

Molding today's children

# HOLISTIC PARENTING





*Front and back cover photos courtesy of Gabby K.*

Dear Reader,

Parenting is the art of molding clay, the clay that is your children. It may be a long and tiring process, but the outcomes are beautiful. We are here to help make that journey a little less burdensome.

In this issue of *Holistic Parenting*, we have gathered stories that highlight parenting various ages and ways for you to stay healthy, too. We believe in the importance of maintaining and checking in on your and your children's mental, physical and social health. As you read through this magazine, we hope you can better understand how to mold your children without burning yourself out emotionally and mentally.

The writers and photographers of *Holistic Parenting* found informative and helpful stories to guide you through your parenting journey, whatever stage you're in. We hope by reading our stories, you come to enjoy the hardships and blessings of parenting. We aim to help you mold your children into holistic humans.

Sincerely,  
Audrey Patterson, *Co-Editor*

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# Dropping the Stigma

By Amber Adamson

The staff at the Baylor Psychology Clinic is helping fill the gap for those in the community who are in need of mental health services but don't have insurance coverage.

The clinic, which has been open to the public since 2005 and moved downtown in 2015, offers psychotherapy, counseling and psychological testing for adults, children, families and couples in the Waco area.

The current caseload is an average of 30 clients per month, but Dr. John Klocek, who oversees the program, says he plans to more than double that in the coming year with the addition of more staff.

Most clients come to the clinic seeking help with depression, anxiety, family or marital problems, stress, learning difficulties, adjustment to changes and loss, struggles in school and other mental health issues. The clinic does not accept insurance or Medicaid, rather clients pay according to a sliding scale and are charged based on income.

"We want to focus our efforts to environments we can serve best, to the ones who can't find resources elsewhere," Dr. Klocek said. "For those who the system just isn't designed to provide resources for, we can. We hope to be a tremendous benefit to the community."

Four students in Baylor's Doctorate of Psychology program currently are doing a year-long primary practicum placement at the clinic and work directly with clients under the supervision of licensed psychologists, Dr. Klocek said.

"Most (if not all) of the other students in the program see clients at the clinic for both therapy and assessment," he said. "Those students typically carry a much smaller case load, but it does mean that we typically have around 20 graduate students seeing clients at the clinic. This year, there were about 12 who saw clients for therapy and assessment, while the rest saw clients for assessments only."

The clinic has space for group therapy –

an area of service that the staff is looking to expand – and play spaces for sessions with children.

Juliette Bowers, a third year Psy.D. student and practicum student in the clinic, wants people to know she is not in the business of "analyzing people" and that therapy isn't a "quick fix."

ed directly to set up an appointment.

Effective treatment for mental health is goal-oriented and specific, Dr. Klocek says, whether a client needs just a few sessions to work through an issue or would benefit from a more extended series of visits.

"We're not here to test you or make you



*Juliette Bowers offers counsel to a couple, focusing on the root problems to ensure the longevity of the psychological testing. Photo by Polina Zimmerman.*

Rather it's about giving clients "the chance to talk to someone, which can be relaxing," Bowers said. "You don't know until you try it. Getting to know someone here doesn't have to be overwhelming."

Taking the first step and calling the clinic may be intimidating, but the clinic staff is trained to be sensitive. Clients may be referred by a primary care physician or from another clinic such as the Family Health Center, but it is not necessary.

Prospective clients receive a call back from a clinic staff member who will obtain more detailed information and determine what type of services may be needed. From there, new cases are assigned at the clinic's staffing meetings and the client is contact-

do anything you don't want to do," said Stephanie Jernigan, who just completed her first year in the Psy.D. program and is a practicum student in the clinic. "We're here to help clients through problems, big or small, that they may be going through – to make daily life easier."

Dr. Klocek wants to dispel the idea that reaching out for assistance with mental health is a sign of weakness.

"Often there's a stigma that implies a person [who seeks counseling] is just not strong enough, or crazy. It's intimidating to sit down with someone you don't know and tell them a large amount of very personal information," Dr. Klocek said. "It takes a lot of courage."

