



# API -

Attachment Parenting Inter

October 2005 Newsletter

## Ideal #8: Maintain Balance in Family Life

Balance is the key to avoiding "parent burn-out" and can be achieved by taking care of yourself through exercise, quiet time and healthy eating. An infant's needs are intense and immediate, yet a balance can be achieved in meeting baby's needs, as well as the needs of other family members.

\* Whether you are married with several children or a single parent with an only child, it is important to remember that finding balance is the key to a healthy family life. It is important that parents not be isolated. They should seek out support systems within their communities. This can be achieved by creating a type of extended family of like-minded friends, or participating in an API parent-support group that provides opportunities for not only for support but for more experienced parents to mentor newer parents.

\* Being a new father often requires helping mom to develop a relationship with her newborn. During the first few months of life, the baby will often be the mother's sole preoccupation. Be sure Dad is included in daily baby activities. The support of fathers helps mothers become more confident and competent in their role as a mother and helps them to be successful in breastfeeding.

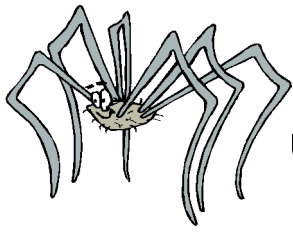
\* It's easy to feel "burned out" and "touched out" by the demands of parenting. The early months of a baby's life can be very intense and time consuming. Try to be patient and sensitive to each other's needs.

\* Be creative in finding ways to spend time with your spouse/partner without compromising the needs of your infant. Candle-lit dinners or a picnic in the living room can be fun and help couples reconnect.

\* Have a friend, relative or mother's helper (a trusted teen-ager) that the baby knows, come over to play and entertain while the parents have some quiet time together somewhere else in the house. Take them with you if you go out. They can help with the baby, but the baby will be comforted by your close proximity.

\* Realize that in the early years your child's needs are at their most intense and "this too shall pass."

\* Sometimes it can be difficult for parents to find the support they need. Professional counseling can be of great benefit in helping families regain balance and in linking them to resources or other services in the community.



## websites

### API-Canton Website:

[www.orgsites.com/oh/apicantoncircle/index.html](http://www.orgsites.com/oh/apicantoncircle/index.html)

### The Center for Effective Discipline:

[www.stophitting.com/](http://www.stophitting.com/)

### La Leche League:

[www.la lecheleague.org/home\\_intro.html](http://www.la lecheleague.org/home_intro.html)

### The Attachment Parenting Blog

[www.apparenting.com](http://www.apparenting.com)

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*"Attachment to and dependency on parents... is a normal, healthy aspect of childhood and not something that needs to be discouraged."*

*-from Attachment Parenting: Instinctive Care for Your Baby and Young Child by Katie Allison Granju, & Betsy Kennedy*

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API-Canton meets the second Thursday of every month. HOWEVER, we will not meet in December. Check our website for future locations:  
[www.orgsites.com/oh/apicantoncircle/index.html](http://www.orgsites.com/oh/apicantoncircle/index.html)

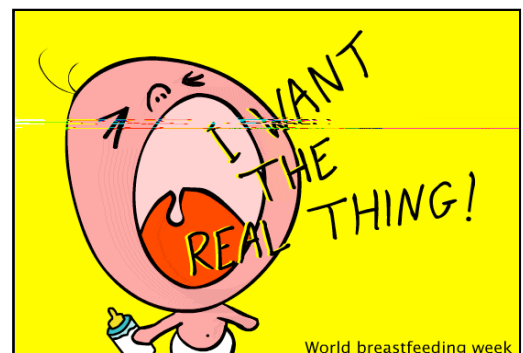
## Upcoming Events



**Nov. 30th** - NINO (Nine In Nine Out) Meeting at Stark County District Library - Main Branch

**Dec. 1st** - Enrichment Meeting. Andrew Ragon from Fedorko Chiropractic will be discussing Chiropractic Care for Children. The meeting will be from 5-7 at the Jackson Public Library.

**\*\*Please note that enrichment meetings do not necessarily represent the viewpoints of Attachment Parenting International.**



World breastfeeding week

*Inexplicable Things Families Do on Holidays,  
and What to Do About Them*  
by *Andra Medea*

The holiday season is upon us, when families gather together to make each other crazy. Here's how to stay sane anyway.

You're a competent human being, yet two hours before dinner you can't find your shoes, your to-do list, or even the extra pan of stuffing. Tension has sent your adrenaline soaring, so your brain starts to malfunction. You lose things in plain sight. You can't remember where you put something down two minutes before. You run in circles doing everything at once and you burn dishes you have cooked perfectly for years.



Stop. Breathe. You're experiencing a biochemical overload. Any large muscle movement will break up the adrenaline, so do something physical. Haul out the trash. Lift the turkey. Quick scrub down the top of the stove.

If someone else is starting to lose it, have them haul the trash or carry the turkey. Think of something you simply must have at the top of the house and have them dash up the stairs to get it. After they've done some running around, they're likely to come back saner.

Last year your brothers argued for hours about cars. This year they argued about electronics. They're accountants— they don't know anything about cars or electronics.

They're fighting over who's the alpha male. The alpha male is supposed to be strongest and know best, which is why they won't admit when they don't know something and will make up facts when they haven't a clue.

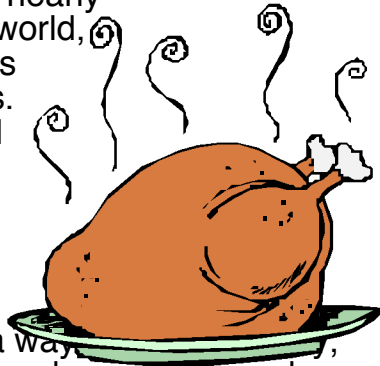
Don't worry about them, they might think it's fun. If they get too heated, turn on the camcorder and tape that show of brotherly love. That should cool them down.

Females, incidentally, don't fight like this because they don't use strength to determine status. This leaves sisters free to spar about the really important things, like who gained the most weight.

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Everyone's on a diet, yet you go through mountains of food. Food is universal glue. Family and friends eat together. Enemies do not. This message appears in nearly every culture around the world, and is so powerful it saves lives in hostage situations. Psychologists have found that when a gunman and hostage eat together the gunman is less likely to hurt the hostage.



Eating together is a way, and it's harder to bond over dry crackers and low-carb toast. The calories can be worth it.

By the way, if you have a family bridge to rebuild, do it just after everyone's fed, perhaps when you're working together clearing dishes. It's a great time for mending fences.

No matter how many times things have gone wrong in the past, we think this year, somehow, things will go right.

The good thing about families is that you always get a second chance. If things didn't go right for you as a kid, you can try to do better with your own kids. If things fell apart for your kids, you can try again with the grandkids.

You can't change your own past, but you can build a good past for someone else. That's not a bad way to repair the damage.

Source: Andra Medea, author of Conflict Unraveled: Fixing Problems at Work and in Families. For more information please visit [www.PivotPointPress.com](http://www.PivotPointPress.com)

# Join API

Attachment Parenting International (API) is a tax exempt, 501(c)(3), nonprofit, nonsectarian, and nonpartisan organization. API membership is not required to attend API group meetings but is encouraged to sustain the activities of the group and support the work of API. All donations to API are gratefully accepted and are tax deductible.

Individual/Family Membership , \$35.00 (one-year membership includes four complimentary quarterly issues of the Attachment Parenting: The Journal of Attachment Parenting International).

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