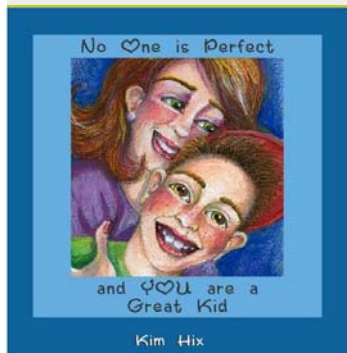


In This Issue

- Zack is Back!
- Intense Parenting: 10 Things Every Parent Needs to Know!

Zack is Back!



Have you ever wished you could step onto the pages of a book? That is what has happened for one great kid. Zack was featured in our March 2005 newsletter as a "Terrific Kid." He also sent us a picture for our talent showcase showing off his lego creation. Well today Zack and his mother have more news for us. Zack has inspired a

new book written by his mother, Kim.

No One is Perfect and You are a Great Kid is a book for any kid who has ever felt different and frustrated because of special challenges. In this beautifully illustrated book Zack and his mother share the important message that it doesn't take perfection to be a great kid. It's a message of acceptance and love.

Way to go Zack! You inspired a book and now your story will help many other kids. In case you didn't know already Zack, "You are a Great Kid!"

[Check out the book inspired by Zack!](#)

Intense Parenting: 10 Things Every Parent Needs to Know!

Parents of children with special needs find themselves in the most intense parenting circumstances with little outside support. They frequently receive much advice and criticism from those on the outside looking in. In truth these intense parenting circumstances have taught special needs parents many important lessons. These lessons are ones that every parent needs to know to improve relationships with their children. So today we take a moment to share with all parents what our "intense parenting" has taught us.

1) Have the Right Focus. Parents must focus on the individual needs of the child instead of on parenting ideals. Focusing on preconceived ideals sets your family up for disappointment and puts unnecessary pressure and strain on family relationships. Having the right focus will keep your family on track and addressing the needs of every member of the family.

2) Live for People not for Schedules This is a lesson that

Tip for the Day!



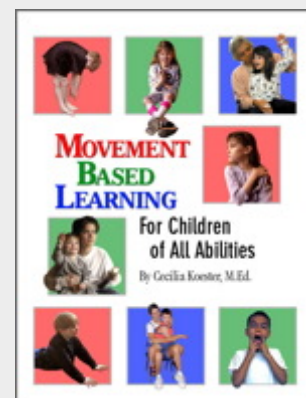
Get off e-mail/instant messaging when you start feeling really mad. You can't take back what you wrote once you hit the "send" button and people can make, keep, and send copies of what you wrote. [Send us your Tip!](#)

How Can Movement Help Children

[What is Movement Based Learning](#)

[Have you Heard of Brain Gym?](#)

NEW ITEMS



many special needs parents have learned the hard way. Our lives and schedules come to a complete halt due to the needs of our children. Yet this lesson is such an important component for all families. Some days we have to stop the world, turn off the computer and turn our attention to our children. When we stop running then we can start enjoying.

3) Let Go. Parents carry a lot of weight today that can bog them down in their parenting journey. There is the criticism of others, the power struggles, and our own expectations. Special needs parents have learned to let go of these extra weights. That simple act can lead to exploring new options, thinking out of the box and moving forward in ways that could not be accomplished when weighed down.

4) Savor the Moments. Many special needs parents report much joy and satisfaction in little things. They have learned to appreciate each good moment with their children. This is a gift we wish to pass on to every parent. Don't let the little moments pass you by. Every little moment is part of the fabric of life. Wrap yourself in it.

5) Break from Tradition. What is your definition of success? It is likely shaped by your values and traditions. While these can be very good they can also prevent you from finding happiness with your child. Allow your child to find success in unconventional ways.

[Read the Rest of "Intense Parenting:10 Things Every Parent Needs to Know](#)

[Movement Based Learning for Children of All Abilities by Cecilia Koester](#)



["No One is Perfect and You are a Great Kid" by Kim Hix](#)

Recent Events



[Thank you to NAMI Lee County for inviting me to speak with a group of mental health counselors regarding Pediatric Bipolar Disorder. Are you connected with your local NAMI?](#)

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