# Healthy Diet Provides Endurance

*Proper eating prevents illness and offers natural remedies for inflammation and gut health*



*Cooking with many ingredients and varying fresh produce is helpful to remember when sticking to a healthy diet.  
Photo by Vanessa Loring.*

By Amber Adamson

As the summer months usher in bathing suit weather, many of us begin to think about what we put on our plates and how it reflects the way we look. Chef and healthy eating expert Robin Jeep says it's not just about a crash diet but rather a lifestyle change in order to fit into those suits and to have the energy to enjoy summer fun.

Following a simple, healthy eating plan allows for "stamina, endurance and strength" you may have never thought you had, Jeep said. Jeep, partner and executive chef at Waco's Café Vibrante, has prepared healthful food for celebrities like Paul McCartney, Mikhail Baryshnikov, and she currently cooks for Emmitt Smith's family.

According to Jeep, incorporating the right foods into your diet is as easy as understanding our basic needs for nutrition.

"Humans were designed to eat mainly greens," she said, followed by vegetables, fruits, legumes, nuts and seeds, grains and a small amount (about three ounces) of lean animal protein.

Jeep says most people have a distorted sense of what to eat, saying the standard American

diet is heavy in processed foods and grain-fed animals. Food addiction is real, she says, and it can take up to 12 weeks to turn old habits around and give the body time to "fight to clean out toxins" from unhealthy eating.

Dr. Ian Ashley, an emergency medicine physician affiliated with Providence Healthcare Network, says he has seen too many patients with preventable illnesses "looking for a pill to solve their problem.

"I want to educate people to take responsibility for their health and make them realize that they have the power to be healthy," Dr. Ashley said.

Dr. Ashley chooses not to tell patients what they can't eat, rather what they should be enjoying. He encourages everyone to start with a goal of eating more fiber. He plans his meals ahead of time, incorporating fiber by eating a lot of fruit, vegetables and beans.

Dr. Ashley either packs a lunch or knows which restaurants cater to his healthy eating lifestyle.

Jeep stresses that healthy eating is a lot cheaper than one would think, because it is so nutrient dense. She encourages a twice weekly shopping trip, sticking to the perimeter of the store. Jeep even conducts shopping tours of a

local grocery store to ensure her clients understand what to put in their carts.

One of Jeep's clients, 60-year-old Gary Hart, has lost 12 pounds since beginning his tailored healthy eating program in January. He says while a slimmer waist is great, he's even more pleased with the way he feels.

"I had bad joint pain and just terrible aching," Hart said, "but by understanding (Jeep's) philosophy of healthy eating, I no longer have inflammation issues and feel so much better."

Hart stays away from processed foods and white flours, wheat and sugar and instead loads up on greens and beans. He says despite his busy schedule working full-time as a contractor and taking care of his elderly parents, he is able to eat healthy by picking up his meals from Café Vibrante daily.

"Our bodies are all we've got to move around in, so it should be our most important priority," Jeep said.

Café Vibrante offers lunch specials each day and patrons can sample dozens of flavors of premium imported extra virgin olive oils and vinegars. For more information on Jeep's take on healthy eating, including Café Vibrante's Feast to Fitness freshly prepared meals designed to specific needs.

# Sprigs of Herbs With Plenty of Applications

By Amber Adamson

Gardening is not always easy, says Waco Herb Society member Geolior Yokus, but “you need patience and ingenuity to learn to overcome the challenges to grow our beloved herbs.”

In Central Texas, herbs that grow well are basil, thyme, bay leaf, sage, oregano, chives, dill, parsley, rosemary, lavender, garlic and cilantro.

“Those are the mainstays in our area and, really, the basics of herbs,” Yokus said. “They’re what people like best anyway.”

Herbs are like weeds, Yokus said, and they do not need highly-fertilized soil or take an abundance of water or sun.

“The saying ‘no wet feet’ on herbs means their roots. Don’t let them stand in water. But you do want to plant them in a place that drains well. I plant them in pots, because I can control that easily,” she said.

“In all the books you read they say, ‘This plant loves full sun.’ Oh, they don’t live in Texas. So six hours of full sun is good, especially morning,” Yokus said. “They don’t burn up that way.”

There are many different kinds of herb gardens, from the formal to the more “helter-skelter” gardens, like ours down here, where they grow and we let them all be friends in there together,” Yokus said referring to the society’s plot at the Carleen Bright Arboretum.

