

# Parent Rap



Parents Anonymous® of New Jersey, Inc. Member Publication Volume 6, Issue 1

January 2004



Tell me  
*and I forget.*  
Teach me  
*and I remember.*  
Involve me  
*and I learn.*

-Benjamin Franklin

Have you heard  
the big news?!

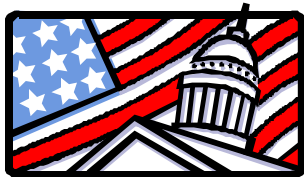
The Parents Anonymous®  
of New Jersey  
Support Group Online  
is UP and RUNNING!

Developed for parents who want to attend a  
Parents Anonymous® group but were unable  
to get to a traditional group can now  
communicate with other parents online at

[www.pa-of-nj.org](http://www.pa-of-nj.org)

## Inside:

- Free Teens' Handbook
- Value of "I" Messages
- Split Couples' Parenting Rules
- Child's Visit Notebook
- Cabin Fever



## February is National Parent Leadership Month

The Parent Rap  
Give-Away for  
November 2003  
Remains

**UNCLAIMED!**

The **Globe** will  
be held for the  
drawing at the  
Parents Anonymous®  
of New Jersey  
Family Conference  
in November 2004.

Parents Anonymous® provides many opportunities for parents to take on leadership roles. Parent leadership is required in every Parents Anonymous® group. The parent group leader is a parent who came to the group for help and was either elected by the other members or was asked to take on the role by the facilitator of the group. These parent leaders may also have other leadership opportunities outside the group provided to them by the Parents Anonymous® regional offices.

The Parents Anonymous® National Organization also enlists parent leaders from the state organizations to join the National Parent Leadership Team<sup>SM</sup>. These NPLT<sup>SM</sup> members are nominated by their state organizations to apply for the Team. If you are interested, speak to your facilitator or contact the office for more information. NPLT<sup>SM</sup> members experience many exciting roles where they enjoy paid travel and meet with other parents from across the United States.

Locally you may look for opportunities in your area to provide your assistance and expertise as only a parent leader can. Ask your child's school how you can help. Your Chamber of Commerce or local public library can also assist you in locating opportunities with social service organizations, health care systems or as advocates for family issues.

# Free Handbook for Teenagers Raising Reasonable Parents

By Arnold D. Herman

Insightful guide for teenagers that covers such topics as:

- Communicating With Your Parents
- Getting Your Parents To Say “Yes”
- Picking The Right Friends
- Being Honest With Your Parents
- Things You Should Not Tell Your Parents
- Parents Need Love Also
- Dealing With Parents Who Have Split Up
- Accepting Punishment When It Is Called For
- Picking The Right Role Model
- Living At Home After You Turn 18
- Avoiding The First Steps Towards Physical/Sexual Abuse

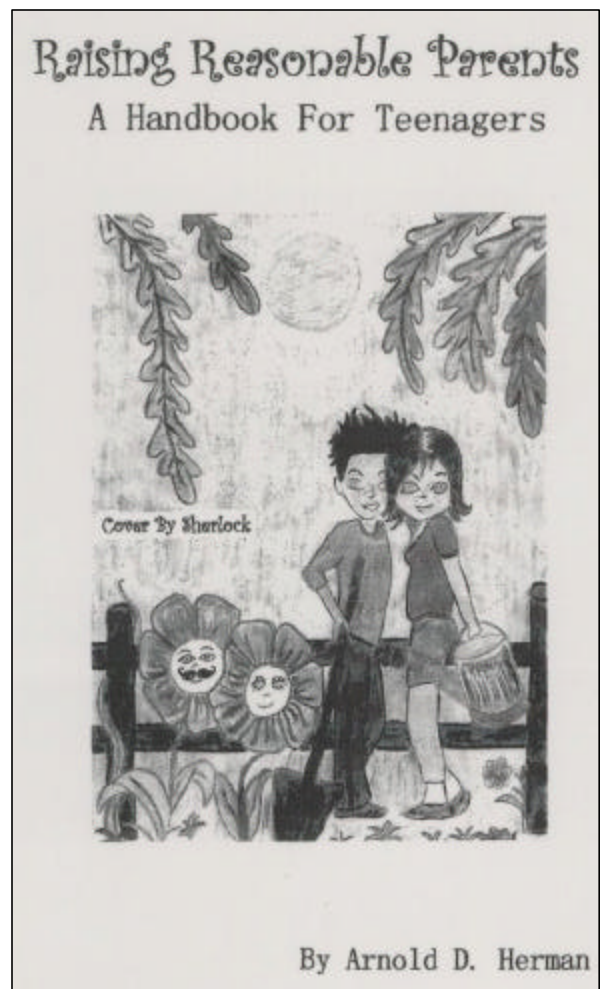
**Call:** (732) 495-9175 or 1-888-525-SAFE

