We are auditing our listserv emails and found a number of participants whose emails are out-of-date or whose memberships have lapsed. If you have not renewed your MCFR membership for 2010/2011 – it's not too late. Don't delay - only current MCFR members will be included on the upgraded listserv.

The MCFR Dues Renewal link is on our website at www.mcfr.net.

Something Old, Something New: Ethical Thinking and Practice Parts I & II

by Mary Maher

The December 2010 professional development day offered by MCFR gave Family Educators and Professionals a choice of attending one or two Ethical Thinking and Practice Workshops. The introductory version (Part I) was also held last spring at workshops in Mahtomedi, Rochester, Moorhead and the MNAFEE pre-conference in St Cloud. Feedback from those prior sessions led to the development of Part II which offered an opportunity for participants to use their own examples of ethical dilemmas and practice the process multiple times in small groups.

Energetic in-depth conversations about the ethical principles and the process for applying them marked the morning and afternoon sessions. Bill Allen, Betty Cooke and Mary Maher presented the material. Participants from a variety of family programs attended and offered positive comments on the relevance and need for incorporating the process at their workplace. The interest was so intense that talk continued after the session's end despite the snow flying outside the Hopkins Center windows. Most of us had long drives home that evening to further mull over the issues raised.

Future presentations have been requested by programs in Faribault(3/9) and St. Peter (date is pending.) For further information about requesting an inservice for your staff contact Rose Allen at allen027@umn.edu

The Ethical Thinking and Practice booklets can be viewed on our website mcfr.net. There are options to print or order copies.

Thanks to Susan Hoch of Oleanna Books who brought relevant resources for attendees to peruse or purchase and to Linda Vukelich, Rose Allen and Peg Lindlof who assisted with the day's details.

A Note from the Editor:

Hope you are managing to stay warm and comfortable during our current rather severe winter. Happy Valentine's Day! Enjoy this issue of the newsletter. My thanks to the contributors to this issue. Again, I encourage each of you to consider contributing to **Family Forum**—by preparing a book review or a research article/brief or by submitting an item for "Members' Corner" (our version of Letters to the Editor). Thanks.

Ron Pitzer
Family Forum editor
612-331-1970 rpitzer@umn.edu

What's New at NCFR by Minnell Tralle, CFLE

NCFR is rolling out a whole new website this month. After spending a few minutes looking at it, I'm sure you will agree that it definitely increases the value of being a member of NCFR. Even if you aren't a member, there is a lot of information that is valuable to those of us in the family field. Your membership gives you access to even more. Check it out at www.ncfr.org

The Affiliate Councils Board (ACB) met in January in Minneapolis to set goals and plan for the year. There is a lot going on and the Affiliate Councils have great support from the staff and the Affiliate Councils Board. The ACB is focusing on supporting Affiliate officers so that our state and regional organizations can be vital and contributing to the well-being of families at the local level. Helping Affiliates to be financially sustainable, be able to recruit and retain members and to provide great professional development for members are just some of

the ideas that the ACB will be working on this year. Our board will also help to plan the Affiliate Leadership Workshop for the conference in Orlando next November. Your ideas to make this workshop useful to you and your affiliate will be appreciated. Speaking of Orlando, don't forget to submit your conference proposals by March 1, 2011. All materials and instructions are on the NCFR website.

The quarterly conference calls with the Affiliate Presidents have been well received and will continue in 2011. This is a forum for sharing ideas, asking questions and getting more involved with the organization.

In my role as President-Elect for the ACB, I also serve on the NCFR Board of Directors. Your comments, questions and suggestions are always appreciated.

Trall001@umn.edu.

Student/New Professional Section: Connections and Opportunities!

Alisha Hardman, CFLE (Provisional), Student Section Chair

NCFR/MCFR Connections:

The Student/New Professional section continued strengthening its relationship with the National Council on Family Relations (NCFR) through our involvement on the local arrangements committee for the 2010 Annual NCFR conference held in Minneapolis in November.

