



# consumer

## CURRENT

*A free monthly publication written by  
members of The Children's Center  
Consumer Council.*

## 12 tips to raise a confident child

To thrive, kids need to trust in their own capabilities while, at the same time, knowing that they can handle it if they aren't successful at something. It's by experiencing mastery and rebounding from failure that they develop healthy self-confidence. Here are 12 ways you can set kids up to feel capable and get the most mileage out of their skills and talents.

**1. Model confidence yourself.** Even if you're not quite feeling it! Seeing you tackle new tasks with optimism and lots of preparation sets a good example for kids.

**2. Don't Get Upset About Mistakes.** Help kids see that everyone makes mistakes and the important thing is to learn from them, not dwell on them.

**3. Encourage them to try new things.** Instead of focusing all their energy on what they already excel at, it's good for kids to diversify. Attaining new skills makes kids feel capable and confident that they can tackle whatever comes their way.

**4. Allow kids to fail.** It's natural to want to protect your child from failure, but trial and error is how kids learn, and falling short on a goal helps kids find out that it's not fatal.

**5. Praise perseverance.** Learning not to give up at the first frustration or bail after one setback is an important life skill. Confidence isn't about succeeding at everything all the time.

**6. Help kids find their passion.** Exploring their own interests can help kids develop a sense of identity, which is essential to building confidence.

**7. Set goals.** Articulating goals, large and small, and achieving them makes kids feel strong. Help your child turn desires and dreams into actionable goals by encouraging him/her to make a list of things he/she would like to accomplish.



**8. Celebrate effort.** Praising kids for their accomplishments is great, but it's also important to let them know you're proud of their efforts regardless of the outcome.

**9. Expect them to pitch in.** They might complain, but kids feel more connected and valued when they're counted on to do age-appropriate jobs, from picking up toys to doing dishes to picking up younger siblings from a play date.

**10. Embrace imperfection.** As grown-ups we know perfection is unrealistic, and it's important for kids to get that message as early as possible. Help kids see that whether it's on TV, in a magazine, or on a friend's social media feed, the idea that others are always happy, successful, and perfectly dressed is a fantasy, and a destructive one. Instead, remind them that being less than perfect is human and totally okay.

**11. Set them up for success.** Challenges are good for kids, but they should also have opportunities where they can be sure to find success. Help your child get involved with activities that make him/her feel comfortable and confident enough to tackle a bigger challenge.

**12. Show your love.** Let your child know you love him/her no matter what. Win or lose the big game, good grades or bad. Even when you're mad at him/her. Making sure your child knows that you think he/she is great — and not just when he/she does great things — will help him/her see his worth even when he's not feeling good about him/herself.



## Youth MOVE

**Detroit** is Youth United's youth advisory council. We are looking for participants ages 14-25 to join us and impact the System of Care as well as the community. Youth on the council will hold leadership roles while

sharing concerns and helping find solutions utilizing personal community and lived experiences. We meet every first and third Tuesday of each month, at The Children's Center in Building 90 room 102 from 5pm-6:30. The next dates are May 3rd, May 17th, June 7th, June 21st, July 5th, and July 19th. For further information contact Tyanna McClain at 313-324-8580 or by email at [tmccclain@thechildrenscenter.com](mailto:tmccclain@thechildrenscenter.com).

## Culture Day in the Park:

Youth United will be hosting a cultural event for youth and families, June 24, 2016, from 10:00am-3:00pm. There will be entertainment, food, giveaways, and everything will be free. Families will be able to come out, participate in various cultural activities, collect resources, and enjoy a nice day at the park. The location for this event is to be determined. If you have any questions, please contact Terra Gassaway via email at [tgassaway@dwmha.com](mailto:tgassaway@dwmha.com)

## A Day of Advocacy: Did you

**know?.....** The Children's Center's CEO, Deborah Matthews, COO, George Winn, and members of our very own advocacy group headed to Lansing on 4/19/2016 for The Michigan Federation for Children and Families "Legislative and Advocacy Day". This year, as they visited with elected Representatives and Senators, they passionately stressed the needs of the children and families across the Greater Detroit area as it relates to foster care and mental health services. In particular, keeping siblings together in foster care, sibling visitation, parenting time, and bridging the gap between the cost of providing foster care services and the administrative rates paid to contracted providers. The Children's Center had the privilege of being the special guest of Senator Vincent Gregory from the 11th Senate District and were among Federation Member Advocates recognized during Senate session. CEO Deborah Matthews accompanied by youth advocates had a chance to tell their stories to Jim Marleau assistant which was very effective and showed much interest and the advocates and what they do, but more so how The Children's Center has given the strength to help others reach their goals.

## The Children's Center in Schools

The Children's Center is expanding its school based mental health services by partnering with 6 new schools by providing Mental Health Prevention, Intervention and Treatment initiative through the Detroit Wayne Mental Health Initiative. The 6 participating schools are:

- Bethune Elementary,
- Law Elementary/Middle,
- Carleton Elementary,
- Henry Ford High School,
- University Prep Academy, and
- Central High School.

