



## UICS NEWS

January 2017 marks the beginning of several changes at UICS. Most importantly we'd like to acknowledge Garth Greatheart's 9 plus years of service as our Executive Director and counsellor. As a staff we learned so much from her thoughtful wisdom and compassion. Garth played a pivotal role in the mental health and wellness of our communities through the over 1000 clients she served. With gratitude we wish her peace, health, and happiness in her recent retirement.

Please join us in welcoming the newest member of our team, Jennifer Mansell, MSW, RSW. Jennifer is counselling in the Comox Valley and Campbell River offices. She brings a wealth of knowledge and experience to her counselling practice and we are thrilled to have her on board.

2017 marks our 30<sup>th</sup> Anniversary since we began in 1987 as the Campbell River Assessment and Referral Service. We are proud of how our agency has persevered through the economic highs and lows of the community and evolved into the essential and effective EFAP service it is today. We look forward to a continued relationship with our over 70 member companies and anticipate welcoming many new members in 2017.

After 9 years of counselling at UICS, I am honored to be trusted by our Board of Directors with my new position as Executive Director. I welcome any feedback or ideas that could help us in our effort to provide an excellent EFAP. All of us at UICS hope that 2017 brings you a calm within and please remember that we are here for you when life..... happens.

Take good care,  
Kelsi Baine  
Executive Director/Counsellor



## How to Simplify Your Life: Part 2 of 4 - Get Organized

### 1. ***Plan what you can, or embrace your inner chaos.***

If you tend toward procrastination, don't tell yourself you need to change your ways, unless it's getting in the way of your productivity or your ability to finish things on time. If it works for you, it works. Make sure you schedule enough last-minute time to finish tasks, and you'll let those deadlines produce your best work. Simple and easy.

If you stress about unfinished tasks, do them ahead of time to put them out of your mind. Don't abandon the packing half-way because you started early—finish it off and call it done. Simplify by doing it now, getting it done, and relaxing. Simple and relaxed.

### 2. ***Streamline your finances.***

Few things get more complicated than money. If you can, simplify your finances as much as possible by consolidating your debts and creating as few payments as possible for each month. Create a budget, based on how much money you've got coming in every month, and calculate your average expenditures of known and estimated amounts. Stick to the plan and spending gets simpler.

Set your bills up to debit automatically from your account. If you've budgeted accurately, you should never have to worry about paying bills again. What could be simpler?

Make saving money your default. If you're not sure how to approach the task of simplifying your finances, err on the side of saving. The less you spend, the less you're thinking about money.

### 3. ***"A place for everything, and everything in it's place."***

Assigning a place for each object simplifies life dramatically. It is a key component in making a space less frustrating, more beautiful and pleasurable.

It creates calm. If keys go in the key bowl by the doorway, it prevents last-minute panics for finding them. This creates calmness and gives you power in a chaotic world.

### 4. ***Prepare quick meals.***

The end of a hard day of work is probably not the best time to find yourself wrist-deep in homemade coq-au-vin. Find recipes that are quick to prepare, and search online for quick meals that you can use with the ingredients already in your

house. Spend the spare time enjoying the meal and your family rather than over-complicating the cooking process.

### 5. **Simplify your parenting.**

Expect your children to start doing things for themselves at age-appropriate stages. Do tell your children where they can find the things to do tasks for themselves — show them how the first few times, but then let go.

Create a chore chart for all children to follow and complete weekly. Involve them in its creation and they'll be more ready to buy into using it.

Stop over-scheduling. Kids historically have not been shuttled to after-school activities as much as they often are today. It is OK to have days when your children do not have ballet, ice hockey, Girl Scouts, or oboe lessons.

Adapted from wikiHow: <http://www.wikihow.com/Simplify-Your-Life>



## **Parents' Corner**

### **What Is Authoritative Parenting?**

Authoritative parenting is a style characterized by reasonable demands and high responsiveness. While authoritative parents might have high expectations for their children, these parents also give their kids the resources and support they need to succeed. Parents who exhibit this style listen to their kids and provide love and warmth in addition to limits and fair discipline.

#### Characteristics of the Authoritative Parenting Style

Authoritative parents:

- Listen to their children
- Encourage independence
- Place limits, consequences, and expectations on their children's behavior
- Express warmth and nurturance
- Allow children to express opinions
- Encourage children to discuss options
- Administer fair and consistent discipline

People with authoritative parenting styles want their children to utilize reasoning and work independently, but they also have high expectations for their children. When children break the rules, they are disciplined in a fair and consistent manner.

Authoritative parents are also flexible. If there are extenuating circumstances, they will allow the child to explain what happened and adjust their response accordingly.

They offer consistent discipline, but in a way that is fair and takes into account all of the variables including the child's behavior and the situation.

#### The Effects of the Authoritative Parenting Style

Child development experts generally identify the authoritative parenting style as the "best" approach to parenting. Children raised by authoritative parents tend to be more capable, happy, and successful.

According to experts, children of authoritative parents:

- Tend to have a happier dispositions
- Have good emotional control and regulation
- Develop good social skills
- Are self-confident about their abilities to learn new skills

#### Understanding Why Authoritative Parenting Works

Because authoritative parents act as role models and exhibit the same behaviors they expect from their children, kids are more likely to internalize these behaviors. Consistent rules and discipline allow children to know what to expect.

Because parents exhibit good emotional understanding and control, children also learn to manage their emotions and learn to understand others as well.

Authoritative parents also allow children to act independently, which teaches kids that they are capable of accomplishing things on their own, helping to foster strong self-esteem and self-confidence.

Adapted from: <https://www.verywell.com/what-is-authoritative-parenting-2794956>

**CHILDREN ARE GREAT IMITATORS. SO GIVE THEM SOMETHING GREAT TO IMITATE.**

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