The MCFR Day at the NCFR annual conference provided a great opportunity for local students to gain experience attending a national conference. Calvin Hauer an undergraduate student majoring in Family Studies at St. Thomas attended MCFR day at NCFR and had this to say about his experience: "I really appreciated this opportunity. NCFR allowed me to meet one on one with professionals who have helped me shape my educational and professional path. My future was literally changed that day. For that I am eternally grateful for the NCFR Conference."

Upcoming Professional Development Opportunities:

The Student/ New Professional section will be hosting our Spring S/NP Event on Friday, February 25 from 4:30 to 6:30 pm at the Caribou Coffee in Roseville. The theme for this event is "Establishing Yourself in the Family Field" and will include topics such as:

- Finding your niche in the family field
- Transitioning from student to professional

This event is open to undergraduate and graduate students, new professionals and S/NP supporters. MCFR membership is not required to attend.

Information about the upcoming MCFR Spring Conference will be posted on the Student/New Professional page on the MCFR website soon. Please periodically check the website for additional professional development opportunities for students and new professionals.

history

We All Are Richer for This

Sue Meyers, Professor Emeritus, School of Social Work, University of Minnesota; MCFR historian and Board member

A few years after Dick Hey retired, I asked him to be a co-presenter with me on Families in Retirement. He was reluctant at first, stating that he had not kept up with current research, and he didn't feel that he had anything to contribute. Here was an exceptional teacher, Osborne Award Recipient, Past President of the NCFR, and a mentor to many family professionals. I told him that I would provide a perspective on aging families and have him share the adaptations that he and his wife had made post retirement.

He concurred that he might be able to do that, but it did place this professional away from the research-based content to practitioner-applied content. The program was a delight, primarily because Dick was able to transition between the researcher and practitioner. This appeared very valuable to the audience, since some of the great theories are modified by the intimacy of the individual family system. We all are alike in many ways, yet our differences add the pizzazz to our own style. He shared examples of interacting with offspring and grandchildren, who had changed in roles and thus in relationship to parents. Every grandparent has noted the

value of the new relationships, and most enjoy having adult children as peers in a changing society.

Family professionals are very fortunate to have learned a broad perspective on families, and assess the relationships within our own family system to that which is discovered by cross-sectional and longitudinal research. Most of us are amused that our own families defy the research and are not quite the "norm." Sometimes our families appear on the leading edge, and sometimes they appear to be lacking. One of the joys of many years in the profession is that we can smile about that and not take it personally.

It is far more difficult for young professionals to reconcile the family systems experienced in their formative years with those systems in adulthood. This is why it is so difficult to start from a personal perspective on families to understand the family field. It takes a while to understand how different our family of origin is from what we know about families from studies. Time provides the opportunity to distance our own experiences from the research – and we all are richer for this.

Lack of Gratitude, Inability to Delay Gratification, and Unhappiness Linked to Childhood Overindulgence

David J. Bredehoft, Mary R. Slinger, and Michael J. Walcheski, Concordia University, St. Paul MN

“To function effectively, individuals must voluntarily postpone immediate gratification and persist in goal-directed behavior for the sake of later outcomes” (Mischel, Shoda & Rodriguez, 1989, p. 993).

To test this theory Mischel, Shoda & Rodriguez (1989) devised a simple elegant laboratory experiment by presenting four-year-old children with a dilemma. The researchers brought each child into the lab, sat them at a table and presented them with one marshmallow on a plate. The children were told that they could eat the marshmallow right away, but if they didn't eat the marshmallow until the researcher came back, they could have two marshmallows. The researchers found that children who had self-control and put off eating the marshmallow for the later reward of a second one (1) tended to be more intelligent, (2) more likely to resist temptation, (3) to have greater social responsibility, and (4) to have higher goals later in life compared to those who were not able to delay gratification (Mischel & Gilligan, 1964; Mischel, Shoda & Rodriguez, 1989). Why can some children delay gratification while others can't? Is there a connection between childhood overindulgence and delayed gratification? What role do materialistic values play? Why do some children grow up to be grateful and happy and others do not? These are questions Slinger and Bredehoft (2010) investigated in a recent study reported at the 2010 National Council on Family Relations Annual Conference.

