



KIDS Services Offering:

- Supervised Visitation
- Therapeutic Supervised Visits
- Recreational Supervised Visitation
- Skype Visitation
- Monitored Exchanges

Providing services seven days a week and holidays

1585 E Leighfield Drive
Suite 110
Meridian, ID 83646

Phone: (208) 375-5800

Email: visitation@kidsservices.net

Website: www.kidsservices.net

Servicio disponible en español.

**Kids In Divorce Support
Services**
1585 E Leighfield Drive
Suite 110
Meridian, ID 83646

Return Service Requested



KIDS Services

Kids In Divorce Support Services

Meet Buddy KIDS Services Newest Employee



Meet Buddy, a 10 month old Maltese. He is a "puppy with a purpose". At three months he began extensive training for therapy dogs.

Buddy enjoys greeting the children as they arrive for their visits and eagerly rolls over for a good scratch on his tummy. He then walks with them to their visit room. This is especially helpful when children are transitioning from one parent to the next.

If a child finds they are having difficulty interacting with their parent we will bring Buddy into the room for about 15 minutes to play with the parent and child. When he is removed from the room, the interaction continues.

Nervous children find comfort with him just sitting in the room. All children, and adults enjoy his company.

Buddy has also taken it upon himself to make sure the kitchen floor is always clean. When he sneaks away we will most likely find him in the kitchen.

Buddy continues in his training as he works towards his life's goal.

April 2021



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Meridian, Idaho
208.375.5800

Nurture Yourself

- Swing
- Stay in bed all day.
- Play with toys in the bathtub.
- Spin yourself dizzy.
- Follow a child's lead.
- Cry during movies.
- Giggle
- Pray
- Give yourself a pepe talk.
- Accept your uniqueness.
- Share your love.
- Sing in the shower.
- Be spontaneous.
- Give yourself some TLC.

Three Bunnies Died and Went to Heaven

Three bunnies died and are at the pearly gates of heaven. St. Peter tells them that they can enter the gates if they can answer one simple question.

St. Peter asks the first bunny, "What is Easter?" He replies, "Oh, that's easy! It's the holiday in November when people all get together, eat turkey, and are thankful. . ." "Wrong!" replies St. Peter.

He proceeds to ask the second bunny the same question, "What is Easter?" She replies, "Easter is the holiday in December when people put up a decorated tree, exchange presents, and celebrate the birth of Jesus." St. Peter looks at her, shakes his head in disgust, tells her she's wrong, and then peers over his glasses at the third bunny.

St. Peter asks the bunny, "What is Easter?" He smiles

and looks St. Peter in the eyes, "I know what Easter is." "Oh?" says St. Peter, "Easter is the Christian holiday which coincides with the Jewish celebration of Passover. Jesus and his disciples were eating at the last supper and Jesus was later deceived and turned over to the Romans by one of his disciples. The Romans took him to be crucified. He was stabbed in the side, made to wear a crown of thorns, and was hung on a cross with nails through his hands. He was buried in a nearby cave which was sealed off by a large boulder." St. Peter smiles broadly with delight. Then the bunny continues, "Every year the boulder is moved aside so that Jesus can come out, and if he sees his shadow, there will be six more weeks of winter."



Services We Offer

Supervised Visits (SV) - The court can order SV when there are concerns for the emotional well-being of a child or when there has been a long absence between the parent and child. A court order is required for this service.

Monitored Visits (MSV) - Supervisors observe visits through a video camera. For families who do not require a high level of supervision this is less intrusive.

KS director determines when a family is eligible for this supervision.

Outside and Park Visits Eligible families are able to eat outside, play games on the patio, and take trips to the park.

Monitored Exchanges - Exchanges of children takes place without any parental contact. We do not require a court order for this service.

Therapeutic Supervised Visits (TSV) - The visits take place with a licensed mental health professional. Therapists work with the parent and child when there are issues to be settled before moving on to regular SV. A court order is required for this service.

Recreational Therapy (RSV) - RSV is offered in conjunction with TSV. Families work with a therapist who helps them regain balance in their lives through activities they once found pleasurable.

Skype Visits - Visits take place over Skype. Visiting parent must also have internet access with Skype.

Community Visits (CV) - In special cases, we will consider an occasional visit into the community. Both parties have to agree and the director has discretion as to who can participate and the activities. Eligibility is determined by a therapist or KIDS Services director.



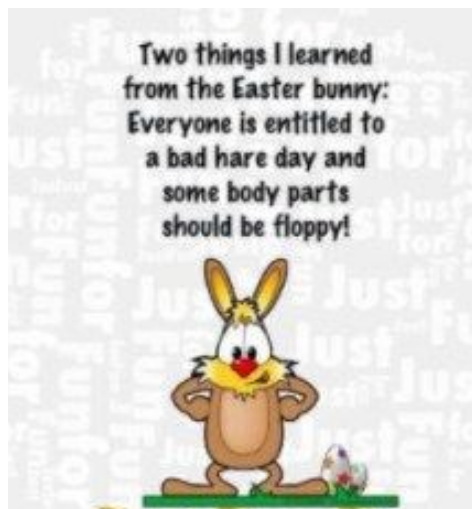
Birthdays and Holidays

For parents and their children, holidays and birthdays after a divorce can be one of the most difficult things with which to deal. Remember that the first birthday, the first Christmas, the first anything spent without a former spouse is traumatic. As each year passes, the family will feel more comfortable with new environments and new ways to celebrate.

