



FAMILY!

A Publication of the NASAP Family Education Section

Fall 2008

Periodic Column

“The Family Business”

YES! You CAN Make Money as a Family Educator

by Patti Cancellier

Case Study: Alyson Schäfer, MA

www.alyson.ca
alyson@alyson.ca
905-473-6600

Alyson Schäfer, a third generation Adlerian, grew up with parent study groups going on in her living room, and a row of **Children: the Challenge** books on her family’s book shelf. Alyson’s grandmother was Edith Dewey, a student of Rudolf Dreikurs, and the author of the orange book, *Basic Applications of Adlerian Psychology* – her notes on Dreikurs’ lectures. Dewey also established

continues on page 6

Beat the Bedtime Battles

Dear Addy...

Guest author is **Linda Albert, PhD**, author of many books including *Coping With Kids*, from which this excerpt is taken, with her kind permission.

Dear Addy,

Bedtime is a problem in my house. I can get my kids into bed by 8:30 with a few hassles, but then the trouble begins. One son wants a drink of water. Another complains he’s not tired and can’t get to sleep. Often, it’s after 10 before all the children actually fall asleep. By then, it’s too late for me to enjoy my evening. How can I make my kids fall asleep soon after they get into bed?

--Tired Parent

continues on page 5

Out With the Christmas ‘Gimmies,’ In With Good Will

by Linda Jessup, PEPWest

The Christmas season (or substitute any major holiday) often falls so far short of our hopes for a meaningful family experience, that we may dread the next round of these important celebrations. The extra work. The stress. The financial and social strains. The demanding, unsatisfied kids. The fatigue and grouchy feelings. The expectations of extended families.

Still a deeply religious observance, Christmas has also become secularized, popularized and highly materialistic. Yet the basic values of generosity and service, kindness and caring are broadly shared and speak to the hearts of non-Christians as well. Regardless of one’s beliefs, knowing the history and understanding the symbols that permeate this holiday invest this season with added significance that can enrich this yearly event.

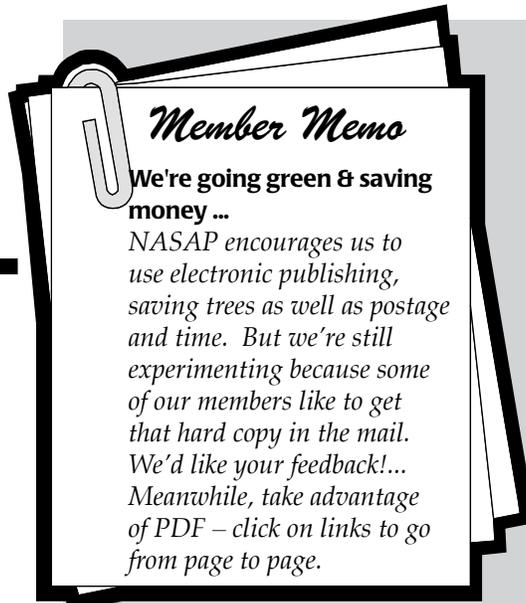
Here are some tried and true suggestions for getting rid of the “gimmies,” and bringing sanity and – dare I say it – more enjoyment and deeper meaning for anyone to this season.

Before:

Simplify & Plan What Matters

Take charge of your family’s holidays beginning before Thanksgiving. If you have always raced from one, two, three or even more households on these celebratory days

continues on page 3



Also in this issue

Your Co-Chairs Report..... Page 2

Also, Adlerian Wisdom, how to reach us

Membership Matters..... Page 5

Membership Meeting in Harrisburg, Treasurer Report

Convention..... Page 7

Make plans for Tucson!

FE Section Co-Chairs Report...

Dear Family Education Section Members,

I had the privilege of going to my first COR (Council of Representatives) meeting this October. It was very exciting to be with such inspirational people. There was lots of lively discussion around the governance of the Board, COR and Affiliates. Some of the discussion that took place was whether there should be one chair for each Section or two and whether people should have two year terms or three. We also discussed a \$10.00 NASAP membership fee increase due to the rising cost of the *Journal*, newsletters and doing business in general. There hasn't been an increase in dues since the late 90s, so it was decided that the fees would increase as of 2009.