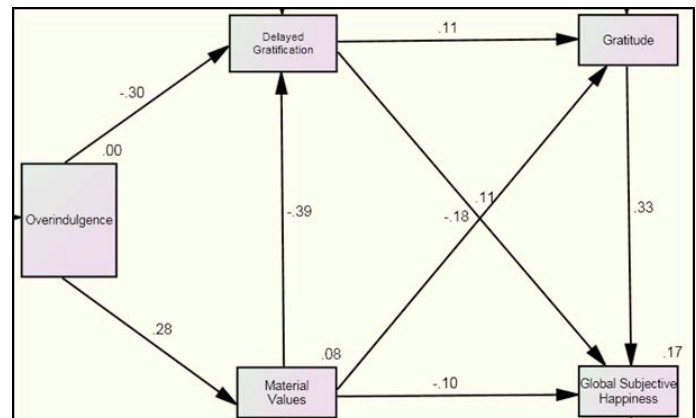
The sample consisted of 466 participants (73% female, 27% male; ages 16-83; Mean age 30.72) from thirty-six states and the countries of Australia, Canada, France, Germany, Iceland, Israel, Japan, and Mexico. Participants accessed the study through the web at www.overindulgence.info (60.1% from psychology classes at Concordia University, and 39.9% from the webpage). Participants answered 128 questions consisting of demographic data and seven psychological scales.

Hypotheses

1. The more childhood overindulgence the more likely to be unable to delay gratification in adulthood.
2. The more childhood overindulgence the more likely to hold materialistic values in adulthood.
3. The more childhood overindulgence the less grateful in adulthood.
4. The more childhood overindulgence the lower subjective happiness in adulthood.

Results

Figure 1: Path Analysis for Childhood Overindulgence & Adult Attitudes and Behavior



- Childhood Overindulgence leads to the inability to delay gratification and to adult materialistic values.
- The inability to delay gratification and materialistic values leads to being ungrateful and unhappy.
- Conversely, if an individual is not overindulged as a child, he/she is more likely to delay gratification, feel grateful, and be happy.

Would you like children to postpone gratification rather than have “gimme gimme attacks” because they want it right now? Would you like them to be grateful for the sacrifices you have made for them? Would you like them to grow up to be happy adults? Then don't overindulge them. Don't give them too much. Don't over-nurture them. Don't be soft on structure; have rules and chores.

Try it out today with your child -- one marshmallow right now, or wait for two later?

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Overindulgence, Parenting Styles, and Parent Sense of Competence

Michael J. Walcheski and David J. Bredehoft, Concordia University, St. Paul MN

Is overindulgence related to specific parenting styles? And, is there a relationship between lack of parenting skills, parenting satisfaction, and parental overindulgence? These are questions Walcheski and Bredehoft (2010) investigated in a recent study reported at the 2010 National Council on Family Relations Annual Conference.

Three concepts encompass the definition of overindulgence: Material Overindulgence; Structural Overindulgence; Relational Overindulgence (Bredehoft, Clarke, Dawson, & Walcheski, 2004). The definition of parenting sense of competence includes parenting self-esteem which encompasses both perceived self-efficacy as a parent and the satisfaction derived from parenting (Johnston & Mash, 1989). Parenting style is a pattern of attitudes that parents express toward their children. These include: authoritative parents respect individuality, have high expectations, and attend to being consistent, affectionate, responsive, and supportive; authoritarian parents exercise firm control over their children and set strict, rigid standards of conduct; and permissive parents demonstrate minimal authority and control over their children and fail to define appropriate limits and standards of acceptable behavior (Baumrind, 1989, 1991; Robinson, Mandelco, Olsen & Hart, 1995).

The sample consisted of 528 parents (54.2% female, 45.8% male; ages 20-79; Mean age 40.2) from 46 different states and 7 countries. Participants entered the study by logging onto the study's web page

(Bredehoft, Clarke, & Dawson, 2006). Participants answered 125 questions consisting of demographic data and three psychological scales.