**Go to the web site:** [www.experiencecountsinc.org](http://www.experiencecountsinc.org)

**Write:** Experience Counts, Inc.  
P.O. Box 41  
Cliffwood, NJ 07721

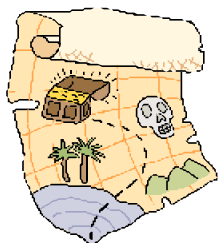
Free book for parents still available by request:

**Bring Back The Woodshed**



## Cabin Fever?

- Make tasty food sculptures for snacks.
- Draw a treasure hunt map.
- Memorize a short poem.
- Create a word game using letters in a cube by calling Jackie for the reader's reward cube.
- Make a fort or tent with blankets and furniture.
- Glue old buttons on a picture frame.
- Whittle or carve a bar of soap with a spoon or dull (safe) knife.
- Examine things through a microscope or magnifying glass that you get when you contact Jackie for the give-away.
- Finger-paint on waxy side of freezer paper with pudding.
- Make musical instruments with bottles, pans, boxes, rubber bands and other common items.



## Value of “I” Messages

**Point 1**— Use of the word “I” points to the expert in a situation.

**Point 2**— I am the expert in my life, you are the expert in yours.

**Point 3**— I have ownership of, and power over my feelings and actions.

**In stead of,** “You frighten me when I cannot find you.”  
**Try this,** “I am frightened when I cannot find you.”

**In stead of,** “You make me angry when you hit your sister.”

**Try this,** “I feel angry when you hit your sister.”

**In stead of,** “You never put your things away.”

**Try this,** “I feel disappointed when you don't put your things away.”

**In stead of,** “You hurt my ears when you scream.”

**Try this,** “I have pain in my ears when you scream.”

# Parenting Rules

## For Separated or Divorced Parents

- **Do not** talk negatively, or allow others to talk negatively, about the other parent in hearing range of the child.
- **Do not** question the children about the other parent or the activities of the other parent regarding their personal lives.
- **Do not** argue with your spouse/former spouse when the children are present.
- **Do not** make promises to the children to try and win them over at the expense of the other parent.
- **Do** communicate with the other parent and make similar rules with respect to discipline, bedtime routines, sleeping arrangements and schedules.
- **At all times** visitation arrangements will be made and confirmed beforehand between the parents without involving a young child, in order to avoid any false hopes and cause any disappointments or resentments toward the other parent.
- **Do** notify each other in a timely manner of need to deviate from the order including canceling visits, rescheduling and promptness.
- **Do not** schedule activities for the child during the other's parenting time.
- **Do** keep the other parent informed of any scholastic, medical, psychiatric, extracurricular activities or appointments of the child.
- **Do** keep the other parent informed at all times of your address and telephone number. If you are out of town with the child, do provide the other parent the address and phone where the children may be reached in case of an emergency.
- **Do** refer to the other parent as the child's mother or father in conversation, rather than using the parent's first or last name.
- **Do not** bring the child into adult issues and adult conversations about custody, the court or about the other party.
- **Do not** ask the child where he or she wants to live. But do encourage the child to understand he or she has two homes.
- **Do not** attempt to alienate the other parent from the child's life.
- **Do not** allow stepparents or others to alter or modify your relationship with the other parent.
- **Do not** use phrases that draw the children into your issues or make the children feel guilty about the time spent with the other parent. For example, rather than saying "I miss you!" say "I love you!"

