



southside family

FALL-WINTER 2022 | VOLUME THREE, ISSUE TWO

Hit the road

Driver education benefits
teens and their parents

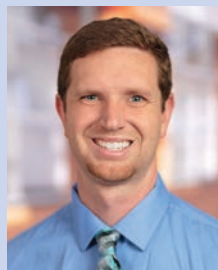
ALSO INSIDE:

**NONPROFIT WORKS
TO PREVENT
SUICIDE, DRUG USE**

FENCING CLASSES



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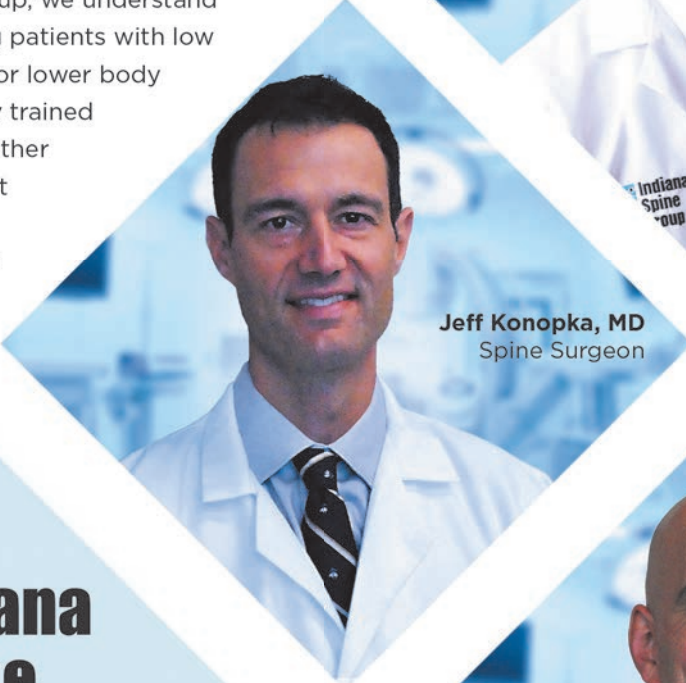
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On the cover

William Vannoy stands next to a driver education vehicle at Driving Academy in Greenwood.

Photo by Mark Freeland

Online life

Protecting kids in the digital age

STORY BY FAMILY FEATURES

Keeping a watchful eye on your kids requires an increasing level of tech savvy many parents find intimidating. Not only are your kids vulnerable to bad actors online, but your family's personal information could be at risk, as well.

Learn how to protect your children and family in this digital age with these tips:

Elementary-Age Children

- Encourage open communication. Have conversations about what your kids see and do online and talk with them about potential dangers. Avoid lecturing in favor of an open exchange of information.

- Make their inherent interest in privacy work in your favor. Kids in this age group, particularly toward the middle school years, understand the concept of privacy and value it immensely. Use that context to help them understand what goes online is there to stay. Talk about what kinds of information should always be kept private, including identifying details like addresses and social security numbers.

- Stay on alert. Not all apps are completely safe (even the ones you can access from trusted stores) and not all filters are foolproof. Keep close tabs on what your kids are downloading by reading comments and reviews, and regularly monitoring what kind of content they see.

Middle School and High School Kids

- Continue talking about privacy. You can never have too many conversations about privacy. What seems like harmless sharing on social media can be quite revealing. For example, frequent posts about visits to a favorite

store or restaurant can allow a predator to begin tracking behavior patterns that make your child a target. It's also important for kids to understand how their privacy settings work. For example, settings that allow exposure to friends of friends make their visibility to strangers much broader than they may realize.

- Help manage their online reputation. Behaviors that once resulted in a day or two of hallway chatter can now live forever. Documenting mischief online is only fun until it spills over into real life and everyone sees those mistakes in full color — including prospective future employers.

- Be clear about your position on bullying. From the safe distance of a screen, it's easier for kids (and adults) to say things they'd never say in person. Teach your kids to handle problems constructively offline and avoid engaging in attacks on others through social media, email and other platforms.

