



Cameray Newsletter

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Is Mothering Wearing You Out?

I always wanted to have children and I was completely thrilled when I had my first child. Nothing, however, prepares a mother for what it's like to be responsible for a child 24/7.

Before my son was born, I had time — time to read, to be creative, to spend time with friends, to take long baths, to spend time with my husband, to breathe. Suddenly there was no time for me. And, of course, after two more children, having any time for me became even more challenging.

That's when I started getting sick. Not sick in the way you could name it — just sick in the way of being fatigued all the time. As much as I loved being a mother as well as continuing my practice as a psychotherapist, I was wearing out. Something had to change.

The real problem was in knowing how to take care of my children and myself, instead of just taking care of my children. I had been brought up to be a caretaker, which meant that everyone's needs came before mine. That was really what was wearing me out. Not only that, but putting their needs before mine was creating children with entitlement issues — the more I put myself aside for them, the more they demanded and felt entitled to my time and attention.

Unfortunately, I didn't discover this problem until my children were adolescents. By that time I was headed for serious illness. My immune system was shutting down and various doctors said that if I didn't change my lifestyle, I would end up with cancer or something equally serious.

It's not easy to start to attend to yourself when you've always put others' needs before your own. Yet for me it felt like a life-and-death situation. I had always been afraid that if I said "no" to my husband and children, I would discover that they really didn't care about me. I was afraid to find out that they wouldn't support me in learning to take care of myself. Yet I finally reached the point where I was willing to lose them rather than continue to lose myself and my health.

It was at this point that I began to develop a strong spiritual connection that eventually guided me toward a self-healing process which we now call Inner Bonding. It was through practicing the six steps of this powerful process that I was able to start taking care of myself while I was working and taking care of my family, and my health gradually returned. I had always had enormous compassion for others but generally lacked compassion for myself. My challenge was to turn my eyes inward to my own feelings and needs instead of always being tuned in just to others' feeling and needs. I needed to learn to treat myself as well as I treated others. I needed to learn to stand up for myself when my family demanded that I take care of them to the detriment of myself. I needed to learn to have the courage to withstand their anger when I didn't do just what they wanted me to do. I needed to learn to stand in my truth regarding what was loving to myself and others instead of trying to control their love with my compliance. It's been a long and sometimes painful road, but one with great rewards.

In a session with Renee, one of

my clients, she told me that she was struggling with this same issue. She was exhausted most of the time, and often felt depressed. She told me of a recent incident that had happened with her nine-year old daughter, Sarah. Renee had told Sarah that she wanted to watch a particular TV program at 8:00 that night, so Renee wanted to make sure that Sarah didn't need anything from her after 8:00. When 8:00 came around after Renee had been spending time with Sarah, Renee said she was going to watch her TV program. Sarah said, "Mom, so the TV program is more important than I am?" Renee got confused by this, bought into the guilt, and gave into Sarah, thereby enabling Sarah's already strong entitlement issues. Then Renee felt even more exhausted and depressed.

What Renee needed to say to Sarah was, "Honey, it is you who is being selfish in not caring about what is important to me and just wanting me to do what you want. I need you to care about me like I care about you." She needed to watch her program, thus taking care of herself and at the same time role-modeling personal responsibility rather than enabling Sarah's entitlement issue by giving herself up.

Learning to take care of ourselves is essential for our own health and the health of our family.

Margaret Paul, Ph.D. is the best-selling author and co-author of eight books, including "Do I Have to Give Up Me To Be Loved By You?" and "Healing Your Aloneness." She is the co-creator of the powerful Inner Bonding healing process. For more information you can visit her website at www.innerbonding.com.

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Getting your kids out and about this summer...the whole

Benefits of Summer Camp

Summer is quickly approaching and if you've been contemplating whether to send your kids to camp this summer, you may be interested in the following. A recent survey conducted by the American Camp Association reveals the benefits of camp on the lives of children. Children who go to camp gain positive identity, social skills, and positive values and spirituality, as well as increased physical and thinking skills.

While it is a great opportunity

for the children, it is also a wonderful break for the parents, who feel the need to be constantly entertaining their children over the two month break.

