



OFFICE OF YOUTH SERVICES

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Spotlight on Staff: Patrick McGinnis



Patrick McGinnis is a member of the NH National Guard Counter Drug task force and liaison working with OYS. Patrick has served OYS since March of last year, managing the OYS Website, newsletter and tobacco education program. This past October, Patrick was recognized by Mayor Frank Guinta for his excellence and in service to the city of Manchester and country. Patrick is shipping off to Afghanistan for a year

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Director's Corner

Harvest is a word that conjures many images, especially at this time of the year. Harvest is "the consequence of an effort or activity" (Princeton University WorldNet). Each year, changing leaves and crisp air reminds us to prepare for the season to come. We find ourselves readying for winter by harvesting the 'consequences' of our activity from earlier, warmer, and longer days. Parenting also has seasons. As children enter adolescence, the journey of separating from parents is often foreshadowed by the efforts made by caregivers during the earlier, longer (and sometimes warmer) years of parenting shared with younger children and toddlers.

Parents who work with their children to build good habits early, do not find themselves having to play 'catch up' during adolescence. "How to Talk So Kids Will Listen and Listen So Kids Will Talk," by Faber and Mazlish, provides great counsel to parents who get caught in power struggles with their children. They have five great suggestions to help parents communicate through problems with young people. First, when the issue of undone chores arises, parents are encouraged to simply describe what they see without anger or sarcasm: "I see dishes that need to be washed in the sink." Second, give information related to the situation: "Dishes need to be washed so that we have clean dishes and so that germs don't spread." Third, use one word to describe the situation and prescribe the appropriate follow-up activity: "Dishes." This piece of counsel is used to reduce the tendency to 'lecture' that parents and caregivers have. Lectures generally don't result in young people becoming more consistent in doing housework.

Fourth, the authors suggest that parents and caregivers describe the way they feel when the situation of undone chores arises: "I feel disappointed and let down that you have not done the dishes the way we agreed you would." Finally, and this one is especially effective, leaving a creative note works better than one might think: "Dear Mary, Please take time to wash me. Love, -The Family Dishes." These creative and useful suggestions help to break the pattern of arguments and nagging that generally don't produce results or build the work habits that young people need. We all know that these skills are necessary for achieving independence in

youth related events, and resources for youth and parents.

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adolescence and early adulthood. Planting good habits in younger children results in a great harvest later in the lives of the children we love.

–*Marty Boldin*

Substance Abuse Hotline

Are you a parent concerned your child may be using drugs? Do you wonder what the symptoms of substance abuse are? Are you a teenager who is considering using drugs? All of your questions can be answered via our Substance Abuse Information Hotline, a free, confidential service, answered by live counselors, available 24/7. (603) 665-6600

Contact Us!

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