Of course, herbs are predominately used in cooking. “It adds a little spark to your dish to have a little fresh herb in it,” Yokus said.

The rule of thumb is to use three times as much of the fresh herbs as you would the dried, said Martha Roscher, also an herb society member.

Herbs can be used to give great flavor to main courses. Try cooking salmon with a sprig of dill or chicken breast with a sprig of rosemary simply placed on top. Or take the tough, woody rosemary stems and

use them for skewers on the grill.

For an easy side dish, sliced new potatoes pair nicely with rosemary. Roscher recommends other savory side dishes like cornbread dressing with fresh sage and using lots of fresh herbs in salad dressings, sauces and cheese balls. In addition, herbs can be used to give unique flavor to sweet foods like cookies, cakes, tea breads, scones and in drinks like lemonade with lavender.

Bay leaves are too tough to be eaten, but they give great flavor when dropped in a pot of simmering soup. Just remember to remove before the soup is served, Yokus said.

“These are really simple things that make you look like you really know how to cook,” Roscher said. “And of course the secret to everything you’re cooking is to taste and taste before you serve it to anybody.”

In addition, herbs can be used for decoration and practical household uses. Roscher says she made a wreath out of bay leaves. Bay leaves also can be placed on a pantry shelf to keep bugs away. Lavender’s calming scent can help with sleep. Try this by placing flowers in sachet and



*Herbs are the key to unlocking more advanced dishes with sophisticated layers of flavor.*

*Photo by Calum Lewis.*

tucking under the pillow before bedtime.

When it comes to using herbs, nothing should be wasted, Yokus said. Herbs can be preserved by drying on screen or by hanging upside down, frozen with water in ice cube trays, pickled, preserved in oil or alcohol. Roscher says she recycles glass bottles from herbs purchased at the store to use when storing dried herbs from her own garden.

“Tending a garden, particularly herbs, is a great stress-reliever,” Yokus said. “Herbs can add calmness and serenity to your life by the fragrance, the beauty and the multi-uses of herbs.”

The Waco Herb Society meets at 9:30 a.m., on the second Tuesday of every month, except in January and December, in Woodway.

# Pushing the Boundaries of Parenting

By Amber Adamson

Parenting children through the tween or teen phase can be daunting, but when equipped with the tools to succeed, parents can be more confident.

Shelly Rogers-Sharer, PhD, LPC-S, NCC, says when considering the ages of tweens and teens, “it starts much younger than it once did,” as early as 9 or 10 years old. And then it goes until early 20s to include “those who are still under parents’ authority but are trying to establish their independence,” she said.

Rogers-Sharer, owner of Abounding Aspirations in Waco, says most of the major issues tweens and teens have to deal with are related to identity and self-image.

“They’ve been told all their lives what they’re supposed to believe, think, what rules they’re supposed to follow and they’re now trying to say why are those rules important, is that really true for me ... where do I fit in socially,” she said.

Often outside influences like peers and media can cause teens and tweens to be confused by a “bombardment of perceptions of this is what you’re supposed to look like or strive to achieve and accomplish, which are usually very unrealistic goals,” Rogers-Sharer said.

“[This] usually sets them up for failure from the get-go. So that can lead them into struggling with anxiety, depression, body image issues.”

## Playing with your kids

For Stacy Ainsworth, a mom of three kids ages 17, 15 and 10, parenting successfully through these sometimes-challenging stages means a lot of quality family time. From playing basketball in the driveway to skateboarding to spending all day in their backyard pool, Ainsworth says the family tries to “maintain fitness and do our best to stay active ... we’re always outside doing something.

“And of course it’s healthy,” she said. “You’re not sedentary. You’re not sitting around being a couch potato. You’re always doing something.”

Ainsworth, an assistant basketball coach at McGregor ISD, and her veterinarian husband Chad, have put family fitness and togetherness at the top of their family to-do list. And they are able to more easily keep lines of

communication open.

“You’re always together as a family, you’re looking for things to do, so [it’s great to] be able to hang with your family and do things that you all love, even if it is just sit outside by the pool instead of sitting here and watching TV,” Ainsworth said. “You’re still getting to learn from each other .... It’s an opportunity to talk as opposed to sitting inside and getting carried away with cleaning or watching TV. The main thing is that you do it all together and you enjoy each other’s company and get to be a family.”

