



**KIDS Services Offering:**

- Supervised Visitation
- Therapeutic Supervised Visits
- Recreational Supervised Visitation
- Skype Visitation
- Monitored Exchanges

Providing services seven days a week and holidays

1585 E Leighfield Drive  
Suite 110  
Meridian, ID 83646

Phone: (208) 375-5800

Email: [visitation@kidsservices.net](mailto:visitation@kidsservices.net)

Website: [www.kidsservices.net](http://www.kidsservices.net)

Servicio disponible en español.

**Kids In Divorce Support  
Services**  
1585 E Leighfield Drive  
Suite 110  
Meridian, ID 83646

**Return Service Requested**



# KIDS Services

## Kids In Divorce Support Services

### Remember Buddy?

Some of you may remember Buddy, our little therapy dog in training, who I introduced about 18 months ago. Our "puppy with a purpose" has completed his training and is now a certified therapy dog. He has earned the AKC Canine Good Citizen, Advanced Good Citizen, and Urban Good Citizen awards. Throughout his training he has been working with families who utilize our services.

During his time at **KIDS Services**, our families (adults and children) have come to enjoy his company. He is our official greeter, meeting everyone at the door as they arrive. He assists with the children's transitions from one parent to the other and will walk them to their room.

When the participants are nervous or have trouble interacting, especially during the first visit, Buddy will assist in facilitating interaction between the parent and child. This is sometimes accomplished by simply sitting in their laps, or bringing them his ball for a rousing game of Fetch.

Buddy also enjoys listening to children read to him and accompanying them on a walk or play time on the common green area.



So, what is next?



September/  
October 2022



**KIDS Services**  
1585 E Leighfield  
Drive  
Suite 110  
Meridian, Idaho  
208.375.5800

### Stuff My Dog Has Taught Me

Joy is meant to be shared.

The purpose of our lives is to be happy.

It's not about catching your tail; it's about chasing it.

Greet loved ones with enthusiasm whether they have been gone ten minutes or ten months.

Make it squeak until someone pays attention.

A well-spent day brings happy sleep.

Leap higher than you have to.

Dogs have a way of finding the people who need them most.

## Meet the Bowser Buddies

Buddy, along with his "people nephew", Taffy, want to reach out to the vulnerable children of our community.

Taffy is a certified therapy dog who has been working with children for more than a year. He too, has earned the same AKC certifications as Buddy.

Therapy dogs are used in many legal proceedings and child advocacy centers. The presence of a supportive dog at all stages of a proceeding is extremely beneficial to the well-being of children. They can put a child at ease to participate more comfortably.

A therapy dog provides comfort for a child or adult while waiting to be interviewed, speak to a judge, or testifying. Being with a therapy dog can help calm a child and reduce their level of stress and anxiety. They have proved useful in waiting rooms. Being greeted by a therapy dog is not only beneficial for the child, but also for the entire family.

Involving the dogs with children who are victims of child abuse or neglect by working through the CASA program and Health and Welfare can provide a wide array of support for the children, their parents, and the foster parents.

It's almost like having a security blanket.

Buddy and Taffy are anxious to get to work. If you would like to use their services, at no charge, we can contact us through email at: [Buddy@bowserbuddies.dog](mailto:Buddy@bowserbuddies.dog). We are anxious to hear from you.

I have listed just a few of the ways a therapy dog can be of service to our community. Perhaps you have more suggestions. We would love to hear them.



Buddy



Taffy



Riley

Meet Riley, our 6 month old Maltese. He is just starting his training and will be ready to join the team in about a year.

## 10 Principles of Good Parenting

1. **What you do matters.** This is one of the most important principles. What you do makes a difference. Your kids are watching you.
2. **You cannot be too loving.** It is simply not possible to spoil a child with love. Spoiling a child is never the result of showing a child too much love. It is usually the consequence of giving a child things in place of love -- like leniency or material possessions."
3. **Be involved in your child's life.** Being an involved parent takes time and is hard work. It means sacrificing what you want to do for what your child needs to do.
4. **Adapt your parenting to fit your child.** Keep pace with your child's development. Your child is growing up. Consider how age is affecting the child's behavior.
5. **Establish and set rules.** If you don't manage your child's behavior when he is young, he will have a hard time learning how to manage himself when he is older.
6. **Foster your child's independence.** Setting limits helps your child develop a sense of self-control. Encouraging independence helps her develop a sense of self-direction.
7. **Be consistent.** If your rules vary from day to day in an unpredictable fashion or if you enforce them only intermittently, your child's misbehavior is your fault, not his.
8. **Avoid harsh discipline.** Parents should never hit a child, under any circumstances. Children who are spanked, hit, or slapped are more prone to fighting with other children.
9. **Explain your rules and decisions.** Good parents have expectations they want their child to live up to. Generally, parents overexplain to young children and underexplain to adolescents.
10. **Treat your child with respect.** The best way to get respectful treatment from your child is to treat him respectfully. You should give your child the same courtesies you would give to anyone else.