There are many different camps offered throughout the Lower Mainland. Most organizations that offer activities to children throughout the year also offer summer camps. While many camps are very expensive, there are a few local camps which offer subsidy for low-income families.

- The Camping Bureau,

Fraserside Community Services, New Westminster.
Phone: 604-522-3722 (ext.114)

- The Camping Bureau, Burnaby Information and Community Services Society, Burnaby. Phone: 604-299-5778 (ext 28)

For camp information across BC you may visit the BC Camping Association's Website at : www.bccamping.org.



Most researchers believe that attention-deficit disorders are primarily the result of a biological and/or chemical condition in the brain. Stressors in the child's life may

Attention-Deficit Hyperactivity Disorder in Kids

When a young person has difficulty concentrating, often acts without thinking, or does not seem to learn from mistakes, an attention-deficit disorder may be the cause.

There are three types of attention-deficit disorders:

- the **inattentive type**, may be difficult to recognize as the child or youth tends not to be disruptive, but is disorganized and easily distracted
- with the **hyperactive/impulsive type**, the child or youth tends to be extremely busy, fidgets constantly and makes impulsive decisions
- with the **combined type**, the child or youth has symptoms of both inattentive and hyperactive/impulsive type disorders

Although the condition may be present for several years before a diagnosis is made, symptoms should be evident before the age of seven. Before a positive diagnosis can be made, other disorders must be ruled out. It is also important to remember that many of the characteristic behaviours are normal in children, the difference being the frequency or intensity of the behaviours.

Youngsters with attention-deficit disorders may have other co-existing problems that contribute to learning and behavioural difficulties. Defying authority

figures, fighting or arguing with others, or learning disabilities may be signs that another disorder is also present.

Since disorders that develop in childhood can continue into adulthood, early intervention is recommended. Positive early experiences, coupled with early intervention if difficulties arise, can help the child or youth develop positive self-esteem which leads to good mental health. If unattended, the disorder can cause difficulties at home, in school, and in the community.

Children and youth with attention-deficit disorders have symptoms that seem inappropriate or excessive for their age. The symptoms occur frequently, and in more than one setting, such as at home and school.

Some signs to look for in attention-deficit disorder

In an inattentive type disorder, the child:

- Often daydreams, or seems "spacey"
- Makes frequent mistakes following instructions
- Appears forgetful
- Has difficulty with tasks requiring extended periods of concentration, such as schoolwork
- Is disorganized
- Fails to follow through on parents' or teachers' requests or instructions

• Often loses things
• Is easily distracted
A hyperactive-impulsive type disorder may be present if the child is:

- Unable to stay seated for long periods when requested to do so
- Is constantly fidgeting, with fingers or feet tapping, or arms swinging
- Blurts out answers or frequently interrupts
- Has difficulty waiting his or her turn
- Acts impulsively without thinking, such as running out into the street
- Often has difficulty playing quietly
- Acts as if driven by a motor
- Talks excessively

A thorough history of the youngster's medical health, growth and development, and family and community relationships, is required to diagnose an attention-deficit disorder. A family physician, child psychiatrist, psychologist, paediatrician, or mental health worker who knows about attention-deficit disorder, can assist with this diagnosis.

www.heretohelp.bc.ca,
BC Partners for Mental Health and Addictions Information

Corner

Recipe

THIS SUMMER, COOL OFF WITH THESE TASTY AND HEALTHY TREATS

Smoothies

This is a delicious and refreshing summer-time treat your kids will love. It's also very easy to make, and very nutritious. (Also great for those kids who don't like dairy products.)

1 cup of berries
1/2 cup orange juice
1 cup flavored yogurt
1 ripe banana

Combine all the ingredients into a blender. Blend on medium speed until smooth. Chill and enjoy!
Makes 3 servings

Fresh Fruit Salad

This fruit salad combines chopped peaches, strawberries, bananas, and red and green grapes, dressed with a simple fresh lime and pineapple juice dressing.

