

BHS ASSIST E-NEWS

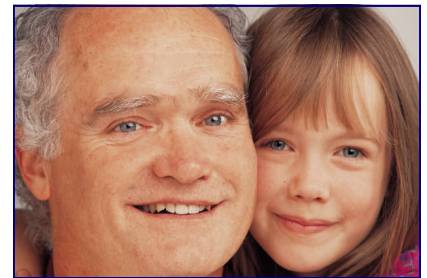
Tips for Grandparents Raising Grandchildren

No matter why or how they came to live with you, your grandchildren can benefit from being in your home. When children cannot be with their parents, living with a grandparent may provide:

- Fewer moves from place to place.
- The comfort of a familiar language and culture.
- A chance to stay with siblings.
- More contact with their parents, depending on the situation.

Despite these benefits, the children will face some unique challenges. They may:

- Feel insecure and unsure that you will take care of them.
- Act out or challenge you.
- Miss their parents.
- Be anxious or depressed.
- Seem young or act too old for their ages.



It will take time for your grandchildren to feel safe and secure in their new home with you. You can encourage these good feelings in a number of ways:

- Set up a daily routine of mealtimes, bedtime and other activities.
- Help your grandchildren feel "at home" by creating a space just for them.
- Talk to your grandchildren and listen when they talk to you.
- Set up a few rules and explain your expectations. Then, enforce the rules consistently.
- Reward positive behavior. When children make mistakes, focus on teaching rather than punishing.
- Be as involved with their school as you can, and encourage participation in school activities.

This is a big job, and you may need help from your community. Here are some suggestions:

- Help with housing or other bills, clothing or school supplies may be available specifically for grandparents raising grandchildren.
- Join a support group. Often there are local groups for grandparents raising grandchildren.
- Ask for help and referrals from BHS ASSIST, church leaders, your child's school counselor or a social services agency.
- If necessary, get professional help to address your grandchild's special needs, such as medical care, mental health care, or education.

Parenting the second time around brings special challenges and special joys. Do not hesitate to ask for help or seek services for yourself and your grandchildren.

For more parenting tip sheets, go to <http://www.childwelfare.gov/preventing/promoting/parenting> or call BHS ASSIST at 800.245.1150.

BALANCING WORK & FAMILY



All of us must allocate 24 hours a day to the activities of life. How well we balance responsibilities with doing things we truly enjoy directly affects our quality of life. It also helps manage stress. Are you satisfied with your balance of time between work and family?

If you answered “no,” you are not alone. Achieving balance with work and family is an ongoing process of juggling responsibilities at work and the needs of family members. These needs change over time. The key to success is stepping back and periodically analyzing how things are going. You can then decide if changes are needed. The result will be enjoying your life more and being in harmony with the things you value most.

Take the following quiz to see if you could use some re-evaluation of work and family balance.

Work and Family Balance Quiz —

- Do you successfully allocate time in your day to the things you want to do with your family?
- Can you participate in meaningful activities with family without feeling anxious or talking about work?
- Do you participate in family activities without the gnawing feeling of so much work being left undone?

10 Steps Toward Balance with Work and Family —

1. Work and Family Balance is a Conscious Decision. Work and family do not “balance” automatically. Achieving balance is an ongoing process. Understanding this can reduce frustration and help you act to gain control.

2. Write Down Family Goals. Family needs change over time. Opportunities to build a tree house for the kids or participate in a new family pastime do not last forever. Decide what is important and write it down. Assign a date, and make these goals “absolutely-will-happen.”

3. Stick to Your Values. Sometimes it can be tough to make a choice between a family and a work activity. Knowing where you stand on your values can make tough choices easier.

4. Recognize that Imbalance is Sometimes Inevitable. It is important to recognize that jobs and responsibilities are important and that they sometimes take priority.

5. Revisit Your Schedule. When your work schedule changes, new opportunities may become available to participate in family activities.

6. Recognize the Benefits of Balance. Balancing work and family has pay-offs for children, home relationships and everyone’s future happiness.