## What Your Child Wants From Mom and Dad During a Divorce

- I need both of you to stay involved in my life. Please call me, email, text, and ask me lots of questions. When you don't stay involved, I feel like I'm not important and that you don't really love me.
- Please stop fighting and work hard to get along with each other. Try to agree on matters related to me. When you fight about me, I think that I did something wrong and I feel guilty.
- I want to love you both and enjoy the time that I spend with each of you. Please support me and the time that I spend with each of you. If you act jealous or upset, I feel like I need to take sides and love one parent more than the other.
- Please communicate directly with each other so that I don't have to send messages back and forth between you.
- When talking about my other parent, please say only kind things, or don't say anything at all. When you say mean, unkind things about my other parent, I feel like you are expecting me to take your side.
- Please remember that I want both of you in my life. I count on my mom and dad to raise me, to teach me what is important, and to help me when I have problems.

*University of Missouri*

Using children as bargaining chips, forcing them to "take sides," or using them to hurt your soon-to-be-ex is common in divorces, and it's the worst thing you can do. Your children are not getting divorced—you are. They're innocent bystanders whose lives are being ripped apart in ways they can't understand. You are the



adult and have a responsibility to lessen their trauma as much as possible. Both spouses should put their kids first, but even if your spouse doesn't, you need to be the one adult in the situation.

## From a Full House to Parenting Apart Plan to attend AFCC's Symposium on Child Custody

When a full house becomes parenting apart, changes in the family can become all consuming. While most families can successfully navigate these changes, some struggle due to a variety of issues, including substance misuse, parent alienating behaviors, intimate partner violence, and other challenges. How can family justice professionals help when children are dealt a bad hand? Is a successful future in the cards for high-conflict families? Join AFCC in Las Vegas as they examine the challenges of parenting apart.



### Topics Include:

- AFCC Guidelines for Parenting Plan Evaluations
- The Dangers of Concept Creep in Family Law
- Psychological Testing
- Sorting Trauma from Stress in Family Court
- When Your Child Doesn't Want to Go
- Ethics of ODR
- Child Mental Health
- Mediation for Unrepresented Parents
- Research on Parent-Child Estrangement
- Factitious Disorder Imposed on Another

For more information visit their website at:

[www.afccnet.org/15symposium](http://www.afccnet.org/15symposium)

Anyone interested in starting an AFCC Idaho chapter? Email [chris@kidsservices.net](mailto:chris@kidsservices.net)

The reason I've decided to skip exercising today? It's the wrong day. Tuesdays are terrible. Wednesdays are worse. Let's forget about Thursdays. Oh, and September and October really doesn't work for me, either.

## If You Did Any Of These, You Are Officially Old



Watch TV on a device like this.



Ate ice cream out of a toilet paper roll..



Used a search engine not named Google.



Wait a week to find out your pictures were useless.



Spent way too long trying to get these right.



Fished the newspaper out of the trash to find movie times.



Use manual labor to rewind a cassette.



Used this contraption.

## Ways To Be a Fantastic Parent

**Take charge.** Children crave limits, which help them understand and manage an often confusing world. Show your love by setting boundaries so your kids can explore and discover their passions safely.

**Don't clip your child's wings.** Your toddler's mission in life is to gain independence. So when she's developmentally capable of putting her toys away, clearing her plate from the table, and dressing herself, let her. Giving a child responsibility is good for her self-esteem (and your sanity!).

**Don't try to fix everything.** Give young kids a chance to find their own solutions. When you lovingly acknowledge a child's minor frustrations without immediately rushing in to save her, you teach her self-reliance and resilience.

**Remember that discipline is not punishment.** Enforcing limits is really about teaching kids how to behave in the world and helping them to become competent, caring, and in control.

**Pick your battles.** Kids can't absorb too many rules without turning off completely. Forget arguing about little stuff like fashion choices and occasional potty language. Focus on the things that really matter -- that means no hitting, rude talk, or lying.

**Play with your children.** Let them choose the activity, and don't worry about rules. Just go with the flow and have fun. That's the name of the game.

**Read books together every day.** Get started when he's a newborn; babies love listening to the sound of their parents' voices. Cuddling up with your child and a book is a great bonding experience that will set him up for a lifetime of reading.

**Schedule daily special time.** Let your child choose an activity where you hang out together for 10 or 15 minutes with no interruptions. There's no better way for you to show your love.

**Encourage daddy/mommy time.** The greatest untapped resource available for improving the lives of our children is time with Dad and Mom -- early and often. Kids with two engaged parents do better in school, problem-solve more successfully, and generally cope better with whatever life throws at them.

**Make warm memories.** Your children will probably not remember anything that you say to them, but they will recall the family rituals -- like bedtimes and game night -- that you do together.

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