



Squirrel Hill Psychological Services

Issue: # 2

Fall 2011

The weather is getting cooler (at least it is today!) and fall is quickly approaching. Parents of older teens are thinking about college applications while parents of younger children are finding out how their kids are doing in their new grade. We decided to focus this issue of our e-newsletter on parents and children. We hope you find it useful.

Raising good children in today's world

Jordan Golin, PsyD, Director of Clinical Services

Parents today often despair about our society's many negative influences on children. From vulgar music videos to widely-publicized celebrity misbehaviors, young people are bombarded by images of famous, appealing people doing things that we would never want our kids to imitate. At the same time, we are aware that our children may see these very same individuals as role models.

How do we raise well-adjusted, kind, considerate children in such an environment?

Although there is no single, simple strategy, parents should be aware of one of their most potent and effective tools for guiding their children - themselves.

Research repeatedly has shown that parents play a huge role in influencing the values, attitudes and behaviors of their children through their own personal examples. Despite the fact that our kids may be more interested in hanging out with their friends than in spending time with us, we really do have a much broader, long-term influence than we sometimes give ourselves credit. The trouble is kids pay much more attention to what we do than to what we say!

So what are some ways parents can set an example to guide their children in a positive direction?

Show kindness, yet fairness, toward others. Help out a stranger while your children are nearby. Be polite and friendly toward salespeople, restaurant workers and others of all backgrounds.

Calling all older adults!

We're recruiting for our next Brain Builders Club - an innovative, free program of JF&CS. Open to seniors aged 65-85 and featuring workshops on creative writing, Tai Chi stretching exercises and computer training.

To learn more, please contact [Ellie Eisenstat](#) at 412.904.5960.



Monthly Support Groups

There are a variety of support groups that meet throughout the month. You can join at any time! They are:

Growing Together: This support group for family members of adults with special needs meets on the first Wednesday of the month. For more information contact [Linda Marino](#) at 412.904.5945.

Multiple Sclerosis Support Group: This support group for individuals with MS and their caregivers meets on the second Sunday of each month. For more information, contact [Claire Burbea, LCSW](#), at 412.421.3470.

Cargiver Support Group: This non disease-

Demonstrate persistence and passion. Kids should become aware of how hard you work for the things you value.

Let your children see how you handle difficult situations. Let them see you struggle and work at making the best of difficult situations. Everyone gets a flat tire, feels under the weather or has a bad day -- show your children how you handle these situations with grace, humor and a positive attitude.

Speak to other family members the way you would want your children to. Treat your partner, your children and your aging parents with love, patience and respect, and talk to your children about the importance of doing so.

Live a healthy lifestyle and explain why this is important to you.

Expect your children to challenge these behaviors and the decisions that you make. After all, you don't want them to follow anyone's example (even your own!) without thinking carefully about whether or not they agree with it. As they grow, you likely will find that your children have become more similar to you than you might have thought.

Struggles over how to encourage positive behavior in children is a common concern among families who seek help from [Squirrel Hill Psychological Services](#). Our compassionate, experienced therapists work with individuals, couples and families to improve their relationships and work through specific issues and concerns including parenting, stress, depression and anxiety.

To learn more, call us for a confidential consultation at 412.521.3800. We're here to help.

Our goal is to provide helpful information on a range of topics related to emotional well-being -- issues that are important and meaningful.

We welcome your feedback on suggestions for future newsletter topics. Please send any comments or suggestions to info@squirrelhillpsych.org.

specific support group for individuals who are caring for others meets on the third Thursday of each month. For more information, contact [Stefanie Small](#) at 412.904.5958.

Mom's Coffee Club: This support group for moms who have adopted internationally meets on the last Friday of the month. For more information, contact [Bari Benjamin](#), LCSW at 412.904.5946.

For more information, check out the [monthly calendar of events](#) on our website.



[Forward email](#)



Try it FREE today.

Squirrel Hill Psychological Services | 5743 Bartlett Street | Pittsburgh | PA | 15217