7. Manage Distractions and Procrastination.

Working long hours causes stress that some times finds relief naturally through work place distractions and procrastination. If you are the office for 12 hours, do you really work only 10? If you are searching for more family time, it might be found here.

8. Discuss Expectations and Responsibilities. When one family member is taking on too many responsibilities at home, resentments can build. Periodically discussing the perceptions of others can provide the awareness you need to consider opportunities and choices for work and family balance.

9. Organize Your Work Better. Improving your delegation and time-management skills can buy you time needed for family life. Learning how to put work down, say “no,” and let go of workplace worries are skills that are learned through practice.

10. What BHS ASSIST Can Do. Despite these suggestions, improving balance of work and family may be a lot easier said than done. The EAP can help you find sources for defining priorities, acquiring assertiveness skills, making tough decisions or even identifying family goals that you want to pursue so you can look back and say, “I did it.”

April Is Alcohol Awareness Month

When many people think of alcohol abusers, they picture teenagers sneaking drinks before high school football games or at unsupervised parties. However, alcohol abuse is prevalent within many demographic groups in the United States. People who abuse alcohol can be:

- College students who binge drink at local bars.
- Pregnant women who drink and put their babies at risk for fetal alcohol syndrome.
- Professionals who drink after a long day of work.
- Senior citizens who drink out of loneliness.



In 2006, 23 percent (57 million) of Americans participated in binge drinking within 30 days prior to taking SAMHSA's National Survey on Drug Use and Health (NSDUH). Among 16.3 million heavy drinkers in that same year, 12.9 million (79.2 percent) were employed.

Warning Signs of Alcohol Abuse

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?

If you answered "yes" to any of these questions, you may have a problem with alcohol.

Source: [How to Cut Down on Your Drinking](#)

National Humor Month

National Humor Month is designed to heighten public awareness on how the joy and therapeutic value of laughter can improve health, boost morale, increase communication skills and enrich the quality of one's life.

- Hearty laughter is a wonderful stress reliever.
- Laughter increases blood flow to the brain, encourages deep breathing and takes your focus away from the source of your stress.
- Learn to take life less seriously and allow yourself to find the humor in every situation.
- Be a good friend and encourage others to lighten up!

sunshine soup

Hop into spring with
a simple light meal.

What better way to celebrate extra hours of sunlight than with a cheery soup! By pairing fresh carrots with ginger, we're spicing up the ordinary. Plus, try some great tips for garnishing and creating a "ray of sunshine" design in the center of everyone's bowl.

Sunshine Ginger Carrot Soup—By Allison Fishman

Makes 4 (1 1/4-cup) servings

Active Time: 15 minutes

Total Time: 30 minutes

INGREDIENTS

- 1 1/2 tablespoons butter
- 1 1/2 teaspoons ground ginger
- 1 medium onion, diced
- 4 large carrots (about one pound), peeled and grated
- 1 1/2 teaspoons coarse salt (or 3/4 teaspoon table salt)
- 2 cups low-sodium chicken stock
- 1 cup water
- 1 1/2 tablespoons granulated sugar
- 1/2 cup half and half (optional)
- 1/4 cup sour cream or yogurt



INSTRUCTIONS

1. Melt butter in a medium saucepan, over medium heat. Add ginger and cook until fragrant, about 15 seconds.
2. Add onion, carrots, and salt and stir to combine; reduce heat to medium-low and cook for 5 minutes.
3. Add chicken stock, water and sugar; bring to a simmer until vegetables are soft, about 10 minutes. Add half and half (if using).
4. Transfer carrot mixture to a blender and cover or use a hand blender. Blend until pureed, about 30 seconds.

Divide the hot soup among serving bowls, and dollop 1 tablespoon of warmed sour cream in the center of each bowl. Use a toothpick to create sunrays by gently spreading the sour cream outward on the surface of the soup.

www.homemadesimple.com

You Might Be Middle Age If:

- People call at 9 p.m. and ask, "Did I wake you?"
- You have a party and the neighbors don't even realize it.
- You sing along with the elevator music.
- You talk about "good grass" and you're referring to someone's lawn.
- Your secrets are safe with your friends because they can't remember them, either.