The initiative is to provide overall Mental Health Awareness through professional development for teachers and parent engagement activities as well as mental health treatment intervention.

If you have additional questions about school based services; contact Coordinator, Ebony Redding at 313. 262. 1230

## Parent Spotlight: Tomeka Bryant



My name is Tomeka Bryant. I am a mother of four. On Christmas Eve in the year of 2000, a drunk driver hit the car with three of my children inside. My oldest daughter, who was eight at the time, sustained a closed head injury (TBI). This began my journey of learning about mental health. Throughout the years I navigated our way through many agencies including special education, juvenile justice, and community mental health. Throughout the years I learned to advocate for myself and my family.

While being on this long journey for my family I realized some challenges about myself along the way. I went through this process with very little support, however when I was offered support from a parent who has traveled a journey similar to mine with my youngest I accepted. Having a Parent Support Partner helped me to help myself while I was caring for my family. Self-care was often put off because I was focused on my children. Currently I am working as a Parent Support Partner with high hopes of being the parent traveling a similar journey to yours and will be able to support you as you care for your family. I am also a member of The Consumer Council to help provide a voice for parents to the Leadership Team. Advocating families and supporting parents while they do what they

### *The Center for Discovery*

*(79 Alexandrine, Bldg. 90 Detroit MI)*

*Is OPEN every Wednesday from 4:00 P.M. – 6:00 P.M.*

*For homework help, tutoring and quiet study.*

## Are you having behavior challenges with your preschool aged child? Maybe PCIT can help...

Parent-Child Interaction Therapy (PCIT) is a treatment for young children with emotional and behavioral disorders that places emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns.

The goals of PCIT are to:

- Empower parents to make changes that will lead to a nurturing and secure relationship with their children.
- Increase prosocial child behaviors.
- Reduce aggressive, negative, and noncompliant child behavior.
- Improve the lives of children and families worldwide through the provision of sound, empirically-based assessment and treatment with the live coaching support needed to do so.

Parents are assisted in skill development during the session by receiving coaching from a therapist using a one way mirror and bug in the ear to allow observation and communication in the moment. This type of coaching allows parents with direct support in addressing reducing negative parent and child behaviors and increasing positive interactions and parent management skills, as well as allowing for assessment of treatment gains on a session by session basis.

Sessions take place weekly in the therapist office. Therapists also work with the child's teachers.

If you are interested in this services please speak with our therapist or case manager about this service.

## 4th Annual Fatherhood Forum FATHERS MATTER!

*Join us for a day dedicated to helping dads become strong role models for their children and families.*

*Featuring speakers, resources and breakout sessions that every father should attend.*

**Thursday, June 23, 2016**

**10 am - 4 pm**

**Greater Grace Temple Church**

**23500 W. 7 Mile Rd.,**

**Detroit, MI 48219**

**Register at [vceonline.com](http://vceonline.com)**



## ENRICHMENT ACTIVITIES

*All activities take place in the  
Lower level of Building 90*

### Art Adventures

MONTH	DATE	TIME
May	3 <sup>rd</sup> & 17th	4:30 – 6:30
June	7 <sup>th</sup> & 14th	4:30 – 6:30
July	12 <sup>th</sup> & 26th	4:30 – 6:30
August	9th & 23rd	4:30 – 6:30

### Birthday Parties

DATE	TIME
May 10 <sup>th</sup>	4 to 6pm
June 15 <sup>th</sup>	4 to 6pm
July 20 <sup>th</sup>	4:30 to 6:30pm
August	TBD

### German Day

**April 26<sup>th</sup> from 4:30 to 6:30**

Children 8 years and up (limit 15) can learn how to cook German noodles from scratch and learn a few German words.

*For more information contact  
Cindy Read at 313-262-1167*



**Consumer Council  
meetings are held the  
2<sup>nd</sup> Tuesday of the  
month from  
12:30pm- 2:30pm.  
All are invited to join.**

RSVP at  
[stthomas@thechildrenscenter.com](mailto:stthomas@thechildrenscenter.com)



## Consumer Council Meet and Greet

The Consumer Council is TCC's parent and youth advocacy committee. On March 29, 2016 collaboration with The Center for Discovery's monthly Birthday Party, they held their first ever event to meet children, youth and parents at TCC.



consumer  
CURRENT



79 Alexandrine West, Detroit, MI 48201  
TheChildrensCenter.com



## TCC Head Start

**Academy** is now enrolling for the fall 2016 school year. We have openings in our Head Start Academy for children ages 3-5 who reside in the 48219 and 48235 zip codes. Families can contact us at 313-481-5114 or feel free to stop by anytime Monday-Friday between the hours of 8a.m. and 4p.m.

If you have a story  
or suggestions for  
future articles, we'd  
like to hear from you.

Contact Susan Thomas at (313) 262-1175 or  
[stthomas@thechildrenscenter.com](mailto:stthomas@thechildrenscenter.com)

The Children's Center (TCC) specifically disclaim all responsibility for any liability, loss or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the information or resources provided in this newsletter. The Consumer Current is intended to provide general information and to help consumers more easily access information about services and supports available at TCC.