College Students

- Reinforce the risks. Once they're on their own, kids may feel more liberated to make their own choices online. However, college students are easy prey for identity theft and worse. Remind them what's at stake if they fail to protect their identity and private information, like where they live and what they do on a regular basis.

- Teach smart practices. With all the independence that comes with college life, this is an ideal time for your student to take personal responsibility for his or her online security, including learning about virus protection, updating software, avoiding scams and backing up data.

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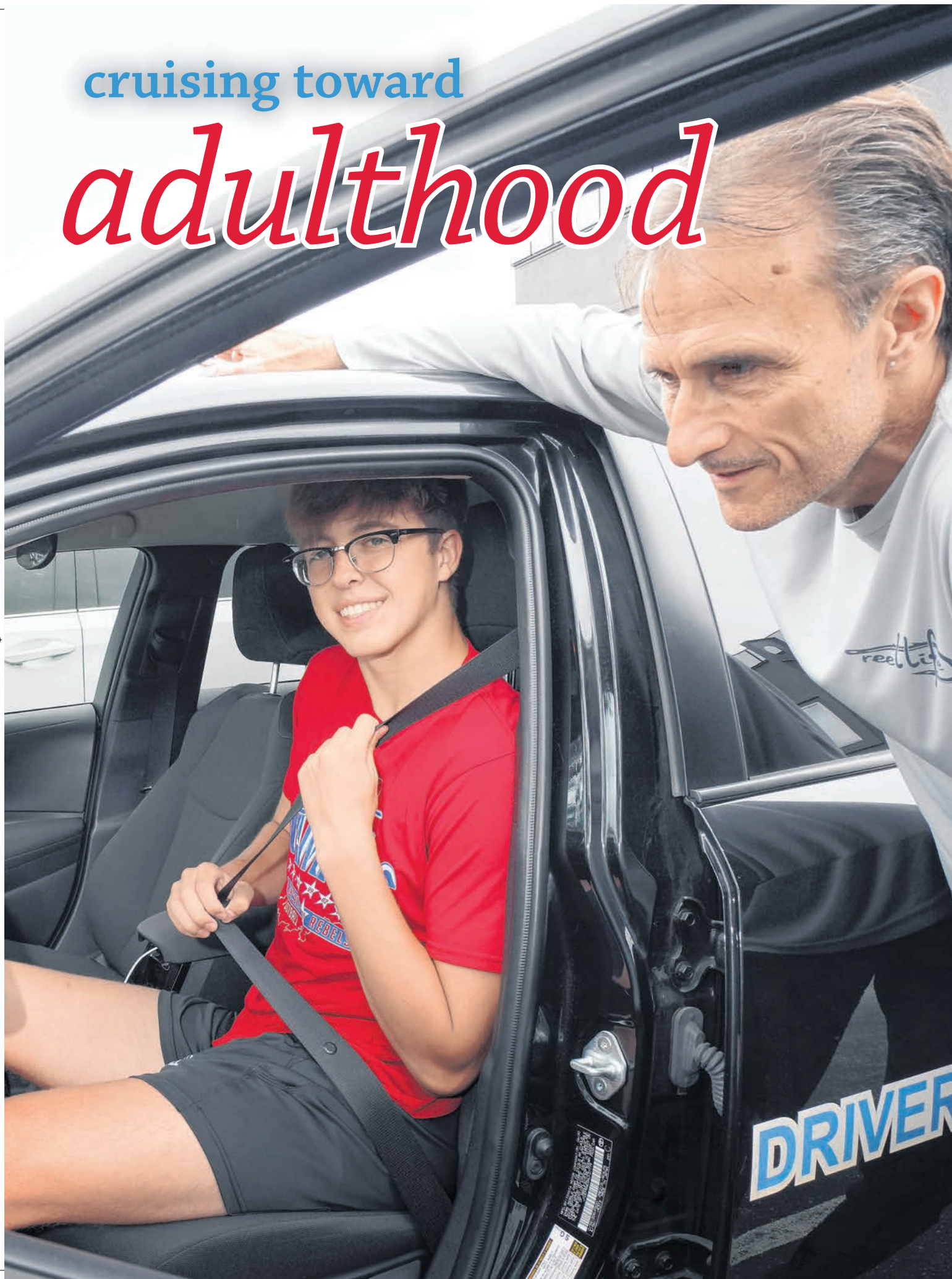
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cruising toward
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Driver's education teaches teens needed life skill

STORY BY JENN WILLHITE | PHOTOS BY MARK FREELAND

X The process for today's young drivers to get their learner's permit and, ultimately, their driver's license is not entirely what it once was.

