

MENTAL HEALTH
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Mental Health America of Jackson County

Special points of interest:

- Building Your Child's Self-Esteem
- First Annual Garage Sale
- Second Quarter Activities
- Thank You to Volunteers
- Membership Drive
- Upcoming Events
- Speaker Available

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Building Your Child's Self-Esteem

Factors affecting your child's self esteem:

- How much the child feels wanted, appreciated and loved
- How your child see himself, often built from what parents and those close say
- His or her sense of achievement
- How the child relates to others

Your child's self-esteem can be increased by you:

- Appreciating your child
- Telling your child that you love them
- Spending time with your child
- Encouraging your child to make choices
- Fostering independence in your children
- Giving genuine importance to your child's opinion and listening
- Taking the time to explain reasons
- Feeding your child with positive encouragement
- Encouraging your child to try new and challenging activities

Appreciating your child

A child's self-esteem will suffer if he or she is not appreciated. Children know if you are sincere or not.

If you spend time together you must enjoy or there is no point. Show appreciation at all times. Tell you child you love him or her – this is appreciation. Thanking a child when he does something good is reward enough. Children like to please.

Encouragement

Esteem is boosted with your encouragement. Encourage decision-making, this will lead to feeling of confidence and independence.

Mutual Respect

Children's self-esteem will be higher if you treat him or her seriously and with respect. Explain to the child everything and treat him as an intelligent individual able to understand and reach conclusions. You want to be treated like this and children are no different. A child who is belittled, patronized or put down will suffer lack of confidence. Mutual respect will foster trust.

Dealing with failure

If the child fails he must not feel a failure. Teach a child failure does not exist only temporary setbacks on the road to success. Never tell a child he has failed, let you down or cannot succeed. Be a mentor and help the child to believe in his or her ability to succeed no matter how long it takes .

for more information you can go to
[www. more-self-esteem.com](http://www.more-self-esteem.com)

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MHAJC

First Annual Garage Sale: MHAJC held its first garage sale in May. I want to thank Becky Boas who hosted the sale and the members of the Board of Directors for donating items and for working the week of the sale to prepare and at the sale. We made over \$1600, which will help support our programs

Second Quarter Activities: Monthly "I'm Thumbody" classes and topics were: Positive Peer Support, Conflict Resolution or anger management, and Caring for Others; newspaper articles on: Mental Health Awareness Month in May, Paths Ways To Wellness, Parenting; Transitional Council Health Fair, Schneck Health Fair, Kid's Fest Fair, Day of Caring, Luau Social, Bowling Social, Garage Sale, Newsletter, Membership Drive, United Way Speaker Training, Mental Health America of Indiana Symposium on "A Culture of Violence: Prediction or Prevention", ASK Training "Public Health Insurance: What You don't Know Can Cost You".

Thank You to Volunteers

I want to thank United Way Day of Caring volunteers Kathy Smith and her colleagues from Jackson County Bank who washed windows and did lawn work for the Lancelot Group Home on Camelot Drive.. They also help clean up local parks, It was a good day.

I want to thank Megan Aldridge and the residents of Covenant Village for decorating the bags for our Annual Christmas Gift Lift..

I want to thank Karen Kiel for passing out flyers at local doctors offices and other locations in Jackson County

Membership Drive

We have been working on our Annual Membership Drive and you still can become a member, if you are interested. To become an associate member it only cost \$5, \$10 for friend, \$20 for patron, and \$25 for patron plus. Membership monies are used to support our programs: "I'm Thumbody, Social Club, Christmas Gift Lift, Family Support Scholarship Fund and information supplied at health fairs. If interested, mail a donation to MHAJC, P.O. box 51, Seymour, IN 47274. You will be helping us serve our clients! Thank you.

Upcoming Events

- August 13th—Picnic Gaiser Park
Shelter House,
5:00—6:30
- October 15—Halloween Social
Central Christian
Church
- December 10—Christmas Gift
Lift Social Central
Christian Church

Speaker Available: If anyone would like to learn more about MHAJC please call Bob Dembek at 522-3480 or E-Mail. him at mhajc@cabjackson.org