Results

The more parents overindulged their children, the more likely their parenting styles tended to be authoritarian and permissive not authoritative. In addition, parents who overindulged their children lacked a global sense of competence about their parenting, parental efficacy, and parenting satisfaction. Several questions help illuminate these general findings.

- Is there a relationship between parental overindulgence and the authoritarian parenting style? Yes, specifically the verbal and hostile interactions and non-reasoning/punitive strategies are associated with overindulgence. For example: "I yell or shout when our child misbehaves;" and "I punish by taking privileges away from our child with little if any explanation."
- Is there a relationship between parental overindulgence and the permissive parenting style? Yes, specifically a lack of follow-through, ignoring misbehavior, and lack of parental self-confidence is associated with overindulgence. For example: "I state punishments to our child and do not actually do them;" "I allow our child to annoy someone else;" and "I am afraid that disciplining our child for misbehavior will cause the child to not like his/her parents."
- Is there a relationship between parental overindulgence and the

authoritative parenting style? No, specifically reasoning/induction and democratic participation are not associated with overindulgence. For example: "I explain the consequences of the child's behavior" and "I take our child's desires into account before asking the child to do something."

- Is there a relationship between parental overindulgence and parent sense of competence? Yes, specifically a lower sense of parenting efficacy and lack of parenting satisfaction is associated with overindulgence. For example: "I meet my own personal expectations for expertise in caring for my child" and "I do not know why it is, but sometimes when I'm supposed to be in control, I feel more like the one being manipulated."

Implications

Implications for parent and family life educators include (1) identifying overindulgence and the parenting styles associated with it; (2) remain attentive to normative and non-normative life transitions and stressors; (3) provide information and alternatives to corporal punishment through a variety of sources; and (4) guide parents toward authoritative parenting styles. Specific objectives for parents:

- give expectations regarding behavior before children engage in an activity
- give reasons why rules should be obeyed
- help children understand the impact of their behavior
- talk and reason with children when misbehavior occurs

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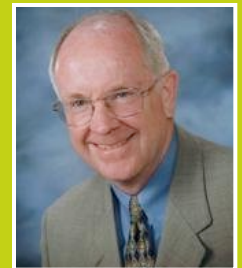
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“Recovering Families: Using the Tools of Recovery in Parenting”

[By and available through Beth Bitler, MSA, CFLE, Program Director, Pennsylvania Family Support Alliance 2001 North Front Street, Building 1, Suite 210, Harrisburg, PA 17102; phone 717-238-0937 or 1-800-448-4906 or bbitler@pa-fsa.org or see www.pa-fsa.org; 2010; 34 pages; paperback; \$8.50 with discounts for large orders]

Reviewed by Marcie Parker, PhD, CFLE, who is a consultant and researcher in all aspects of healthcare and mental health in private practice in Excelsior, Minnesota.

The mission of the Pennsylvania Family Support Alliance is to protect children from abuse. FSA is a statewide leader in both parent education and child abuse prevention. In line with this mission, FSA recently published a workbook designed to help parents in recovery from chemical addictions of all kinds to balance the demands of both their recovery and the needs of their children. The workbook offers many suggestions and exercises on how to be a better parent in recovery and it covers such topics as talking with children about addiction and recovery [mostly so they will not feel responsible for a parent’s addiction]; developing a moral inventory of parenting skills; making amends to children; balancing recovery and parenting; identifying feelings and healthy behaviors; visiting with non-custodial children; working within the child welfare system; and using the twelve step program in parenting.

The workbook is suitable for use with both groups and individuals, in treatment facilities and outpatient counseling centers, and in parenting classes and support groups. The book is written at a fifth-grade reading level and is easy to both understand and implement. It consists of clear and concise tips for parents as well as activities to enhance treatment. *Recovering Families* is 34 pages of information and valuable tools for the recovering family. It should be readily available to those who need it.

