



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

Welcome to Our New Home



January 2020



KIDS Services
1585 E Leighfield Drive
Suite 110
Meridian, Idaho
208.375.5800

Nurture Yourself

- Color in a coloring book
- Sit in a hot tub
- Go roller skating
- Do a jigsaw puzzle
- Rearrange your furniture
- Take a dance lesson
- Visit your library
- Look through old pictures
- Rearrange your possessions
- Attend a church
- Sing
- Buy new tennis shoes
- Make a fire in the fireplace
- Make S'mores

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Our New Home Continued from page 1

KIDS Services is excited to introduce you to our new home. We have increased our space from 1,500 square feet to 4,000 square feet. There are four large playrooms, all equipped with activities for every age.

Families have been especially excited with the addition of Electronic Bowling, Skee-Ball, Air Hockey, and Foosball.

In addition to the many games, interactive educational toys, building activities, and imagination play centers, the rooms are equipped with the current movies and a 55" TV.

Our new kitchen has an oven for baking cookies, brownies, and other goodies.

We have a patio where families can sit outside while they eat or play games.

Next to our office complex there is a large common area where the families can run around and play games with balls or Frisbees.

All rooms are equipped with video cameras providing us the capability to monitor visits from another room, allowing the family more privacy, when appropriate.

A state-of-the-art security system allows us to monitor who can enter the building and eliminates people who stop by, unannounced, taking our attention away from visits.

Qualities of a Healthy Family

- Love.
- Joy. ...
- Peace. ...
- Patience. ...
- Kindness. ...
- Goodness. ...

Ideas to Keep Your Kids Active This Winter

GO OUTSIDE: Just because it's cold outside does not mean you have to stay inside! The key is to bundle up. Dress in layers, wear boots instead of gym shoes, thicker, warmer socks, a hat at all times, and mittens or gloves. Moving around outside and getting your heart rate up will help keep you warm as well. Encourage your kids to walk the dog, go to the park, shoot basketball or play outside with friends.

TRY OTHER LOCATIONS: Especially in the winter months, getting out of the house can help prevent cabin fever. Try choosing a location that also incorporates physical activity like a bowling alley, local gym, indoor basketball court, roller or ice skating rink, or an indoor pool.

CHECK OUT A NEW INDOOR CLASS: If you're looking to get your kids involved in something fun and consistent, enroll them in a class. It's a great way to try something new, be active, and meet new people. Trying new things is a great way to figure out what they might like.

TRY AN EXERCISE VIDEO: If you have trouble getting to a class or don't like group activities, have your kids try a kid-friendly exercise video.

WORKOUT WHILE GAMING: If your kids love video games, why not incorporate some physical activity at the same time? Although it's probably not as beneficial as outdoor play, the latest gaming systems offer some great, family-friendly options to get everybody moving. And it can be done from the warmth of your living room.

DO EVERYDAY ACTIVITIES: Everyday activities can count as exercise too, so long as your kids are getting their heart rates up. Things like walking the dog, getting the mail, or going to the park. Incorporating these activities into your kids' daily routines will help them develop a healthy lifestyle that will stay with them for the rest of their lives. Parents should encourage an hour a day, but these activities can be accumulated throughout the day not necessarily all at once.

Winter Jokes

What is the best kind of breakfast cereal to eat in the winter?

Frosted Flakes!

Where do snowmen love to dance?

At a snow ball.

What did Jack Frost say to Frosty the Snowman?

"Have an ice day!"

Where do snowmen keep their money?

They keep it in snowbanks.

What do snowmen like to eat for dinner?

Iceburgers!

If your reindeer lost his tail, where would you go to buy him a new one?

A retail store!

What's a snowman's favorite candy?

Sno-Caps.

What snack should you make for the Snowman Holiday Party?

"Ice Krispy treats."

How can you scare a snowman?

Point a hair dryer at him.

An icicle fell off the roof and hit a snowman on the head. What happened next?

He was knocked out cold.



WINTER WONDERLAND CALDWELL, IDAHO

Making Divorce Less Traumatic for Kids

by Dr. Charles Fay, Love and Logic

Tip #1: Assure your kids the divorce is not their fault.