6 peaches, peeled, pitted, and chopped
1 pound strawberries, rinsed, hulled, and sliced
1/2 pound seedless green grapes
1/2 pound seedless red grapes
3 bananas, peeled and sliced
1/2 cup granulated sugar, or less, to taste

Dressing:

Juice of one lime
1/2 cup pineapple juice
1 teaspoon ground ginger

Combine chopped and sliced fruits in a large serving bowl; toss gently. Sprinkle with sugar. Whisk together remaining ingredients in a small bowl or 1 cup measure. Pour dressing mixture over fruit and toss gently to combine. Cover and chill the fruit salad thoroughly before serving.

This recipe makes enough to serve 10-12 people.

Fruit Salad Recipe from Diana Rat-tray, www.southernfood.about.com



When Your Child Suffers from Low Self-Esteem

As parents, we naturally love our child with all our heart, and it tears us apart if our child doesn't love himself. Many people assume that there's little they can do to change this situation, when actually, parents can have a tremendous affect on how a child sees himself. Here are some practical ideas:

Question: I'm beginning to suspect that my child's negative behavior is due to a lack of self confidence and low self esteem. How do I help him feel good about himself?

Think about it: It's routine to teach kids how to read, write and even how to paint or how to run the dishwasher. It's not customary to teach kids how to nurture their own self-esteem, though it's the most important thing they can learn.

Love is the wind beneath their wings: The foundation for healthy self-esteem is the feeling of unconditional love and approval a child feels from his parents. As children navigate the rocky road to adulthood, they need large, obvious doses of this

kind of love. Make sure you're showing your child this kind of love on a daily basis. Say it with your words, your actions, and your heart.

Skills boost esteem: Help your child discover his talents and the things he's good at. Allow him to try various sports, hobbies and activities. Encourage him to apply himself to those things he enjoys and seems skilled at. Accomplishment builds self-confidence. Self-confidence builds self-esteem.

Being helpful equals being confident: Assign your child household chores. Chores help a child feel like a capable, responsible member of the family. Doing chores promotes a feeling of being trusted, skilled and important.

Life's lessons: Don't hover, protect and rescue your child. Let him learn through his trials, his struggles, and his mistakes. A child's greatest sense of accomplishment comes through personal effort, and personal success.

Praise, praise, praise: Compliment your child daily using sincere and specific praise. A child creates an image of himself largely through

input from others, especially his parents.

Choose your words carefully: You may have heard your parents say, "What's the matter with you?" or "Can't you ever remember?" and now you repeat it to your child without much thought to the punch behind the words. But think about what your words are saying, and find alternatives that more clearly describe your intended meaning.

Teach positive thinking: Help your child develop a more positive way of looking at life. Gently correct his pessimistic statements. For example, when he says, "I can't do it." Respond, "Take your time and try again. I have confidence in you."

Perfect Parenting, The Dictionary of 1000 Parenting tips by Elizabeth Pantley, Copyright 1999.

Parents play a very significant role in nurturing their child's self-esteem.



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MISSION STATEMENT:

*Cameray Child & Family Services is a commu-
nity-
based agency committed to the strengthening of
individuals and families through a spectrum of
services
including counselling, education, outreach, and
advocacy.*

*We are a non-profit agency serving Burnaby
and New Westminster residents since 1972.*

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"Dream of Dionysus"
Screen print donated by Robert
Young

Art on the Horizon

Cameray Centre is celebrating Art and Children with a gala event! Art on the Horizon will be held at Horizons Restaurant, on the top of Burnaby Mountain on the evening of September 21. Many wonderful local artists have donated paintings and sculptures to be auctioned in our support. A food and wine reception followed by a rousing auction led by Bill Vander Zalm will ensure an enjoyable evening for all. For tickets call 604-291-7422. A portion of the ticket is a tax-deductible donation.



*Two of our counsellors from
the New Westminster Office
with their beautiful babies,
Olivia (left) and Solenda*

Donor Highlight

Telus

Telus has provided funding for four girls groups that are being held in four Burnaby high schools.

These groups give teen girls who may be at risk, an opportunity to discuss issues facing them. They learn new ways to function from each other and the facilitators.

Through building meaningful connections with each other, they learn tolerance and empathy, which hopefully will decrease conflict.

Thank-you to Telus for providing this opportunity.