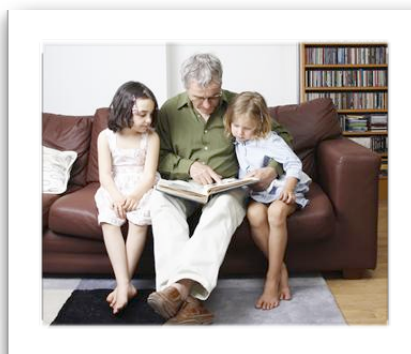
The workbook is written in a very gentle, non-judgmental, supportive, accepting and respectful style. It works from the premise that the hardest part of chemical/alcohol recovery may be facing up to the impact the parent has had on his or her children. Recovering parents are asked to consider that recovery must come first, to keep goals simple and attainable and expectations realistic; to discuss your fears and concerns with a support group composed of other recovering people, family members, counselors or friends; to remember that taking care of yourself is part of taking care of your children; to have patience in order to rebuild and heal what has been injured; and to accept that parenting sober can be very



stressful and will require support and help. The recovering person must learn that the partner and children recover and heal at a pace of their own and with issues of their own.

Once the parent is

sober, it is really important to be realistic in his/her thinking.....children may not want you in their lives, family and friends may not be as supportive as you think they should be. As Bitler says [p.1], “Remember-when you enter your child’s life as a sober person, you bring a stranger into the house. Your children don’t know what to expect. Give your family time to get to know and trust you.” The workbook is absolutely filled with exercises, lists and drawings for the recovering parent, such as how to talk about addiction and recovery with your children, what you think about parenting, what parts of parenting bring you sadness, what parts of parenting bring you joy, what can you do today to be a better parent, and how to find out what each of your children likes. Further



exercises involve describing your self as a parent, listing your greatest strengths and challenges as a parent, ways to make amends to your children [e.g. writing a letter to them], and ways to work through a myriad of feelings and how to distinguish feelings from facts. On pages 14-15, there is an important list, with vivid examples, of aphorisms to live by and how to get through each day. There is also an important section on how children react to and protect themselves from using parents.....these behaviors may need to be

confronted and discussed so that children can find more appropriate behaviors in the future.

There is a valuable section on parenting tips as well as ways to identify the roles that children of recovering parents take on in families [e.g. caretaker/enabler, hero, scapegoat, mascot/clown, or lost/forgotten child]. Recovering parents are urged to think about all family

members to contemplate which roles each may have adopted in order to cope. The focus of this wonderful book is always positive and constructive, with an emphasis on working toward the family's common welfare and how to build a strong family. Pages 26-27 focus on the stages of development of children, with corresponding needs and skills [from birth through age twenty]. And because recovery and parenting require a balancing act, there is an exercise on my needs [and ways to meet these needs] as a recovering person and as a parent. Pages 30-31 focus on how to have the best possible visits with your children [plan ahead, provide advance notice for cancellations, respect the rules, know your child's interests, plan appropriate activities, don't make promises you don't intend to keep or cannot keep, and use your time to interact with your child]. Building trust and re-establishing the family begins with working effectively with the child welfare system and there are plenty of tips on how to do just that. The book ends with a brief autobiography of a recovering parent in five chapters.

In addition to this great workbook, FSA publishes many other resources on child abuse prevention and successful parenting, including the "Building Your Family Parenting/Life Skills Curriculum". *Recovering Families* is a great resource for parents for whom there are too few resources currently. I liked the whole tone of this book, its family focus, and the fact that there are actions for parents in recovery with plenty of tool and skill building exercises that will promote lots of discussion and healthy growth and healing. I highly recommend these resources to family therapists and Certified Family Life Educators who work with recovering parents.



Taking the Conference Home

Leanne M. Sponsel

I feel a rush of energy just walking into the Hilton Hotel in Minneapolis. The NCFR Annual Conference is on a roll and I am surrounded by important people with grand ideas. They are at the registration table, in the hallways, sitting in chairs next to me, and of course, at the front of the room. We are a group of professionals with significant knowledge and a sustained eagerness to know more. It's a rush!

