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Parent Relationships

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

Improve your parenting skills AND relationship

September 2007

Dear Fiona,

This month's newsletter covers the ENERGY aspect of the T.I.E.S. that Bind program. By popular demand, I am bringing back more information on children's behavioral issues, so you'll be seeing more articles on those topics in future newsletters. [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

Energy in Parenting - will there ever be enough to go around?

Anyone who is a parent, and many who are not, know that raising children takes an enormous amount of energy. What many parents are less aware of, and less focused on, is the fact that relating also takes energy. When push comes to shove and a choice must be made about where to expend energy, chances are that what's left of it goes to the children and the relationship gets the dregs.

What I'm suggesting is that you become more mindful about how to build, conserve, and use energy. It's a precious resource because it's limited. Once it's drained and the tank is empty, it must somehow be replenished before it's available again. There's just no point in pressing on without it

Setting Limits with Young Children

This program will help parents:

Understand their child's age-appropriate emotional and psychological needs

Develop ways to manage a variety of

- you just accomplish less and increase the stress in your life.

The following questions will hopefully give you some pause for thought about how you may inadvertently be draining precious energy when dealing with children or your relationship. I'll also offer some suggestions as to what you can do about it.

1. **Children.** Let's assume for the sake of argument that you have 100% of your energy reserves available to you at the start of each day, after (hopefully) a full and replenishing night's sleep. Do you do too much for your children? Do you "over-parent"? Give them homework help when they should/could do more for themselves? Pick up after them because it's easier than nagging them to do it and getting into that battle? Make six different meals instead of three because of picky eaters? Take their lunch into school because they forgot it, yet again? Drive them alone to school because they don't like to carpool or take the bus? Upon a little reflection, I'm sure you will find several other gems!
2. **Relationship.** Do you find yourself too tired at the end of the day when the children are in bed, to spend time talking to your partner? Are you drained from trying to resolve an old fight and just don't have the energy to take it up again? Has your partner somehow disappointed you, leaving you feeling unsupported and distanced? Do you sometimes feel like you're parenting all alone? Is there any energy left for sex when one would like to make love and all the other wants to do is collapse into a deep, sound sleep? Again, I'm sure you can come up with several other "relationship-drainers".

The Solution - Self Care

Take a good look at how you might be short-changing yourself and not giving your energy a chance to rebuild. The four essential ingredients that go into building energy are sleep, nutrition, relaxation and exercise. Which of these four do you regularly attend to? Which do you skip, skimp on, neglect or abuse? Where can you make some changes that will take you from depleted to nourished?

I'm going to repeat some things that you've no doubt heard many times before, and I'm going to repeat them for one very good reason - that is that they are indisputable. You cannot argue with or ignore biological need and come out a winner. People need adequate sleep, the right food in sufficient quantity, time to relax and recharge, and regular exercise that

problem behaviors

Ask questions and receive advice from an expert

Group Coaching

Have your group meet with me on a weekly or monthly basis to learn how to eliminate problem behaviors.

Individual Coaching

Contact me to see if individual or couples coaching would help your relationship or any of your children's behavioral issues.

In-Home Evaluation

of your children's behaviors. Get experienced and honest feedback, sound recommendations, and coaching that will improve the quality of life for the entire family.

Not sure if coaching is for you? Get [15 minutes of free coaching](#) and then you can decide.

builds external and internal bodily strength. Period. Try to change the equation and you will end up paying a price for the resulting imbalance.

Here are some suggestions that you might find useful, but I encourage you to take the time to come up with your own creative solutions!

When it comes to children, sit with them while they read, or read to them. Sit down with them for a chat about their day. Let them help set the table, prepare part of their meals, or make their own lunches. Instead of doing for them, ask them how they could do something for you and see how creative they can be. Set the expectation that they'll take the carpool or school bus. Make healthy meals that the whole family can eat and if they choose to not eat what's prepared, they simply don't eat. Don't discuss it or argue with them. When they have to wait until the next meal, their "prickliness" will miraculously disappear as hunger takes over. Learn how to set clear expectations and limits with your children, and give them the golden opportunity to learn from consequences.

When it comes to relating, learn how to resolve conflict in healthy ways. When you have a complaint, bring it up in a non-nagging, non-whining way. Discuss what you see as a problem and ask your partner if they can help you resolve it. Involve them instead of distancing from them. Think of yourselves as a team that tackles things together. Be willing to listen and try out their suggestions. Be careful not to ask for help and then reject it, or give up asking for help at all.

When you take care of yourself during the day, you'll find that there is something left at the end of the day for each other **and** for yourself.

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 coaching.

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

Contact Information

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