After having the opportunity to meet with my Co-Chair, **Patti Cancellier**, I realized the value of having a mentor-mentee role in the Co-Chair position. The senior Co-Chair (notice I didn't say "old") has a sense of history of the role as well as a clear idea of the duties, responsibilities and timeline to pass on to the new one. I was relieved when it was decided to keep two Co-Chairs in every Section. People also voiced the value of keeping the three-year term instead of moving to a two-year term with staggering on-off of the Co-Chair positions. This way, someone with experience will always be partnered with a newer Co-Chair.

Patti and I had the opportunity to go over the Family Education conference proposals and make recommendations to the conference committee. We have an exciting line-up of sessions that will be announced soon, so mark your calendars for late June in Tucson. Thanks to all of you who sent in a proposal!

At some point soon, the newsletters will probably all come out electronically. This includes NASAP's newsletter as well as our Family Education newsletter. There was much discussion about the pros and cons of this. However, due to rising production and mailing costs as well as needing to be environmentally friendly, the move to an electronic newsletter was decided to be an important change.

I always know that "Family is a great place to be." When I say the word "Family" I'm referring to the Family Education Section as well as our own families. This was confirmed at the meetings as I realized what an active Family Education Section we have. Thanks to Bryna's dedication, drive, and skill we are privileged to receive 3 newsletters per year. We have the opportunity to get together at the NASAP conference for our annual general meeting. We also have a very active listserv, which has done everything from initiating interesting discussions to sharing exercises and ideas to tracking down names of books to answering questions and concerns. It is such a blessing to be able to be part of such a great group of inspiring people. Each one of you has so much to offer, not only to the parents and families that you work with, but also to each other through our Section.

I look forward to getting to know you over my term! Enjoy *FAMILY!* ■

Warm Wishes for the Holidays,
Terry Lowe, along with Co-Chair *Patti Cancellier*

Adlerian Wisdom

Appropriate Attention: Be sure to give your child the encouragement of lots of attention when the child shows positive behavior. So many moms and dads notice the kids only when they misbehave, thereby reinforcing the negative behavior. When kids are being good, how about a hug or a word of appreciation for them. The more attention you give kids while they are behaving appropriately, the less misbehavior there will be.

-- from **Coping With Kids** (Alcorn House, 1992) by Linda Albert, PhD

Available through Amazon.com

Contact the author at LindAlbert@aol.com

How to reach us

Family Education Section Co-Chairs

Patti Cancellier, M.P.H.

6307 Huntover Lane

Rockville MD 20852

email <pcancellier@verizon.net>

Terry Lowe, B.S.W., R.S.W.

1926 Coy Avenue

Saskatoon, SK S7M 0J1 Canada

email <thlowe@sasktel.net>

Section Secretary-Treasurer

Amy Ellison, M.A.

413 Cesterton Trail

Fort Wayne, IN 46825

email <amers1003@yahoo.com>

FAMILY! Editor

Bryna Gamson, M.A.T.

2823 Summit Avenue

Highland Park IL 60035

email <ParentEd@comcast.net>

NASAP

www.alfredadler.org

phone 717.579.8795

fax 717.533.8616

email info@alfredadler.org

614 Old W Chocolate Av
Hershey PA 17033

Gimmies...continued from page 1

– STOP. Re-examine some of the expectations that may have worked well before parenthood, but now mean loading sleepy children into the car at dawn, racing to one house for a Christmas feast and frenetic package opening, then dashing off to the next house for round two of the same, returning home late at night with everyone over-fed, over-loaded and exhausted.

Instead, re-think when to connect with extended family. Consider creating your own more manageable Christmas at home, with visits to relatives at other times during the holidays. Maintain as much of your usual nap, eating and bedtime routines as possible. Children will handle the excitement, holiday foods and exceptions better and so will the adults.

Decide what you want

Rather than thinking: “I dread the thought of Grandma complaining that she does all the work, while she shoos everyone out of the kitchen, Aunt Val getting tipsy and trying to pick a fight with her latest husband, all the men sitting in front of the TV watching the game and the cousins ripping and tearing through a mountain of gifts,” take action. Let the relatives know: “We’ve decided to start some of our own traditions at home this year. If it’s convenient for you we’d like to come by for a visit on the Tuesday after Christmas when we can have you all to ourselves and bring you your gifts.”

Informing extended family of your plans by early December, gives them time to handle any disappointment early and get used to this new idea. Stay resolute, positive and caring – and did I mention resolute?