Finding ways to bring our new or affirmed knowledge home to put into practice can be a challenge. On the chance that someone will benefit (and perhaps even add their own ideas) I will share what I've done. Over the years, I have taught in higher education – it is always exciting to be part of forming future teachers. My college students were generally eager to hear about the conference and it was a logical and logistically easy way to spread the information – I simply put it into my lesson plans. In addition to sharing content with them, I also became a role model of a professional who values continuing education. I shared fun stories and information on ways that they, too, could attend a professional conference. Overall, this was pretty easy.

When I shifted back to parent education in ECFE (Early Childhood Family Education), I wanted to continue sharing what I had learned. It started with a parent overhearing part of my hallway

conversation. As our group gathered, parents started asking questions and it was clear that they were intrigued by the topic. The tradition of "Conference Highlights" as a parent education topic began! In addition to learning about unique ideas, parents got connected with the "heady" part of life. For some, this was a respite from diapers and tiny people who speak in sounds rather than words. For some, it was a chance to add to others' learning because they had expertise on a session topic from their non-parent role in life; for some, it enlightened them about an aspect of parenting that was clouding their lives; and for others it was a visit in a foreign land and they enjoyed the scenery. All in all, it was an enjoyable success, so "Conference Highlights" will stay on my parenting topic list.

I have also brought the conference home by:

1. setting up a friendly debate about a piece of information from the conference.
2. facilitating a short book study related to a conference session topic.
3. providing a show-and-tell of journals I picked up at the conference.
4. playing a game about financial attitudes that I purchased at the exhibits.
5. showing my parent groups my refreshed energy about my profession.

Recent Publications of Minnesota Family Scholars and Professionals

Compiled by Ronald L. Pitzer, editor, *Family Forum*

Below is a selected listing of recent or forthcoming publications by Minnesota family scholars and professionals which were submitted to me or brought to my attention. If you have recently published books or articles or know of appropriate items, please submit them to me (pitzer@q.com). I plan to provide such listings about once per year.

Boss, Pauline. (forthcoming, July 2011). *When Someone You Love Has Dementia*. San Francisco, CA: Jossey-Bass. (Tradebook)
Dr. Boss offers research-based guidelines about how to manage the ongoing stress and grief of caring for someone with dementia and how to find meaning and hope in the "ambiguous loss" of having a loved one here, but not here—physically present but psychologically absent.

Boss, Pauline. (in press) Family stress. In A. C. Michalos (Ed) *Encyclopedia of Quality of Life Research*. New York, NY: Springer.

Boss, Pauline. (forthcoming, 2011) Resilience as tolerance for ambiguity. In D. S. Becvar (Ed.), *Handbook of Family Resilience*. New York, NY: Springer.

Boss, Pauline. (in press) The ambiguous loss of dementia: A relational view of the complicated grief in caregivers. In M. O'Reilly-Landry (Ed.) *The Interpersonal Dimension of Modern Medicine: A View from the Trenches*. Abingdon, Oxfordshire, UK: Radcliffe.

Boss, Pauline (forthcoming, June 2011). When the illness is unjust: The ambiguous loss of dementia. *ADEC Forum: The Quarterly Publication of the Association for Death Education & Counseling*. Deerfield, IL: ADEC (Association for Death Education and Counseling.)

Boss, Pauline. (2010). The trauma and complicated grief of ambiguous loss. *Pastoral Psychology*, 59(2), 137-145.
Ambiguous loss is a type of loss that occurs when a loved one is physically present, but psychologically absent. Clergy, especially pastoral counselors, can witness and provide comfort for such uncanny loss because people rely on them for support, not just from the clear loss of death, but from the ambiguous losses, catastrophic and ordinary, that inevitably will occur across the life course.

Boss, Pauline, Roos, S. & Harris, D.L. (forthcoming, May 2011) Grief in the midst of uncertainty: An exploration of ambiguous loss and chronic sorrow. In R. A. Neimeyer, H. Winokuer, D. L. Harris & G. Thornton (eds) *Grief and Bereavement in Contemporary Society*. New York NY: Routledge

Bowman, Ted & Elizabeth Bourque Johnson (eds) (2010). *Poems of Loss and Renewal by Minnesota Poets*. Minneapolis MN: Nodin Press.
This anthology contains a wide array of poems by Minnesota poets dealing with the experience of personal loss, grief, and recovery. Among the specific themes are divorce, the death of a child, the loss of innocence, giving up a child for adoption, and domestic violence. But although the focus is on loss and grief, the poems also carry moving descriptions of healing and the return of high spirits.

