



SUPPORT LINES

March 2005

The Trials and Joys of Single Parenting

By Jen Kraich, Facilitator,
Hays, KS

No one ever says, when they are young, they want to grow up to be a single parent. Single parenting is not a bed of roses all of the time. It can be tough and sometimes you may feel alone. But I have learned, after many years, that I am special.

Some of the issues I have faced are finding daycare on those days that my son doesn't have school, taking care of him when he's sick and I am also sick and dealing with the feelings of loneliness after he is in bed sleeping. Other challenges are that my son has ADHD and his father is not a constant person in his life. The list of issues faced by a single parent could go on and on, but you can survive. Without my family, a circle of friends and co-workers, I don't know where I would be.

Sometimes it's the little things that mean the most to a child. Reading a book with him, or snuggling under the covers and watching cartoons on a cold Saturday morning can really make an impact. Children are a gift from God and should be treated as such. Don't let a day go by without hugs and kisses and telling them how much you love them. Keep a support system going with family and friends. I co-facilitate a support group for single parents and I look forward to those monthly meetings. Enjoy your child and remember being a single parent really does make you someone very special!

The Parents Helping Parents/Kinship Program "Happenings Around the State"

By B.J. Gore, Statewide Coordinator

This past year has been an exciting year for the Parents Helping Parents/Kinship Program. Through the committed efforts of the Parents Helping Parents/Kinship volunteer facilitators and parent leaders, the families and children of Kansas were provided quality services and support.

In 2004, Kansas Children's Service League had the opportunity to present workshops on the Parents Helping Parents/Kinship Program on both the state and national level. In May of 2004, B.J. Gore, Coordinator of the PHP, Sharla Pfeffer and Virginia Sumaya, were presenters at the National Prevent Child Abuse America Conference in Orlando, Florida. They presented a workshop on "Creating a Parent Leadership Infrastructure within a Statewide Program".

In October of 2004, B.J. Gore, Patti Carter and Sharon Dabzadeh presented at the "Governor's Conference on the Prevention of Child and Abuse and Neglect" in Wichita, Kansas. The workshop "Grandparents Raising Grandchildren – A New Life Adventure" was well received by the workshop participants.

During 2004, the PHP Program provided technical assistance and training to 26 support groups in Kansas. Through these support groups, 260 families and 785 children were provided services and support.

The PHP/Kinship Program is funded by grants through SRS and the Office of Juvenile Justice and Delinquency Prevention.

FACILITATOR:
Keep This Date In Mind!

"Volunteer Recognition Award" Meeting

April 23, 2005
11:00 a.m.—4:00 p.m.
1365 N. Custer
Wichita, KS



Millennium Moms Too! Empower Network

Juanita Blackmon, Founder/CEO
Facilitator—Wichita, KS

The Empowerment Network's "Millennium Moms" support group, co-sponsored by KCSL began in May of 2002 in Wichita, KS. The network support group highlights the many struggles and concerns of single mothers raising children. "Millennium Moms" energizes a new generation of mothers into positively improving parenting skills to strengthen the family unit. The goals are to address the causes, confront the pain, find the passion and empower the spirit. Empowering single mothers elevates avenues to increase support systems and strive to be proactive and preventive in our efforts to address and meet the needs of the family.

Millennium Moms activities in the Wichita community were very impressive. Activities this past year included:

- Political Forum with Deputy Chief of Police and 8th District Representative
- Judicial Panel
- Mother and Daughter Breakfast
- SistaGirl Christmas Pajama-Jam Party
- Community surveys on concerns and needs of single mothers
- Clean up projects in neighborhood communities

**Hats off to these
"Empowered Single Moms"!**

Grandparenting Tips

EVERYTIME A GRANDCHILD IS BORN—A GRANDPARENT IS ALSO BORN

By Sharla Pfeffer, Facilitator

1. Support your grandchild's interests. Introduce activities and hobbies such as swimming, fishing, camping trips and museum trips. Take pictures of you both. They can be a topic you can talk about later to create memories.

2. Set a good example! Work out disputes without violence. Words do hurt. Respect your grandchild. Be patient and teach your grandchild through examples.

3. Get down and actually play with your grandchild. Have tea parties, play dolls, play games and build with building blocks. Play goofy games like dress up or pretend to be Knights of the Round Table.

4. Dream! Go on adventures or treasure hunts. Make traditions. start a family tradition that is just for you and your grandchild. Memories last a life time. Begin creating those fun and loving memories!

Butler Co. Summit Meeting "Grandparents Raising Grandchildren"

On Tuesday, November 23, 2004, the Butler Co. Summit Meeting on "Grandparents Raising Grandchildren" was held in El Dorado, KS at the El Dorado Civic Center. Experts in the field of family and children services gathered to share their knowledge of information that is valuable, especially in providing services to grandparents raising grandchildren.

During the meeting, several areas pertaining to grandparents raising grandchildren were discussed. There areas included:

1) Issues and barriers for grandparents raising grandchildren.

2) Services and resources that are working well in Butler Co. for grandparents raising grandchildren.

3) Services and support systems for grandparents raising grandchildren that need to be developed in Butler Co.

4) Steps that Butler Co. communities need to take to develop support groups for grandparents raising grandchildren.

The Butler Co. Summit Meeting was made possible through grant funding by Central Plains Area Agency on Aging.



Kansas Children's Service League

Giving Kids Our Best. For Over 100 Years.

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