Get Giving Under Control

If over-gifting is an issue in your extended family, suggest drawing names to focus giving on one other family or even just one other person within the family. While this idea may be resisted at first, over time most people appreciate reducing their gift lists, especially as economic pressures increase. Other useful ideas? Give coupons for tasks that need doing at times other than the Christmas season, such as washing and “detailing” someone’s car, or theatre tickets or a class they’ve been wanting to take. While you’re at it, whittle down your social list as well. Suggest to friends or colleagues that you gift each other this year by “taking each other” out to lunch, dinner or a show after the holidays.

Decrease TV exposure significantly during November and December, since advertisers target children specifically to trigger the “gimmies” for a multitude of products they want to sell. Two-thirds of the billions of toys sold are purchased by parents and relatives in the six weeks before Christmas to appease children’s demands. One study showed that even preschoolers who don’t watch TV ask for only 3.4 toys but receive an average of 11.8 toys from parents alone. This inflated gifting creates inflated expectations as children grow, focusing them on material things, ‘getting’ and self-interest rather than ‘giving,’ meaningful spiritual discoveries and social interest.

Entertain Dreams & Decrease Expectations

Instead of over-promising or arguing about gifts, start a running Wish List for each person in the family. On each child’s list any desires can be written down with detailed information (“a pink two-wheeler with streamers on the hand grips...”) remarking casually that these are exciting toys from

which parents and Santa will pick one or two items. If a child asks for something which is completely out of reach – like a pony, say – let the child know up front that, while that wish can go on her Wildest Dreams for the Future list – go ahead and start this on a separate page – a pony will not be under the tree in your small, urban apartment, on Christmas morning. Disappointing news delivered early is kinder than waiting.

Increase participation, including the children in planning, baking, card making, shopping or hand-making gifts for individuals, wrapping packages, decorating and reading Christmas stories together. Nothing banishes the “gimmies” like investing in gifts for others and in fortifying and adding to relationships.

Talk with the child separately about each person to whom they will give a gift. See what the child has noticed about that person, their interests, tastes and needs. Consult the Wish Lists of family members for ideas. Together make up a child’s gift list (“Brown gloves for Daddy – large; trick yoyo for Benji”) and take short, targeted shopping trips with each child. Make it clear from the start that this trip is strictly to buy gifts for others. Resist the temptation to do your own shopping or run other errands. Stop for brief rests and a little food treat so the outing stays enjoyable.

Discuss the rich meanings of Christian symbols. Before cutting or purchasing a tree, see if children know that the tree itself, pine boughs and holly used for decorating are all “ever-greens,” symbolizing eternal life. The shape of the Christmas tree itself points to heaven. As you decorate, explain that the star gracing the tree top symbolizes the bright star over the stable where the baby Jesus

continues on page 4

Gimmies...continued from page 3

was born, a beacon for both the shepherds and the Magi. In earlier days, apples signified abundance and the Tree of Knowledge in the Garden of Eden. Strands of popcorn denoted riffs of snow, since Christ was born in the winter, and the flames of real candles signified God's presence, as well as Christ's coming – "a light in a world of darkness." Today our round glass ornaments have replaced the apples, tinsel serves as icicles and a variety of lights are the safer version of tiny candles. Challenge children to find the significant shapes, colors and symbols of the season. Wreaths symbolize everlasting love, without a beginning or end. Distinguish star shapes, the five-pointed star of Christians and the six-pointed Star of David for Jews. Diamond shapes compare Christ to a priceless jewel. White stands for purity; red, is the color of love and sacrifice, and green, the color of life and growth. Even the gifts we give are symbols of God's love for us and our love for each other.

One to two weeks before Christmas

Have a Family Meeting

Plan the holiday schedule together, deciding on different but reasonable bed times, wake up times and daily responsibilities for everyone. Getting enough rest, eating sensibly and having some structure to each day provides clear expectations and a steadying framework, especially for children.

Role play or practice graceful giving and grateful receiving. Knowing what to do and what to say reduces stress and prepares children to be gracious and polite in gifting situations.

Ask the magic question, "What is one thing that would make this Christmas holiday satisfying for you?" Then work some form of each person's wish into the family calendar as an important commitment. Everyone cooperates to help each person realize his or her wish. Generosity, consideration and appreciation will flourish.

