

Parent Relationships

Maintaining The T.I.E.S. That Bind

Improve your parenting skills AND relationship

November 2007

Dear Fiona,

How can we all get along better with our in-laws? Maybe some of us get along just fine, but many don't - and those relationships become fuel for Jay Leno and other comedians for good reason. Let's put those jokes to rest! The article below (How to make Outlaws of your In-laws) will give you some food for thought on just how you can make some changes with your in-law relationships.

Also, in response to your requests and interest, please check out the invitation (below) to the parenting seminar on November 20th about setting limits with young children while keeping your relationship strong.

Read about the two new women who have just joined Cattermole & Associates, LLC and join me in welcoming them on board - see announcement below.

[Contact me](#) with a particular topic, or topics, that you would like me to address.

My free tips booklet "101 Tips to Maintain the T.I.E.S. that Bind Your Relationship Together" is now [available for download](#). Please get your free copy.

If you have any comments or questions, please feel free to send them to me as I consider [readership feedback](#) a vital component in both improving my writing skills and delivering what my readership wants and deserves.

Best regards,

Fiona

A Presentation for Parents: How to Set (and HOLD) Limits with Young Children While Strengthening Your Relationship

**This presentation will give parents tools and techniques on:
Why it's necessary to set limits (and expectations)**

How to set limits

How to hold the limits you've set

What happens when you set limits (good old resistance!)

What resistance looks like in young children

The presentation also covers the four cornerstones of maintaining a strong relationship so that your parenting techniques will hold:

Managing your **time**

Reclaiming your **identity**

Recharging your **energy**

Turning up the heat on your **sex/intimacy**

Hosted by the Lions Club at the Brunner House, 640 Main Street, Broomfield and presented by Fiona Cattermole.

November 20, 2007

11:30am to 1:00pm

(Light snacks provided but please feel free to bring your lunch)

Contact Fiona at 303.807.1044, or fionacattermole@finexex.com for information or to register for this free event.

Cattermole & Associates Welcomes Michelle Stout and Lissa Ann Forbes



Please join me in welcoming Michelle and Lissa to Cattermole & Associates, LLC. They will be involved in growing the business into Northern Colorado (Michelle - on left) and the North/Central/South Metro area (Lissa - on right).

Both are experienced and accomplished businesswomen in their own right, so be prepared to expect great things from our new team.



How to make Outlaws of your In-laws!

Remember the old joke:

Question: What's the difference between in-laws and outlaws?

Answer: Outlaws are "wanted"

Now, I don't actually mean to imply that in-laws are **not** wanted (after all, I'm one myself), but this joke speaks to the age-old stigma about in-laws being hard to get along with.

Is it any wonder that the relationship between us and our in-laws is sometimes strained? We didn't fall in love with **them**, we fell in love with their offspring - and even their offspring can be so hard to get along with that we sometimes end up divorcing them! When we marry or enter into a committed relationship and raise a family, our in-laws come with the package and become family members by default. For those who have a strained relationship with our own parents, it can be a challenge to accept in-laws with open arms!

But here we are, married, children arriving, exciting things going on, but perhaps the stress is mounting. In cases like that, in-laws can become a real benefit. We can ask for their help, get some stress relief, and develop a liking (if not loving) relationship with them. For many people, being asked to help is an honor, and it can be a beguiling way to build or strengthen a relationship. Keeping in-laws, or anyone, at a distance is not the best way to get to know and like them, or have them get to know and like us.

There are four important things to remember about in-laws:

1. They love their offspring - our spouse - and they deserve an ongoing close relationship with one another
2. Our offspring are their grandchildren and they hopefully want to be fully involved in their grandchildren's lives
3. They, as parents and grandparents, have a right to be in the family, just as our parents do, as long as they are given a clear message about what is expected of them and what they can expect from us regarding the amount and intensity of involvement in one another's lives
4. Having had children, they may think they know better than we do how to raise our children, and may have strong opinions of their own. It's possible to respect their position on a particular topic, without necessarily having to agree with it

As with any relationship, boundaries are necessary. In-laws need to respect that their adult child is building a family of his own and accept that their grand-parenting is peripheral to that relationship. If they don't understand that, they run the risk of being intrusive. It's up to parents to set some limits, kindly but firmly, and with the full support of each spouse. Here are some basic suggestions that will help smooth the way:

- Tell them they're important to the family, and that their grandchildren need to have a healthy and loving relationship with them
- Let them know how they can be most helpful and ask if they could agree to help in those ways
- Ask for their permission to let them know when their help is unintentionally causing stress (as when they feed the kids nothing but sugar and then send them home bouncing off the walls)!
- Clarify for them what rules have been set for the children and ask if they would respect them
- If they sometimes don't do what is asked of them, don't stew about it and get resentful, speak up or ask your spouse to speak up
- Ask them what they expect from you, then respect their wishes if possible
- Never, never put them down in front of their grandchildren. If they have somehow offended, speak directly to them to clear it up
- Keep the communication open so future misunderstandings don't have a chance to develop
- Don't forget that all the above applies to your parents too - they are your spouse's in-laws!

If you're lucky, you'll have access to both parents and in-laws to help you raise your children and keep your relationship sane, happy and rewarding. In-laws can be an untapped mine of gold and developing a relationship with them on mutually-acceptable terms will prove very gratifying for all the family.

Mom's Group Holiday Party Open House

Where

Larkridge Family Dentistry at 16683 Washington Street in Thornton

When

Saturday, November 17, 2007 from 2pm to 6pm

Come and enjoy the offerings of a variety of businesses:

Fiona Cattermole, Family, Parent and Child Coach
Pampered Chef
Discovery Toys
Mary Kay
Arbonne
Heritage Makers
Steel my Heart
The Body Shop
Lemongrass

Submit your stories for my book!

Research has proved that applying good parenting skills helps with your children's healthy emotional and psychological development. However, I believe that any type of parenting skills have a greater impact when coupled with a strong and satisfying parental relationship. I am writing a book about the impact of parents' relationships on their children's development and am looking for anecdotes from all you parents out there. [Submit your story](#) for inclusion in my book.

I am most interested in the following subjects:

An experience that illustrates how your relationship was impacted by becoming parents and how you handled it

A funny or heartfelt parenting story

Advice you would offer other parents to help them strengthen their relationship through the child-raising years

Anything you feel strongly about that you would like to see covered in my book

About Fiona

*Fiona Cattermole, MSW, CPBA, is a Relationship and Parenting Coach. Her mission is to help parents strengthen their relationship with each other **at the same time as** raising happy and well-adjusted kids.*

Contact her at 303.807.1044, fionacattermole@finexex.com if you would like engage her for a presentation, attend a seminar, or talk to her about parent relationship or children's behavioral individual or group coaching.

Contact Information

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