Today, teens can get their driving permit as early as 15 years old, if they are enrolled in a driving course offered through a professional driving school, says Charlie Cummings, chief operating officer with the Driving Academy in Greenwood. Once they've completed the driver's permit requirements, they can get their license as early as 16 years and 90 days. However, if the child opts out of taking driver education they must wait until they are 16 and nine months to get their license.

All student drivers must now take the written driving test prior to getting their permit. Although it is a somewhat significant change from years past, this added requirement is a good thing, Cummings says.

"It makes a lot more sense because now people have to know something," Cummings says.

Those who get a permit must hold it for six months, Cummings says. In addition to completing a written test

to acquire the permit, the student driver must then complete the driving course requirements, including 30 hours classroom experience plus drive time with a driving school's instructor and 50 hours of driving at home with a licensed driver in the car.

"Those are things, especially the driving at home, that apply to everybody regardless of age or if they are taking driver's education," Cummings adds.

Holli Terrell, owner of Motor-Vation Driver Education, Inc. in Franklin, says today's driver's ed courses are still presented in two parts. There is the in-person classroom material and then there's driving with an instructor.

It isn't uncommon for some students to opt for online courses in lieu of traveling to the classroom, Terrell says. The online lessons are generally one hour long each and require completion of a quiz over that material at the end before moving on.

"The hope is before we send a new driver on their own, they've had more than just the six hours of driving here," Terrell says.

At left: William Vannoy buckles up for a driving lesson with operations manager James Clouse at Driving Academy in Greenwood.

CONTINUED ON PAGE 8



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When driving with another licensed driver or parent in the car, that time has to be recorded, Terrell says. And though it is essentially an honor system with a few signatures on a piece of paper, the hope is the student driver is getting the experience they need behind the wheel.

"The BMV requires them to bring the signed form back when they get their license," she says. "It should be signed by the teen, the parent and listing hours."

Though the requirement parameters may have changed, the substance of what student drivers are being taught hasn't changed much at all. If anything, there may be more emphasis on certain elements, such as how to respond when there's an aggressive driver to how to respond if you lose control of the vehicle.

Hands-on driving with an instructor starts out with the bare-bones basics of familiarizing one with the interior, how to position oneself in the seat, and getting to know all the pedals, gauges and buttons. Not that driving a car is anything like a pilot entering a cockpit, but the act of driving is much more involved than most overly confident teen drivers would like to think.

"Overconfidence can be an issue," Cummings says. "Kids who think they know it all have to somehow learn they don't know it all. Much the same way, I've had students say they are ready to take the test. But when I ask them questions like when to turn the turn signal on or should you run a yellow light. By the third question they don't know enough."

For others, the issue may be more rooted in a lack of confidence or a tinge of aggressiveness.

Terrell says it isn't uncommon for her and her driving professionals to encounter young drivers who go way too fast and simply don't pay attention, so it is important to educate the young driver about the perils that can ensue when you're careless, she says.

"We definitely try to show them in a parking lot what that feels like," Terrell says. "Sometimes the worst thing you can do is brake or accelerate. We try to teach them to just let up, but when you are in a panic a lot of times, they are going to push a pedal or turn the wheel much harder than they should and get themselves out of control."

Not only do driving schools have set routes for student drivers, but each route requires its own skill set to navigate. Clearly, a student driver isn't going to be expected to know the ins-and-outs of interstate driving immediately, however, with each successive drive the student builds more skills making the interstate much less intimidating when the time comes.

And, if there has ever been a question, yes, cars used by driving schools do come with a brake installed on the passenger side for the instructor. Another element not too many are aware of, parents can come, too.

"Parents are more than welcome to ride along and get some teaching cues and see how we talk to the student and what kinds of things we are learning,"

Terrell says.