Children, especially younger ones, have a strong tendency to blame themselves for the divorce. What a horrible burden of guilt to bear! From you and your former spouse, they need to hear the following message over and over:

Some kids blame themselves for their parents getting a divorce. It was not your fault. We love you.

Tip #2: Avoid bad mouthing your ex-spouse, even in subtle ways.

As we all know, small ears hear more than big ones!

Kids need to know that it's okay to love both of you. Don't place your child in a loyalty conflict by subtly suggesting that they should not love the other parent or have fun when they visit them. One father made this mistake in a very subtle yet damaging way. Each time he picked up the kids at his ex-wife's, he would greet them with a worried look and ask nervously, "Are you guys okay? Did your visit go okay?"

It wasn't long before the kids started to believe they weren't supposed to have an "okay" time at Mom's house.

Oftentimes, these more subtle jabs are the most powerfully damaging.

Tip #3: Don't waste time and energy trying to "convert" your former spouse to your parenting style.

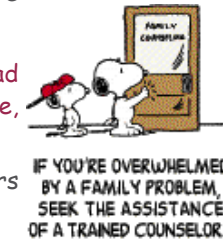
Some divorced parents waste precious time and energy fighting a never-ending control battle with their former spouse over how to parent the kids.

Children adjust to different parenting styles, as long as their parents aren't manipulated into giving in or getting angry. When your kids say things like, "But Dad lets us," experiment, saying the following, while not backing down:

You're pretty lucky to have two parents who are different. Thanks for letting me know.

Tip #4: Don't hesitate to seek qualified professional help.

Our children will never be healthier than we are. The trauma of divorce can result in major financial stress, lost friendships, depression, low self-esteem, anger, etc. A skilled therapist can help you and your kids move on to happier times, instead of getting bogged down in the pain.



Parenting on Your Own

A person can become a single or sole parent for many different reasons. You may have chosen to start a family on your own, you may be separated or divorced, or your partner may have died.

As a sole parent, you may worry about whether you can create the happy, healthy family environment your child needs. The good news is: you absolutely can.

Facts about single parenting:

- Children raised by one parent are generally just as happy as children raised by two.
- A sole parent can provide the secure emotional base, clear boundaries, love and warmth children need.
- Children can thrive with one loving role model.
- Spending time together is the real key to a happy and mentally healthy child.

Family types are increasingly complex. If you are a sole parent, part of a two-parent family, or one of the myriad of diverse family types, you can feel positive about your parenting if:

- You're confident about your parenting most of the time.

- You're concerned about being a good parent.
- You call on family and friends to support you in your parenting.

Parenting practices are more important than who's in the family.

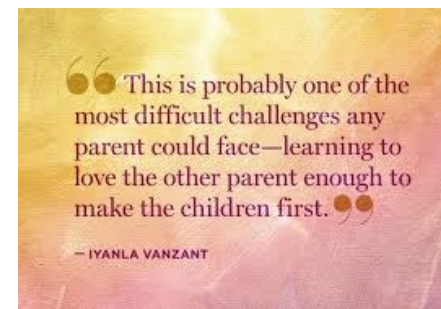
Positive parenting practices might include:

- Two-way communication that is loving, understanding and patient.
- Sharing activities and time together.
- Supporting and encouraging each other.
- Showing affection.
- Accepting the differences between family members.

Of course, this is not always easy when outside factors, such as support and finances, place pressure on the family dynamics.

Single parenting may be challenging, but it also offers rewards.

Single parenting can allow you plenty of time with your child, which can be very beneficial to both of you. Your bond is likely strengthened, if you use consistent, positive practices.



What kind of Co-Parent are you?	
Supportive	Destructive
Speak positively about Co-Parent in front of child	Speak Negatively about Co-Parent in front of child
Encourage child to spend time with Co-Parent	Discourage time with Co-Parent and put them down
Respectful of Co-Parent and their time with child	Sabotage time with child by calling obsessively and being disruptive

www.healthycoparenting.com