*Presented at the 2003 PANJ, Inc. Family Conference by:*

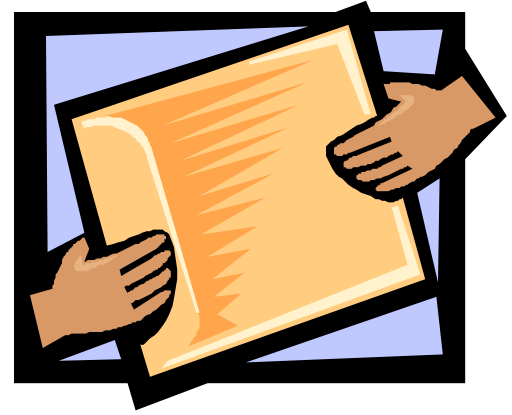
New Jersey Mediation Group  
601 Ewing St., C-14, Princeton, NJ 08540  
Phone: (609) 275-1352  
Web Site: [www.njmediation.org](http://www.njmediation.org)

Life's challenges are not supposed to paralyze you, they're supposed to help you discover who you are.

—Bernice Johnson Reagon

Never lay an angry hand on a kid or an animal. It just won't help.

—'Country Wisdom'



## Have Notebook Will Travel

It can be helpful for parents who are separated or divorced to create and maintain a notebook for each child. The child's notebook travels with the child on each visit and should include:

- Monthly calendar with clear schedule for the child's sports, clubs or other activities and any parent related dates noted— any discrepancy should be cleared up between parents without involving the child
- Current medications and schedule for child taking them should be listed at all times with pharmacy phone number
- Health and immunization information with doctor's name, phone and address
- School information including copies of all report cards and teacher's notes
- Addresses and phone numbers of both parents, grandparents and any other close relatives such as aunts or uncles who may have care of the child at any time
- Addresses and phone numbers of any child care providers to the child
- Section for addition of new notes about child's health or illnesses

When Parents Put Their  
**Children First**—

They Will **Always** Make The  
**Right Decision.**

Something to reflect on:

The most destructive habit is worry.  
The greatest joy is giving.  
The greatest loss is of self-respect.  
The most satisfying work is helping others.  
The ugliest personality trait is selfishness.  
The most endangered species is dedicated leaders.  
Our greatest natural resource is our youth.  
The most powerful force in life is love.  
The most incredible computer is the brain.  
The worst thing to be without is hope.  
The deadliest weapon is the tongue.  
The most powerful two words are "I can".  
The greatest asset is faith.  
The most worthless emotion is self-pity.  
The most beautiful attire is a smile.  
The most prized possession is integrity.

-Author Unknown

It's late at night,  
you're at the  
end of your rope . . .  
who can you call . . . ?  
Dial **1-800-THE-KIDS**  
to reach a caring volunteer  
who will listen  
and help you  
unload 24/7.



There is nothing 'manly' about  
beating women. There is nothing  
'adult' about hitting children.  
Whether sanctioned or capricious, all such  
violence really is cowardly activity.  
It betrays a person who needs to invade  
someone else's dignity to feel important.  
It can leave deep emotional scars and  
almost always begets further violence.  
Our culture needs to give priority attention  
to this problem. We need to isolate abusive  
behaviors wherever they exist and  
insist that people and institutions find  
alternative solutions. Failing at this,  
the lust for violence may do to us what no  
outside enemy has succeeded in doing.  
It may tear us apart at the seams.

—Rev. Thomas E. Sagendorf

The same ones kept coming back for more. It wasn't working. Hitting children did not seem to improve their behavior. It seemed in fact to be reinforcing the very behaviors I was attempting to eliminate.

—Sid Leonard, Retired Principal, Toledo, Ohio

In everyone's life, at some time,  
our inner fire goes out. It is then  
burst into flame by an encounter  
with another human being.  
We should all be thankful for  
those people who rekindle the in-  
ner spirit. ~Albert Schweitzer

Your comments are valued! Send suggestions or information to Parent Rap to either address listed below. To claim the current Parent Rap Give-Away (if there is one), contact the Parent Rap Editor by phone: (732) 901-0522 or e-mail: ParentRap@att.net. Parent Rap is anxiously waiting to hear from **YOU!**



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