The benefits of successfully completing a drivers education course also pays off in another way, Terrell adds.

"There are a lot of insurance companies that have always given good student discounts," Terrell says. "But there are several that give discounts because they completed driver education. A teen doesn't have to be covered while they are on a permit because they aren't a primary driver."

Parents will find when starting to make calls to get a newly licensed driver added to their insurance, that honor-based log of drive time they've kept those six months will come in handy. A completion form from the driving school is also required.

"When they start calling and getting them covered for the real thing, a lot of insurance companies are giving discounts and want a copy of a completion form," Terrell says. "It is a form the parents also take to the BMV — they all want proof."

Not too many parents need to be convinced that enrolling their child in a driving education course is a good idea. For many parents, taking advantage of a professional driving course certainly cuts out the stress and chance of high blood pressure that is oftentimes associated with this rite of passage.

"I think the best thing for a lot of parents to know is we do this on a daily basis," Terrell says. "We are going to be calm because we've seen it all and we know what that learning process is like."

empowering youth

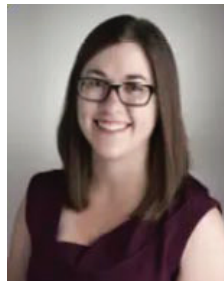
Upstream Prevention builds awareness for variety of issues

BY GREG SEITER

Public health is at the forefront of everything Upstream Prevention, Inc. does, but through its community extensions that include Empower Johnson County and the Suicide Prevention Coalition of Johnson County, the organization has a very specific focus on helping youth.

“Our umbrella structure is unique,” said Kathleen Ratcliff, founder and executive director of Upstream. “With the different pieces we have in place, what we’re doing here isn’t a common way communities typically tackle these issues. But it gives us a lot of flexibility in funding streams and ways to reach prevention that spans different categories.”

Multiple coalition partnerships that each focus on needs within a certain classification allow for a variety of grant opportunities.



Kathleen Ratcliff

“We are primarily grant-funded but grants often have restrictions,” Ratcliff said. “It’s certainly not easy to get a federal grant.”

Upstream Prevention was incorporated in Indiana in 2015 with the goal of supporting systems-level changes related to the prevention and reduction of youth substance use, improved community mental health and creating an environment conducive to healthy behaviors for everyone.

“Although we (Upstream) started as a way to support Empower Johnson County, I wanted us to be broader and not just focused on substance abuse,” Ratcliff said. “I felt like we also needed to address issues such as mental health and suicide prevention and I knew our community would benefit.”

The Suicide Prevention Coalition of Johnson County launched in 2019.

“I was volunteer executive director for Upstream during its first few years,” Ratcliff said. “I couldn’t really focus on adding suicide prevention or anything else until I was able to leave my full-time job.”

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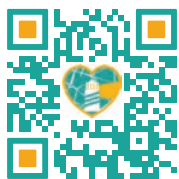
Assisting Through Loss After Suicide



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ATLAS is a volunteer response team that provides support to individuals who have lost a loved one to suicide and help connect loss survivors to resources for ongoing support. Research suggests 135 individuals are exposed to suicide for each death, with an average of 11 individuals where the loss has a long-lasting impact. There are too many of our neighbors dying by suicide, but even more who are experiencing the devastating loss of losing a loved one. While ATLAS can’t make the grief go away, we can provide support and a community to let others know they are not alone.



ATLAS

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email us at atlas@upstreamprevention.org

“Unfortunately, there isn’t much funding available for suicide prevention so we do a lot of fundraising and rely heavily on donations.”

Despite addressing subject matter that is oftentimes associated with feelings of sadness, anxiety and depression, Ratcliff believes Upstream’s success can be partially attributed to its upbeat approach.

“One of the Upstream values is positivity,” she said. “Yes, there are problems out there and yes, there are concerning things. But with alcohol, for example, we like to focus on the fact that most youth are making the healthy decision not to drink.”

“Historically, easily 80 percent of youth aren’t using substances. However, it’s also important to recognize that means 20 percent or so have used or are using more frequently.”

