

2011

*Employee Newsletter*



**Well Connect**  
*Life and Workplace Solutions*

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# Communicating with your Children

## Positive Ways to Talk to Children

### 1. Spend Time Listening

- Take a break and listen to your child.
- Repeat what you heard.
- Ask specific questions to gather more information.

### 2. Consider Opinions

- See the situation through your child's eyes.
- Acknowledge your child's feelings.
- Try not to contradict your child's statement immediately, even if you think he's wrong.
- Listen to your child's request without judging or correcting it.

### 3. Pause and Think

- Give yourself a moment to think about what your child is asking.
- Pause to consider your child's question.
- Share your thinking out loud.

### 4. Accept the Feelings

- Allow your child's negative feelings to come out, even if they are hard to take.
- Avoid attacking your child's character.
- Tell your child how her behavior makes you feel.
- Tell your child how you feel about yourself.

### 5. Imagine Solutions

- Grant in fantasy what you can't give in reality.
- Ask a child what he wants to happen or would like to change.
- Use dialogue to find solutions.

For more tips and detailed explanations visit our resource suggestions.



Raising a child is probably the most gratifying job any of us will ever have—and one of the toughest. We live in an increasingly complex world that challenges us every day with a wide range of issues that can be difficult for children to understand and for adults to explain to them.

These practical tips and techniques can help you talk easily and openly with young children ages 8 to 12 about some very tough topics.

- [Sex & Relationships](#)
- [Drugs & Alcohol](#)
- [Violence](#)
- [Race](#)
- [HIV/AIDS](#)
- [What They See on TV News](#)
- [Accidents & Disasters](#)
- [Sickness & Death](#)
- [Divorce](#)
- [Terrorism](#)

Here are 10 helpful tips for you in talking with children about any difficult topic:

1. Start early.
2. Initiate conversations with your child.
3. ...Even about sex and sexuality.
4. Create an open environment.
5. Communicate your own values.
6. Listen to your child.
7. Try to be honest.
8. Be patient.
9. Use everyday opportunities to talk.
10. Talk about it again. And, again.

Resources:

[http://www.childrennow.org/index.php/learn/talking\\_with\\_kids/](http://www.childrennow.org/index.php/learn/talking_with_kids/)  
[http://www.pbs.org/parents/talkingwithkids/sstrategies\\_8.html](http://www.pbs.org/parents/talkingwithkids/sstrategies_8.html)



**Please remember to contact the EAP as soon as you become aware of an issue that may warrant counseling. We are here to serve you!**

# Caring for Elderly Parents



## Communicating with Elderly Parents

Talking with our elderly parents about their living situations and the possible need for change is not always easy. A successful conversation depends to an extent upon the relationship we have with the parent, as well, of course, as on the parent's mental, emotional and physical condition. While many people put off serious conversations to avoid conflict or awkwardness, both parent and adult child may lose an opportunity for closeness, understanding, access to information that may affect the decision, and optimum peace of mind.

To the extent possible, talk with your elderly parents gently and honestly about their wishes, their abilities and their options. Far more often than not, these conversations are helpful and put the adult child in a better position to make decisions later when the parent may not be able to do so. The following are suggestions for conversations with your elderly parent:

- **Share your own feelings**, and reassure the parent that you will support them and can be depended upon to help them solve their problems.
- **Help the parent to retain whatever control is possible** in making his or her own decisions. Respect and try to honor their wishes wherever feasible.
- **Encourage the smallest change possible** at each step, so that the parent is more able to adjust to the change.
- **Educate yourself on legal, financial and medical matters** that pertain to your parent as background for your conversations, including current knowledge on the aging process.
- **Respect your own needs** - be honest with your parents about your time and energy limits.

## When a Lifestyle Change May Be Necessary

### Danger Signals

- Sudden weight loss
- Failure to take medication or over-dosing
- Burns or injury marks
- Deterioration of personal habits
- Increased car accidents
- General forgetfulness
- Extreme suspiciousness
- A series of small fires
- Bizarre behavior of any kind
- Disorientation of a consistent nature

## Elder Care Options

- Home care services
- Meals and transportation
- Adult day care
- Respite care
- Adult congregate communities
- Assisted living communities
- Rental retirement communities
- Life care or continuing care communities
- Personal care homes (board and care)
- Subsidized housing for the elderly
- Skilled nursing facilities
- Intermediate care facilities

## Resources

For more detailed description of the areas discussed and for more resources please visit the following sites:

- <http://www.state.gov/m/dghr/flo/c23141.htm>
- <http://www.aarp.com>
- <http://agingparents.com>