With a divorce you may lose your ex-spouse, but you never lose the responsibility of being a parent. You and your ex-spouse will always be your children's parents, and it is wrong for any parent to deny the other parent the pleasures of spending holidays and birthdays with their children.

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When two of your children are fighting, assign them to wash windows. Let one of them wash the inside and the other wash the outside. Soon they will end up giggling and your windows will be clean. Well, maybe.



Children's Perspective on Divorce

Sometimes it can be beneficial to look at things through "the eyes of a child." This helps the parent to gain some perspective on how the child is interpreting or absorbing the change.

Young children do feel the changes that are going on in their environment. They are aware of the changes that are taking place between their parents and how they react to each other. They also see how these changes are affecting their own lifestyle. They are disturbed by not being able to be with both parents on a daily basis. They may be dissatisfied with shared custody or a visitation schedules and are insecure in their environment.

Here are a few comments children may make:

- "No one could make all of this go away."
- "Why doesn't my mommy want to be here with all of us?"
- "I don't understand why I go to my daddy's on the weekends."
- "I can't remember seeing my parents together."

- "I remember feeling as though it was all my fault, and I would cry myself to sleep a lot."
- "I think they still hate each other."
- "My parents have been fair with me. Even though they divorced, they were always there for me. I love them for that."
- "I have grown up to be a very secure person. Both my parents make time to talk with me together if that is what I need."

Children are honest about what they experience and see, and they are able to describe how they perceive what is going on around them. Initially, children do wish their parents were still together, but as time goes by, they will accept divorce. They recognize that they are happier and healthier in a tension free environment.

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Dear Single Parent, Summer is Coming

You work full time. What do you do with your kids?

Working single parents groan loudest about summer because, while school is out, work is not. Suddenly, you feel like you're part of a circus act—there's so much juggling.

You are trying to manage spending time with your kids while fulfilling your professional responsibilities. On top of that inconvenience, summers can be expensive. You can barely make ends meet on a good day, and now you have to consider the costs of summer camps and child care.

Camp Scholarships

Kids love summer camps! They get to make new friends, do crazy things, eat, be active, and have fun. But camps can be expensive. Don't let that stop you from applying. Many have scholarships that will significantly reduce the cost. Some even offer scholarships so kids can go for free.

It's not difficult to find the information. Google "Summer Camp Scholarships in your area." make sure, if the camp is a day camp, you have the ability to drop off and pick up on time each day.

APPLY NOW! It's not just single parents who are faced with the struggle of what to do with children over the summer. All working families are also vying for slots at camp, too. So, March and April are the time to get to work on making the plans. Some camps are already have a waiting list, and if you want scholarship resources you want to act quickly. The old adage is true—those who snooze will lose.

Local Rec Centers

Rec centers and parks offer a lot of opportunity for kids over the summer, and many also offer scholarships. You can start by contacting your local YWCA to see what they have available, but don't forget to do a Google search for Rec Center Camps in your area.

Camp Grandma

Camp Grandma does not have to be a biological grandparent. If you know someone who is retired, gently ask if they would have any interest in helping you with your children over the summer months. Intergenerational connections are valuable for all sides. Spending time with an older

friend or relative is great for kids, and grandparent-figures often relish having younger people around them. Offer what you financially are able to give, without expecting them to do it free. They may not accept or they may use what you give to spend on outings with your kids. Either way, you want to appear appreciative, humble, and gracious.

Student Sitters

Hiring a competent, fun high school or college student can be an affordable option. Your kiddos will be entertained with endless fun at a reasonable price. You may not come home to a tidy house or dinner in the oven, but your kids will have a great summer.

As a single parent, it's easy to get stuck in the routine of day-to-day, normal activities. And you're tired and basically broke, so you may not have the brain energy to think of inventive cheap ideas for summertime fun. After all, you've just washed 10 loads of laundry, driven the kids to soccer practice for the fifth time.

Here are ideas of things to do.

Library: Check their summer schedule for activities. Also, some libraries have passes to local museums and attractions that you can check out for the day. Don't be afraid to ask!

Vacation Bible Schools: You don't have to attend the church to send your kids, and they are totally free. Contact the church to see if your middle school and high school student can volunteer to help.

Free Movies: Many parks have movie nights for families. Pack up your blanket and chairs, enjoy the summer night.

Cheap Movies: Many local movie theaters offer certain days to see selected movies for \$1.00.

Community: Check community calendars for activities and summer parades.

Here is the secret: **PLAN TOGETHER!** Include your children in the planning. Keep a calendar or whiteboard with what you'll be doing each week. It will hold you accountable for making it happen, and it will help them be mentally prepared for those activities.

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