

# Clarke Counseling Center

Monthly Newsletter

FEBRUARY 2011



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## Coming Events

### Conscious Dating Workshop:

Dates: Fri., Apr. 8: 7 PM - 9:30 PM and including Sat., Apr. 9: 9:30 AM - 5 PM

Where: 13827 Bronco Place, Germantown, MD 20974

Cost: \$99 - Early Bird Special 'til April 1; \$109 after that; \$89 per person if 3 or more sign up together. Pay by Check, Credit Card or PayPal.

Includes: 9 hour workshop; workbook and supplies; Friday night refreshments and Saturday lunch; and \$15 value CD

### Monthly Adult AD/HD Support Group.

(Meets 4th Thursday of every month) Next one is Thursday, February 24th.

Cost:

\$50 at the door  
\$45 in advance, or  
pay for 4 sessions up front  
and pay only \$175 (save \$25)

To reserve your seat at

## Greetings!

Parenting is one of the most rewarding, frustrating, happy, sad, exciting, frightening and loving things a person can do. Because it doesn't come with an instruction manual, we often feel we are plowing new ground when we face parenting challenges.

No one can replace you, as a parent. And no one can replace your parents. You are who you are partly because of the way they parented you. Likewise, as a parent, you will leave your mark on your own children.



As a life coach, I can help you with the issues you face as a parent or as child of imperfect parents. My areas of expertise are:

- [Life Coaching](#)
- [Adult AD/HD](#)
- [Marriage and Family Therapy](#)

Sincerely,

Sherry Clarke MA, LCMFT

## Are You a Good Parent?

Perhaps nothing inspires more raw emotion in people than when you questioning their parenting style. This was evident when a recent television news story caused a passionate national debate about what constitutes good parenting. Watch an interview with the woman who is at the heart of the debate on MSNBC's "Today" show:



Amy Chua, whose recently published book, "Battle Hymn of the Tiger Mother" (Penguin Publishing) describes the way she is raising her children. Her goal is to avoid the overly permissive, mediocrity-producing parenting styles

either event, call or [e-mail](#) Sherry Clarke at 301-515-1321.

### Quick Links

[Clarke Counseling Ctr.](#)  
[Sherry's Coaching Is ...](#)  
[About Your Coach](#)

[Relationship Coaching for Singles](#)  
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[Relationship Resources](#)

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she sees in western society in favor of the strictness of her own Asian upbringing. She is especially vigilant about her children's academic efforts. Among the list of things they are not allowed to do are:

- attend a sleepover
- have a playdate
- be in a school play
- complain about not being in a school play
- watch TV or play computer games
- choose their own extracurricular activities
- get any grade less than an A
- Not be the #1 student in every subject except gym and drama
- play any instrument other than the piano or violin
- Not play the piano or violin

While the book highlights some very real cultural differences between traditional Asian and American values, it also points to the need to evaluate parenting methods in any context. How strict is too strict? Where is the line between allowing a child to be self-managed, and being too lenient?

Interestingly, a telling truth has emerged in the midst of the heated dialogue about parenting styles: whatever the parenting style, certain basic principles must not be violated. Those principles begin and end with love. When children feel unconditionally loved, the style of parenting is not so critical. In fact, a great many parenting mistakes can be overcome with love.

## Counselor's Corner

### What Happens In An AD/HD Support Group?



Since I am often asked about the group, I thought I'd devote this month's Counselor's Corner to answer them. First of all, the group is comprised of a variety of adults with AD/HD - some newly diagnosed and some knowing for a long time; and the age range spans 20's to 60's. Spouses or significant

others are welcome to come as the AD/HD affects everyone in the family. Each person is anxious to manage their AD/HD better and learn how their "race car" brain works!

Each month we will discuss a different topic or two - from procrastination, to short attention span, to distractibility, to disorganization, to prioritizing, to time management at work and home and career concerns. There is always time for questions and answers and feedback from others and the group is interactive. It is a great benefit to hear the stories, struggles and successes of others with AD/HD or in a relationship with someone having AD/HD. The loneliness and isolation of AD/HD is diminished.

The biggest feedback I get from those attending the group is: "finally I am with people who understand my life!" Many express **relief** that finally there is a place that they can be themselves and not have to cover up their "shortcomings" or "challenges." We understand. They are grateful for the education about their brains, and the tools and strategies that make life easier.

It is an "Open" group. That means people can come every month; or you can join at any time; or you can skip a month; or you can bring friends, co-workers or family with you. It is a good idea to contact me ahead, though, so you can get the discount and I will have enough handouts ready and chairs for everyone. However, there is always "room for more" at the last minute!!

The key is: we are here to **support** you in learning how to manage your AD/HD better.

Please join us or forward this e-mail to someone whom you think would benefit.

See you on the 24th.

Hopefully it will be spring, the next time you receive this newsletter. YEAH!!

Warmly,

Sherry

## Interesting Quotes About Parenthood



"It's not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun. All I can do is reach for it, myself." - Joyce Maynard

"Don't worry that children never listen to you; worry that they are always watching you." - Robert Fulghum

"Parents often talk about the younger generation as if they didn't have anything to do with it." - Haim Ginott

"Children are a great comfort in your old age - and they help you reach it faster, too." - Lionel Kauffman

"The quickest way for a parent to get a child's attention is to sit down and look comfortable." - Lane Olinghouse

"There are two lasting bequests we can give our children. One is roots. The other is wings." - Hodding Carter, Jr.



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