

The Parent Break

Parent's Care + Share of Illinois

If you need a “Parent Break,” here’s the place to go!



Currently, Parent’s Care + Share has 20 groups both locally and regionally. There are many reasons why a parent decides to go to a Parent’s Care + Share group. Whether it be feeling stressed, alone or even just needing some advice, there are countless benefits to attending a group. All groups are located in safe sponsoring agencies, offer FREE childcare and a meal! Parents are receiving an hour and half of weekly “adult time” with no worries! For more information on Parent’s Care + Share, contact Aly Becker at (309) 834-5266, or abecker@childrenshomeandaid.org.

'Tis the Season... to find a bargain?

Summer is the best time to find a sweet bargain! Whether it be garage and yard sales or your local Goodwill, there are many bargains to find out there. The spring cleaning has been completed, and many people are ready to get rid of some clutter. Here are some tips to find the best bargain!

Garage and Yard Sales

- **Prepare to shop.** You can do this by routing out a map of your local garage sales. If you are in the Bloomington/Normal area, try looking at The Pantagraph. You can also go to Garagesaletracker.com or penny-saver.com. Preparing your trip allows for the most shopping for the time allotted.
- **Know your locations.** Look at the neighborhoods you are going to and what you want to find. For example, if you are looking for furniture, try looking around a college campus. The students are leaving for the summer and many of them do not want the extra baggage going home. If you want children’s toys, look at the subdivisions near elementary schools.
- **Budget, Budget, Budget.** It can be very overwhelming going to so many garage sales! So many treasures can be found, so you need to budget what you want to spend!
- **Take pictures.** If you are looking for a big-ticket item. Take pictures of it, to compare with other sales. This will allow you to get the best deal and best quality!
- **Bargain!** Many garage sales are put on to get rid of extra clutter. Many of the sellers want their items bought, and it never hurts to try for a lesser price.

Thrift Stores

- **Investigate.** Local thrift can have sales! Keep your eyes open in the local newspaper or online for them! For example, Goodwill in Normal has weekly sales, changing every week!
- **Inspect.** Take your time when shopping at thrift stores. Some of them are packed with good stuff, so take your time to whittle through it all.

Parent’s Care + Share of Illinois is a program of Children’s Home + Aid



For Parents...

For families to function harmoniously, they need rules. Rules and limits let everyone know what is expected of them. A set of rules that works in one family may not work in another. Setting rules about safety and family unity is important.

It is NORMAL for parents to be upset when kids break rules. It is NORMAL for children to say, “rules aren’t fair because the parents always get to be the boss.” Children want choices. They want some control over their lives. And parents want and need to feel in control at home. So, what’s fair when it comes to rules?

- **Rules about safety are needed.** Examples are: “No playing in the street;” or “No biting your sister;” or “No playing with matches.” The major goal of safety rules is to keep kids from harm.
- **Rules about bedtime and mealtime are important.** Kids need a regular routine. Children need adequate sleep to feel and be their best. Parents need time alone in the evening. Kids need proper nutrition to thrive and grow. Parents and kids feel better when mealtimes are regular and pleasant. While it is vital to have limits and rules about bedtime and mealtimes, it’s also important to give children some choices about bedtime and meals.
- **Rules having to do with respect and appreciation are important and fair.** Examples are, “If

you’re going to be more than 15 minutes late, call home;” “Before you can spend the money Grandma sent you, you need to write her a thank you note.”

The goal of setting limits when kids are young is for them to grow up learning self-discipline. As children grow older they are able to take more control over and responsibility for their lives.

Too many rules can lead to conflict between parents and children. Parents have to “pick” the things which are important enough to have rules about. Examples of things that parents might want to “let go of” and let kids choose, include what to wear, whether to eat meat or veggies first, and how to style their hair.

Children are more likely to follow rules if they help create the family rules. Let them share in making decisions about things like bedtime, menus, television time, and chores. Let them also help decide what will happen {consequences} if rules are broken.

Discuss rules with your children. Hug and praise your children for helping you set and follow family rules.

This article was provided by the Circle Of Parents.
© 2002 Prevent Child Abuse America

... From Parents!

Group Spotlight

Raising Our Children’s Kids (ROCK)

Wednesday 5:30-7 pm



Currently, there are over 3.5 million children being raised by grandparents or other relatives... YOU ARE NOT ALONE!!!! ROCK is a support group for relatives in this situation. Enjoy peer-to-peer support as well as learn about community resources; have great conversations! Free childcare and meals are provided!! ROCK meets every 1st and 3rd Wednesday of the month from 5:30-7 pm at Children’s Home + Aid.

ROCK will be hosting a BBQ for new and old members later in July, please contact Phyllis Davidson at 309-827-2085 for more details on the event!

KIMPTON
hotels & restaurants

A special thanks to Kimpton Hotels and Restaurants for their generous support of Children’s Home + Aid