During:

Stick With Schedules and Plans (as much as possible), Organize and Share.

Minimize the number of gifts under the tree ahead of time to downplay the focus on "getting." Instead, let children put out the presents they are giving, if they wish, along with a few selected gifts for others outside the family.

Invite a few people, who would otherwise be alone, to join you for some part of your holiday observances. Widows, someone from out of town or people far from family will appreciate being asked and enjoy your rituals and traditions while adding interesting tales of their own. Sharing Christmas Eve, Christmas brunch or Christmas dinner make those occasions more special for everyone. Children can set and decorate a festive table, help clean, make place cards and table mats, prepare appetizers or cook part of the meal. A plate of cookies, a loaf of cranberry bread or a plate of food delivered to a shut-in or elderly neighbor can always be a source of great satisfaction.

On Christmas Eve, create meaningful traditions that fit your family. Start early. Have a simple but special meal using your best dishes. Read a Christmas story; the King James version of Christ's birth is pure poetry. Sing or play a few carols together. Open gifts from distant relatives, then call them to wish them a merry Christmas and say personal "thank you's."

Attend an early "family" church service or light Advent candles.

Encourage children to set out a snack for Santa and his tired reindeer – another chance for giving. After young children have gone to bed, allow any child who no longer believes in Santa to be a Santa "helper," filling other's stockings and re-arranging some of the presents in the room. Send the "helper" to bed early enough that the room can be made magical for the next morning, with candles readied, Santa gifts and unwrapped surprises like skis, a coat or a bike set out.

Keep order by letting it be known well ahead of time that that room is "off limits" until all family members can enter it together on Christmas morning. Have a reasonably early time set and some plan established, also ahead of time, for bringing in the children, opening stockings and taking turns opening presents one at a time. For young children, sometimes gifts are opened a few at a time over a series of days, so they can appreciate and play with each present without becoming over-whelmed. One person records the gift, the giver and the receiver for later thank-you notes while everyone savors each person's response.

After:

Make Time for Memories & Thanks

Before the holidays are over, agree on a time for writing, drawing or dictating "thank you's" to those who can't be thanked in person. Make this a pleasant family time with everyone who wishes working at the dining room table, some cider or cocoa and cookies at hand. Art supplies and an assortment of nice papers, envelopes, stamps and an address book facilitate this project and keep gratitude at a high level.

concludes on page 8

Membership Matters

Section Meeting Minutes

Meeting held June 27, 2008 in Hershey, PA

Election

Terry Lowe was elected as our new Co-Chair for 3 years, she will be replacing **Alyson Schäfer**. [Unfortunately, neither was able to attend.]

News from the Council of Representatives

Patti Cancellier, Co-Chair, reported on the meeting she and Alyson attended. **Linda Jessup** added that there was major reorganization under way and that there would be more involvement from the Sections.

Treasurer's Report

Carry over from previous year	\$ 624.59	
Income since 10/1/07	774.00	
<i>Total Income</i>		\$1,398.59
Co-Chair travel reimbursements	320.53	
Fall Newsletter	200.17	
Spring Newsletter	212.58	
Wine and cheese social	50.00	
NASAP scholarship	300.00	
<i>Total Expenses</i>		\$1,083.28
<i>Ending Balance</i>		\$ 315.31

Dear Addy...continued from page 1

Dear Tired,
You can't.

Remember the old saying: "You can lead a horse to water, but you can't make him drink." You can make the kids get to bed, but you can't force them to fall asleep. In fact, the more you pressure yourself or someone else to fall asleep, the more difficult it is to actually get to sleep. Ask any insomniac. Consider also the variations in sleeping patterns among adults. Some fall asleep easily, some toss and turn for hours. Some can get by with only five or six hours of sleep and others need nine or ten hours. The same differences in sleeping patterns exist among children.

Now that you've considered the facts of sleeping, let's look at your needs as a parent.

By 8:30 at night, you feel the need to be finished coping with kids for the day. Most likely you're anticipating an evening of adult companionship and/or some enjoyable activity, or just time to yourself. Let's see how we can balance your needs as a parent with your children's needs to fall asleep when they're ready.