“The earlier they initiate substance abuse, the more likely they are to develop a substance abuse problem later in life.”

Suicide prevention is also a major focal point for Upstream Prevention, especially because, according to Ratcliff, 2015 data indicated that Indiana ranked second in the nation for youth who had considered suicide that year.

“I haven’t seen complete 2021 data yet but from what I have seen, 50 percent of students in Indiana said they had felt sad or hopeless for a two-week period. That is way too high to ignore,” she said. “It’s shocking to see how much youth are struggling with mental health and to have a perceived good quality of life. And common sense tells me if I’m in high school and not feeling well, chances are I’m going to turn to substances.”

“It’s definitely something that needs to be addressed.”

Ratcliff said a global pandemic didn’t create current youth-related psychological and emotional trends but it certainly contributed to problems that apparently continue to escalate.

“Youth weren’t in a great spot before 2020 so we can’t say COVID and the isolation it created are to blame,” she said. “However, the pandemic definitely exasperated things

that were already happening.”

Rather than serving as a reactive, as-needed counseling agency, Upstream takes a proactive approach to helping people.

“We don’t have counselors on staff. We are preventionists,” Ratcliff said. “We want to build awareness.”

That means community outreach efforts through schools and organizations.

“We have several programs in which we partner with schools and there are also initiatives where we try to go into businesses and conduct sessions on things like suicide prevention,” Ratcliff said.

Community training opportunities are also an option.

“Partnerships are big. We can host sessions at places like churches and libraries that are open for anybody to attend,” Ratcliff said. “We understand it’s hard for people to block off time for things like this. That’s why the more we can get into businesses where we already have a captive audience, the better.”

One of Upstream’s newest initiatives — ATLAS (Assisting Through Loss After Suicide) — focuses on providing compassionate support to family members after the loss of a loved one by suicide.

“We’re also in the process of hiring our first certified peer recovery coach,” Ratcliff said. “As someone who has gone through recovery, this person will be able to provide peer support for those already in recovery or those getting ready to begin the process.”

In addition, Upstream Prevention launched an overdose fatality review team this past spring and recently revamped its website.

“With six full-time staff, we have a lot going on,” Ratcliff said.

“We’re really trying to increase our variety of volunteer opportunities and ways people can get involved.”

“We realize joining a response team or board often takes a lot of time so we’re trying to increase volunteer opportunities that may only take an hour or so of time per month.”

“We’re busy but it’s important work and always exciting.”

UPSTREAM PROGRAMS

Baby & me, tobacco free

Baby & me tobacco free is a free, non-income evidenced-based program for pregnant women who are ready to quit smoking or who quit smoking three months prior to pregnancy.

Curriculum-based programming

Upstream supports substance use prevention, mental health promotion, suicide prevention and skill building curriculums during the school day.

Mental health awareness

Knowing common signs and symptoms is the first step to recognizing if someone should speak with a medical or mental health professional to determine next steps.

Sources of strength

A national wellness program that helps reduce rates of suicide, substance use, violent behavior and other developmental issues among children and teens.

Education & assets

Education series, funded by a division of mental health & addiction grant.

Find your rock

Events around the county to decorate rocks to share with others through direct giving or from placing the rock for a stranger to find.

Naloxone & harm reduction

Naloxone is an emergency intervention tool, with the ability to reverse an opioid overdose.

Training opportunities

Upstream has a variety of mental health, suicide prevention and harm reduction trainings available to the community.

New school year tips from a foot and ankle surgeon

BY STATEPOINT

Kids' feet grow and change quickly, which means you'll likely be shoe shopping this back-to-school season. As you head to the store, consider these tips and insights from the American College of Foot and Ankle Surgeons (ACFAS).

Find the right fit

"Your child's feet can grow up to two sizes in six months, so you need to account for rapid growth when buying shoes," says Dr. Michael Coyer, a foot and ankle surgeon and Fellow Member of the American College of Foot and Ankle Surgeons.

Coyer cautions against the temptation to buy oversized shoes, as they can cause the foot to slide forward, putting excessive pressure on the toes. "A good fit is about a finger's width from the end of the shoe to the tip of the big toe," he says.

