

Amelia's Story

Last year, NRV CARES served more than 260 parents through its Parent Education programs. One is Amelia, a busy mother of Andrew, age 6, and twin boys, Mark and John, age 4. Amelia learned of NRV CARES' Parenting Young Children course through the twins' school and decided to attend.



"The class allowed us to talk...about the things we were dealing with and to hear others' ideas about how to handle situations," Amelia said. "The class facilitators were so helpful because they never judged and would encourage us to consider new ways of parenting our children."

Amelia said she struggled with empathy when her children got upset about things that just didn't seem like a big deal, but the class helped her develop a better understanding of how to handle these situations. As the class progressed, Amelia found ways to implement new ideas and could see how much it positively impacted her family: "I have become more patient and more tolerant of things. I want to be that mom that can be a calming person."

Andrew, her oldest child, was showing signs of stress and frustration with going to school and some mornings refused to go at all. Rather than becoming frustrated and overwhelmed herself, Amelia talked to Andrew and asked him what she could do help him and to make this situation better. Opening that door to a conversation empowered Andrew to come up with the solution that was best for him and the two of them were able to work together to create changes in his school environment. By using the reframing and communication skills learned in class, Amelia said she has become an empowered parent and, in turn, has helped empower her children. She and her husband, Matthew, even communicate and co-parent better!

Amelia encourages all parents and caregivers to participate in parent education and support: "It's our job to raise well-behaved, respectful children," she said. "This is for your kids. You want to add positivity to their lives."

After completing the course, Amelia decided to join NRV CARES' Circle of Parents support group, which meets every Tuesday evening. The weekly meetings offer her and the other parents a supportive and comforting environment to share and discuss whatever topic is of most interest and need. Amelia said she and the other Circle parents are very bonded and support each other.

Amelia's advice to parents is to remember asking for help is being a good parent and does not mean you do not know how to be a parent: "Nobody is a perfect parent—there's no such thing—but we can all strive to be better parents for our kids."

"If there was no NRV CARES, there would be so many people without the help and resources they need," Amelia said. "These programs helped change directions for my family. I don't have to fear what my family will be like because I know we will be supported. To have such a resource in our community is huge."

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