Continue putting the children to bed at 8:30 with the understanding that once they are in bed that is where they stay. Put a thermos filled with water on a table next to the bed of any kid who is always thirsty. That way there is no need to call Mom or Dad for permission to get up for a drink. Give each child a high intensity night lamp next to the bed or mounted on the headboard; allow quiet reading until the kid feels ready for sleep. If

NASAP...International Adlerian Leadership Since 1952

Newsletter Discussion

We discussed whether or not we should go to electronic newsletters, a discussion of being "green" vs having a hard copy to use and share. It was decided that we would continue in the same fashion as before, with one electronic newsletter and two paper newsletters per year.

We also decided that those individuals who do not want to receive a paper copy should notify the NASAP office of such and they can view the newsletter from the NASAP website. Likewise, those electronically challenged can ask NASAP to send them a hard copy.

Sharing

We went around the circle and shared information, questions, concerns, aspirations etc. It was great! Thanks to everyone for sharing!!!

We took for our yearly group photo!!! (See pages 9 + 10) ■
--submitted by Amy Ellison

you have more than one child in a room, give each child a nightshade to wear over his eyes if he is bothered by the light.

Music may also help the children to fall asleep.... If you provide a pillow speaker to the player, your son will have to keep his head on the pillow to hear the music. Most likely sleep will soon follow.

Will the kids stay up all night? Not often, if you allow them to experience the natural consequences of being tired the next morning without any extra sympathy, service, or lectures from you. Breakfast is served at the same time as usual. If the kids are too tired to get up and dressed quickly, they simply miss breakfast. They will soon learn the relationship between the time they decide to go to sleep at night and how they feel the following morning. ■

Family Business...continued from page 1

the Alfred Adler Institute of Ontario. With such a background, it's no surprise that Alyson is a successful parenting educator, author, public speaker and co-host of *The Parenting Show*. She is a prime example of the subtext of this column: "Yes You Can Make Money as a Family Educator."

Background and Training

Alyson did not start out as a parenting educator and counselor. She began her work life as a direct mail fundraiser for charities. When her daughters were born (Zoe and Lucy, now 14 and 13) she sought out parenting education for herself. After completing the class at the Kinderschool Adlerian Nursery, the study group leader (and director and founder of the school), Althea Poulos, told her it was her turn to give back. Using Stan Shapiro's **Practical Parenting** book, Alyson started teaching parent study groups in the Toronto area. During this time she experienced a life changing event – her mother and three of her grandparents passed away in the same year. Re-examining her values and what she wanted to do with her life, Alyson decided to get out of fundraising and focus on Adlerian parenting education. She entered the Adler School in Toronto and ultimately earned an MA in Counseling and Counseling Psychology.

While Alyson was leading parent study groups on her own, one of her students proposed an idea to her that would change the nature of her business. This parent was opening a Montessori school and asked Alyson if she wanted to join her to make it an Adlerian school instead. While Alyson declined the opportunity to co-own the school, she did become the school's consultant, training parents and teachers. Through parents' word of mouth, the school became very popular, providing Alyson with a huge, constantly refreshing group of parents to teach.

What happened once would become a consistent pattern for Alyson and her business. As she put it, "The parents in my classes have been instrumental in helping me move forward. They are a talent pool to draw from." Another parent in one of her classes said, "You need a television show." He had experience in the television world, made the contacts for her and ultimately co-hosted the show with her. *The Parenting Show*, a weekly advice call in show on Rogers Cable, is now in its fourth season. [You can access past shows on Alyson's website.] Later on yet another parent would get her into a speaker's bureau, after years of doing talks in the community. The bureau provided increased exposure and ultimately, greatly increased speaker fees. To this day, when Alyson needs some business advice, she calls on one of her former students and swaps parenting advice for that person's expertise.

The Parenting Show brought Alyson together with an editor from Wiley Canada. She saw Alyson on the show and encouraged her to write a book. **Breaking the Good Mom Myth** was published in 2006 and is currently ranked 76th in popularity in "family health" books and 78th in parenting books on Amazon.ca. It continues to grow in popularity and has been translated into Spanish, Korean and Russian.

Alyson is working on her second book right now. **Honey, I Wrecked the Kids: When Yelling, Screaming, Threats, Bribes, Timeouts, Sticker Charts and Removing Privileges All Don't Work** is due to be published in February 2009.