On the other hand, don't wait too long to replace tight shoes. Tight shoes can cause blisters, corns and calluses on toes, blisters on the back of the heels and ingrown nails, which can become infected. If you notice signs of infection such as

pain, redness or fluid draining from the area, schedule an appointment with a foot and ankle surgeon, who can perform a simple, safe in-office procedure to remove the affected area of the nail.

Replace worn-out shoes

Because shoes lose shock absorption over time, wearing worn-out shoes can elevate the risk for heel pain, Achilles tendonitis and even ankle sprains and stress fractures.

"Inspect old shoes and replace any that lack sufficient cushioning and arch support, or have excessive wear to the bottom or around the edges of the sole," says Coyer. "When shopping, don't assume a new pair will offer proper support. Check to see that the toe box is wide enough and the shoe doesn't bend in the middle of the sole."

Protect young athletes

"Every new season, we see an increase in ankle injuries among young athletes," says Coyer.

Help prevent sports-related injuries by equipping your child with proper foot-

wear this fall. Start each sports season with new shoes and always buy the right shoe for the sport. You can also protect young athletes by never allowing them to play through foot pain. Foot pain isn't normal and if it lasts for more than a few days and interferes with normal activities, seek medical attention.

Consider other factors

Children with flat feet need shoes with a wide toe box, maximum arch support and shock absorption. The best shoes for flat feet are stiff-soled, lace-up shoes that have enough depth for an orthotic insert, if necessary.

"A common persisting myth is that children will 'grow out of' foot problems. But foot problems developed in childhood can become more serious if left unaddressed," says Coyer.

For more information on foot and ankle health, and to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the patient education website for the American College of Foot and Ankle Surgeons.



BEFORE THEY MAKE PLANS WITH FRIENDS...

Establish some family rules for social and extracurricular activities.

Young people don't always have all the facts when it comes to alcohol and other drugs. Talk with your children about the risks of underage drinking and substance use, and be clear and consistent about your expectations. For tips on how—and when—to begin the conversation, visit

www.underageddrinking.samhsa.gov

www.upstreamprevention.org/empowerjohnsoncounty

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SAMHSA
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Axl Kinnaird of Nashville takes a fencing lesson with Anthony Joslin at the Edinburgh Pixy Theater.

Area fencing club offers unique athletic opportunity

STORY AND PHOTOS BY KAMI ERVIN

Clad in white fencing gear, Axl Kinnaird stands in the en garde position, foil in hand, preparing to begin his first private lesson at Blue River Fencing Club. Located in the former Masonic Temple of the Pixy Theatre in downtown Edinburgh, accomplished fencing coach Maestro Anthony Joslin recently opened the club with hopes of expanding the sport of fencing throughout the tri-county area.

Native to Nineveh, Joslin got his start in fencing as a summer exchange student in Osaka, Japan at the age of 14. After moving to California while still in high school, Joslin rekindled his love of the sport when he discovered a local parks and recreation fencing program. He eventually earned coaching credentials through the Federation Francais d'Escrime in Paris, France in 2001 and for over a



Anthony Joslin

decade, Joslin coached many fencers to regional, national, and international levels of awards. In 2005, he even studied under Olympic Coach Laszlo Szepesi in Budapest Hungary, earning his Fencing Masters diploma.

Even though his father encouraged him at a young age to participate in sports, Joslin didn't see himself as an athlete until he started fencing. He believes that many kids feel the same way.

"Some children may not realize that they would enjoy participating in a sport," he says. "Fencing opens different doors for them to realize the value of being a part of sports."

Mandy Kinnaird of Nashville appreciates what fencing offers her son. The second grade Van Buren Elementary student has been enrolled in Joslin's group class at the Brown County YMCA since the beginning of the school year.

"Axl always liked the idea of sword fighting from movies and TV and it keeps him active outside of school," Kinnaird explains. "But fencing also teaches critical thinking, strategy and discipline."

Many of the students Joslin has coached have been high academic achievers, a fact that Joslin attributes to the life lessons learned in the sport.

"It's an individual sport that can teach them to be a good sport, overcome goal-setting and define themselves," he says. "It's like playing physical chess."