Burt, K. B., & **Masten, Ann S.** (2009). Development in the transition to adulthood: Vulnerabilities and opportunities. In J. E. Grant & M. N. Potenza (Eds.) *Young Adult Mental Health* (pp. 5-18). New York: Oxford University Press.

Collins, W. A., & Furman, W. (2009). Romantic relationships in adolescence. In Reis, H.T. & Sprecher, S. *Encyclopedia of Human Relationships*. Thousand Oaks, CA: Sage Publications.

Continued on page 14

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Egeland, Byron (2009) Taking Stock: Childhood emotional maltreatment and developmental psychopathology. *Child Abuse & Neglect*. 33:22-26

Erickson, Martha Farrell & Egeland, Byron (in press) Child neglect: The invisible assault. In JEB Myers (ed) *The Handbook of Child Maltreatment*. Thousand Oaks CA: Sage Publications

Furman, W., & **Collins, W. A.** (2009). Adolescent romantic relationships and experiences. In K. H. Rubin, W. Bukowski, & B. Laursen (Eds.), *Handbook of Peer Interactions, Relationships, and Groups*. New York: Guilford Press.

Gilgun, Jane F. (in press). Qualitative family research: Enduring themes and contemporary variations. In Gary F. Peterson & Kevin Bush (Eds.), *Handbook of Marriage and the Family* (3rd ed.). New York: Plenum.

Gilgun, Jane F. (in press) Hand into glove: Grounded theory, deductive qualitative analysis and social work research and practice. *Qualitative Methods in Social Work* (2nd ed.), William Reid and Ricky Fortuner (eds.). New York: Columbia University Press.

Gilgun, Jane F. (2010). *Child Sexual Abuse: From Harsh Realities to Hope*. Amazon Kindle.

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Gilgun, Jane F. (2010). Reflections on 25 years of research on violence. *Reflections: Narratives of Professional Helping*, 16(4), 50-59.

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Gilgun, Jane F. (2009). *Will, the Soccer Star: A Boy with Tourette's*. Amazon Kindle.

Gilgun, Jane F. (2008). Lived experience, reflexivity, and research on perpetrators of interpersonal violence. *Qualitative Social Work*, 7(2), 181-197.

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Violence (pp. 122-125). Thousand Oaks, CA: Sage.

Lorber, M.F. & **Egeland, Byron** (2009) Infancy parenting and externalizing psychopathology from childhood through adulthood: Developmental trends. *Developmental Psychology*. 45: 909-912

Madsen, S. D., & **Collins, W. A.** (in press). The salience of adolescent romantic experiences for romantic relationship qualities in young adulthood. *Journal of Research on Adolescence*.

Marxen, Carol E., **Ofstedahl, Kathleen**, & Karen Danbom. (2008) Highly qualified kindergarten teachers: Have they been left behind? *Journal of Early Childhood Teacher Education*. 29 (1)

Masten, Ann S. (2009). Ordinary Magic: Lessons from research on resilience in human development. *Education Canada*, 49(3): 28-32.

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Walker, S. K, Cline, Heather & Cooke, Betty L. (2010) Innovation with integrity: Preparing parent educators online. *Michigan Family Review*. 14 (1): 71-90

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Early Alert – MCFR Annual Fall Conference

Here is something important to put on your Fall calendar!

Planning has just begun for MCFR's Fall Annual Conference.

The date is

Friday, December 2, 2011

Place has not yet been determined.

The keynote speaker will be
nationally acclaimed, NCFR award-winning

Dr. H. Wallace Goddard

of the University of Arkansas.

Keep attuned to MCFR communication sources for additional information.

Do plan to attend what promises to be a great conference

If you would be interested in helping with further planning of this important event, contact Linda Vukelich (l.vukelich@comcast.net) or President Leanne Sponsel (leanne.m.sponsel@gmail.com).