Current Practice

Alyson's current family education practice is divided into several areas: teaching parenting classes; speaking locally and nationally; writing books, her blog, and content for other health and parenting websites; co-hosting *The Parenting Show* as well as giving interviews and doing reviews for the media; and maintaining her website and keeping up her marketing efforts.

Alyson's parenting classes are not the traditional 8-week long parent study groups that launched her career. As her children grew, she wanted to maintain a balance between her work and family life. Being out one or two nights a week teaching classes, in addition to doing evening speaking engagements, took her away from her husband and daughters too often. Alyson solved that problem by creating a new program, Parenting Bootcamp, that compressed a long class into two 9 AM to 4PM days on the weekend. Now she teaches one Parenting Bootcamp every four to six weeks, freeing up many weeknights for her family. It is also a very portable program. She can travel anywhere to teach for a weekend. She could not do that with an 8-week class.

When Alyson launched her first Bootcamp a year ago, she held it in a hotel with catered meals for a group of 55 parents. She found that because of the hotel costs, she barely broke even. Now she makes use of a board presentation room – arranged, once again, through former students – that accommodates 25 parents. She purchased her own projection equipment and has the lunch brought in. Now the profits are hers, not the hotel's. Parents love the smaller group because they get more of their own questions answered. They also admit that they would never have found the time

continues on page 7

Family Business...continued from page 6
for an 8 week course. However, that doesn't stop them from asking for more. Alyson is considering an advanced program for her Bootcamp graduates.

The nature of Alyson's speaking engagements has changed over the years. When she started out, she spoke for free in the community as a marketing tool. Now she belongs to two speakers' bureaus that provide her with speaking engagements for a fee in the Toronto area as well as throughout Canada. One of the bureaus specializes in speakers for corporate settings. Alyson gives approximately one talk a week in workplaces at lunch time. Giving lunchtime talks helps her to reach more people with the Adlerian message, but doesn't sacrifice her family time. Alyson also gives one talk a week in the evening in schools.

As Alyson's reputation in Canada has grown, she has been able to increase the fees she charges. When she started out, she was charging a nominal fee for her classes and giving talks for free. Then her family got a dog and she noticed that the dog obedience classes cost a lot more than her parenting classes did. She decided, "My class fee should be at least as high as the canine training course fee." Now she charges a fee for her Bootcamp program that is closer to what the course is worth. She knows that because she has asked the parents who took it. On her evaluation form is the question, "How did you find the value of the class for the money?" When everyone in the class answers "excellent" she knows that she is close to the right price, and she could probably raise the price slightly without affecting future enrollment. While she charges high prices, when compared with parenting education in general, she doesn't turn people away. She may arrange a lower fee

Convention Tucson, June 25-28, 2009

Our traditional best time is that spent at the annual NASAP convention. We look forward to the next one in Tucson!

Here are just a few of the reasons you won't want to miss this one:

John Platt will be one of the big speakers at the annual convention. His book *Life in the Family Zoo* is a favorite of family educators. Other great sessions: **Linda Jessup** will be offering a workshop on how to use muscle testing in your parenting workshops and classes, *Making Encouragement Come Alive—Show, Don't Tell*. Our own new Co-Chair, **Terry Lowe**, will present a session on the dangers of pampering and overindulgence, entitled *How Much Is Too Much? The Price of Pampering*. And, **Jody McVittie** will present a workshop called *Parent Education Across Lines of Class and Color*. She'll be demonstrating experiential activities that she's found to provide a "bridge between the dominant culture and people in communities that are not part of the dominant culture."

Applications to request a scholarship for the conference are now available, as are poster presentation proposals. Both are due by March 1. Access complete information and forms at NASAP's website, <http://www.alfredadler.org>. ■

or offer the person a money back guarantee – "pay the full price and if it doesn't feel worth it, we'll talk."

Marketing

Alyson's current marketing efforts are "viral and virtual." She feels her best recommendations come from parents that know her work. They spread the word about her programs. To alert them of her current offerings, she uses her website and her Facebook account. She stopped using a paper mailing list when she found that electronic mailings were as effective and less expensive.

Alyson uses a designer in order to achieve branding consistency among her marketing efforts. Her blog, electronic ads, postcards, flyers and posters all have the same look. She leaves her postcards at the talks she gives. When she is targeting a geographic area for an upcoming program, she'll leave posters in the doctors' offices in

the area and provide flyers to the mothers groups.