Using metaphors like "You called me on the phone and I answered it" Joslin mimics the back-and-forth motion between his six-year-old student and himself, something else that Kinnaird likes about Joslin.

"He knows how to catch their attention, how to speak their language and how to keep them focused," she says.

Joslin moved back to Indiana in 2013, and after a long coaching hiatus, was in town looking for the right place to hold lessons when he was introduced to the Pixy Theatre's owner, Mike Harding. Since purchasing the building in 2008, Harding has invested a great deal to bring culture, music and events to the area, and a fencing club seemed to fit the bill. A former basketball player and ballet dancer who appreciates the broad spectrum of athletics, he was enthusias-

tic when Joslin approached him about opening up a fencing club.

"It was intriguing," Harding says. "And I thought, yes, we've gotta do this and I'm going to take lessons myself."

Aside from fencing, Joslin has a variety of interests, including gardening. He previously worked for the Indiana State Museum as the grounds supervisor and led the restoration of the garden at the T.C. Steele Historic Site in Brown County. He also recently opened a coffee shop, Eden Cafe, in the Pixy's lobby.

Joslin hopes to expand the sport throughout the area by providing fencing instruction to parks and recreation programs, youth centers and other organizations. His program is offered through Edinburgh Parks and Recreation and he is hoping to expand to the Greenwood and Columbus parks departments, too.

He offers flexible scheduling of lessons to all ages, including adults, and skill levels as well as the rental equipment needed for the sport.

For more information, contact Joslin at 317-315-4702 or at coastsidefencers@yahoo.com.



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IN3512140

How to raise kind and caring children

STORY AND PHOTOS BY FAMILY FEATURES



At some point, many parents will likely find themselves encouraging their children to “be kind” or “be friendly.” While they lead with the best of intentions, nearly all parents will worry about whether their child is kind to others when adults are not around.

“We often encourage children to be friends with everyone, but that’s unrealistic,” said Carter Peters from KinderCare’s Inclusion Services team. “We don’t have to be friends with everyone, but we do need to be friendly with everyone. When children learn to respect everyone, even those they don’t like, they help create a kinder, more welcoming community.”

While children are generally kind, it’s possible they might internalize societal messages that equate kindness with weakness. With a little help, children can develop a sense of empathy, which can help them have positive interactions with others whether they’re on the playground,



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in the classroom or at home.

Consider these three ways parents can encourage empathy:

1. Try a new twist on “what did you do today?” Find a consistent time during the day – at pick up, during dinner or before bedtime – to ask your child, “How did you help someone today?” or “How were you kind to someone today?” Be sure to offer your own examples from your day, too. This helps your child understand the connection between his or her actions and kindness to others. It also opens the conversation for you and your child to discuss missed opportunities to show kindness, how you could both do better next time and how you and your child could show kindness in the future.

2. Intentionally call out acts of kindness. Go beyond a simple “thank you” and be specific about why the action was kind: “That was so kind of you to clear the table after dinner. Your help made cleanup go faster. I appreciate that.” Don’t forget to use this same technique with other family members, too. Ask your child what compliments he or she likes to hear and encourage him or her to do the same for others. This teaches empathy

and encourages children to treat others the way they want to be treated.

3. Build a toolbox of responses for tough situations. First, help your child build emotional literacy skills by helping him or her learn to identify and name feelings. Then work together to identify appropriate expressions of those feelings.

“Children need to learn they can express big emotions, like frustration or anger, without taking those feelings out on others,” Peters said.

Some healthy ways to react to emotional moments could be to find a quiet place to calm down, talk with a trusted adult like a teacher, squeeze fists or name the feeling: “I’m so angry right now.”

The ability to think and react rationally



diminishes when angry, so practicing potential responses while in a calm, low-stress state is essential to helping children learn to apply those responses when they’re upset. Having this toolbox of responses to rely on also gives children the autonomy of deciding how best to respond to an emotionally difficult situation, which can lead to a sense of empowerment when they realize they chose to act kindly despite their emotions.

For more tips about raising kind and caring children, visit kindercare.com.

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