The Parenting Show has provided marketing opportunities for Alyson's books and services. The show is owned by the company which also owns *Today's Parent*, Canada's largest parenting magazine. The magazine gives Alyson full page ads, giving her national exposure. The cable company runs commercials for *The Parenting Show* on other cable channels, including A & E and CNN.

Alyson has learned that providing parenting tips to the content-hungry local news media is a great way to increase her exposure. She sends out short pieces with her credentials to her media list. When it is a slow news day and "Five Steps to Stop Nose Picking" appears in their email box, they'll grab and use the content, rather than having to search for something else to fill the time or space.

concludes on page 8

Family Business..continued from page 7

The Future

Alyson uses a business coach to develop one, two- and five-year plans for her business. Her goal is to reach as many parents as she can. She's made some changes in her business recently to work toward that goal. For example, she's phasing out parent coaching because she reaches fewer people that way. When she's given the choice of a local speaking engagement or a national one, she'll choose the national engagement in order to come into contact with more parents.

Alyson limits her practice to parents of children from infancy to age 10. She enjoys dealing with the formative years – the time of lifestyle formation. She imagines, however, that as she gets more personal experience with the teen years, she'll extend her program to cover parents of adolescents as well.

Alyson foresees that at some point she will limit her activities to writing and speaking. "As long as I can still have contact with parents, I'll be happy." ■

We'd love to hear YOUR Family Business story, too. Please let us report the results of your successes, even experiments that failed.

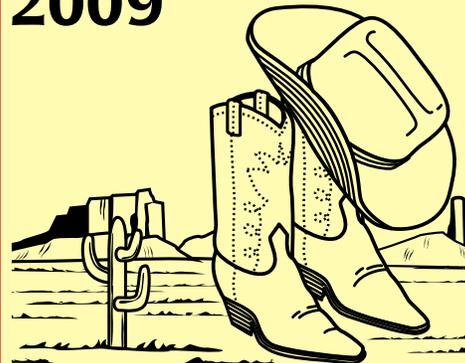
Gimmies..continued from page 4

Finally, Family Meeting or a family dinner time before life returns to normal offers a delicious time to reminisce about what each person enjoyed or found meaningful during this celebration and eliminates a sense of "let down." Remembering kindnesses, unexpected events and especially poignant moments really "ties the bow" on the holiday package the whole family has shared. ■

Editor's Note: After being asked to do so by our "editorial committee," Linda graciously submitted this article several weeks ago, but our publication, later than planned, has made some of the tips too late to implement this year. Our apologies to her and to you. In addition, we'd like to note that Chanukah gift-giving can easily get "over the top" as well, so while the religious reasons are not as important, the "gimmies" issues certainly resonate. Happy Holidays!

The mission of the **North American Society of Adlerian Psychology** is to promote growth and understanding of Adlerian (Individual) Psychology, the work of Alfred Adler, and effective approaches to living based on his philosophy. NASAP membership includes educators, psychologists, psychiatrists, counselors, parents, business people, community organizations and other interested people. The **Family Education Section** applies Adlerian principles to the home. Members are professionals and nonprofessionals dedicated to understanding and improving family relationships between children and adults, with couples, and among individuals.

Think Warm!
Think Tucson!
June 25-28
NASAP
2009



NASAP Family Education Section

614 Old W Chocolate Av
 Hershey PA 17033

Phone 717.579.8795
 Fax 717.533.8616
www.alfredadler.org

BONUS PAGES of Pictures from NASAP'08 in Harrisburg, June 26-29, 2008



Annual Group Photo of those present for the Family Education Section Meeting
Circled, the leadership team: center, Patti Cancellier (Co-Chair), Amy Ellison (Secretary/Treasurer); at left *FAMILY!* editor, Bryna Gamson



Reception after the Section meetings provided social and gastronomic pleasures. Hi, Beverley!

more on next page....



Though it surely was warm and friendly, NASAP'08 wasn't ALL social.

Presentations were well attended!

above: Dina Emser (former Section Co-Chair) presents to a full house

at right: Kay Kummerow, Betty Lou Bettner and Frank Walton pose at banquet

below: "Elder Circle: Wisdom from Seasoned Adlerians" presenters from left, Mim Pew, Leo Gold and Edna Nash



Make plans to join us for everything that NASAP'09 will be...

for professional growth and fun!