## Affection

The professionals say that this quality family time helps reaffirm healthy self-perceptions in tweens and teens, giving children “continued reaffirmation that your value comes from within,” says Abounding Aspirations counselor Amy Barnhart, MEd, LPC-S, LCDC.

In addition, Barnhart says parents can’t underestimate the value of affection. “We know that hugs and human touch will release chemicals in the body that are feel-good,” she said.

As tweens and teens become more independent and perhaps embarrassed of a hug from mom or dad, Rogers-Sharer says parents shouldn’t let that deter them from showing affection.

“Give them hugs, tell them you love them. They need to hear it all the time, every day,” she said. “It instills in them a sense of ability to succeed. We know that approval and affection and affirmation, all these things, are connected to a child’s perception of their ability to succeed.

“[They] start to believe I am a lovable person. I am capable of doing whatever it is I’m set out to do. I am worthwhile,” Rogers-Sharer said.

## Signs to look for:

- Not eating or eating more than usual
- Changes in weight
- Changes in sleep patterns
- Behavior becoming more oppositional
- Irritability and/or anxiety
- Issues at school
- Quit doing homework
- Grades going down
- Friends have changed or other social issues

## Open communication is key

Barnhart encourages parents to spend time really listening to their children and hearing their point of view, especially in situations when the teen and parent don’t see eye-to-eye.

“Just be quiet and hear what they have to say. Sometimes that does more good than anything else,” she said. “Then you can ask them questions to have them prove their views, because that helps them explore that view and see if that’s something that is meaningful to them.

“They need to feel that they have some decisions over their life,” she said. “Of course the parents set the boundaries, but within those parameters, the children need some sort of decision-making power.”

Without this give and take, parents and teens often end up in a power struggle, Barnhart said, and children may begin to rebel against the authority of their parents.

“What I’ve found is that so often they do come [to] the same values that their parents have. So even though they might push against it a bit at times, and some of them stronger than others, just hear it,” Barnhart said.

“Because if you try to squash it, the rebellion creeps up ... and it ends up making it worse because you get in a power struggle ... because you can’t control their beliefs, and they know that, and so they’re vying for control and power.”

### Teens and media usage

Perhaps nowhere is this power struggle stronger during these years than in the use of media. Parents have to decide when kids should have smartphones and set parameters around which video games and movies they can watch.

“Part of [this] developmental stage, is pushing boundaries,” Barnhart said.

“Twens and teens they have this view of the world that everything’s great and that nobody would want to hurt me, and that’s not true. And it’s the job of the parent to make sure they keep their [kids] safe.”

Ainsworth said she allows her two oldest daughters to have cell phones for safety reasons.

“I look back to when I was a kid. Of course we didn’t have [cell phones] and my parents didn’t have contact with me,” Ainsworth said. “I love being able to contact them, and I can actually locate

them at any point during the day so that’s huge for me. Being able to contact and locate just gives reassurance to me that the kids are okay and they’re where they’re supposed to be.”

Ainsworth says it’s important to her husband and her to keep tabs on their kids’ social media accounts. “I check on them, I get on their [social media] accounts ... I’m on their Snapchat,” she said. “I do frequently check on them to make sure all is good.

And there have been things that have come up that have been a learning curve for all of us, especially with the oldest.”

Rogers-Sharer reiterates the importance of having access to kids’ accounts.

“Knowing a child’s passwords on all of their social media to me is essential as a parent,” she said.

“You can give your child respect

and boundaries and further increase that trust as they grow. [But] early on when they’re trying to establish it, in the 12 to 13 range, you need to have full access and don’t be afraid of setting those boundaries.”

“There’s going to be push back, but we know that kids feel a lot less loved when there’s no boundaries,” Rogers-Sharer said. “They actually perceive love when they know where those boundaries are, even if they don’t like them.”

Monitoring violent video games and mature movies is important, Barnhart said, because “developmentally, kids are not at a place where they can watch that and realize it’s fantasy not reality.”

This content “primes their mind,” Rogers-Sharer said, to negative or aggressive thoughts.

“It’s a different world with all the technology,” Ainsworth said, “and you just have to see what works for you and your family.”

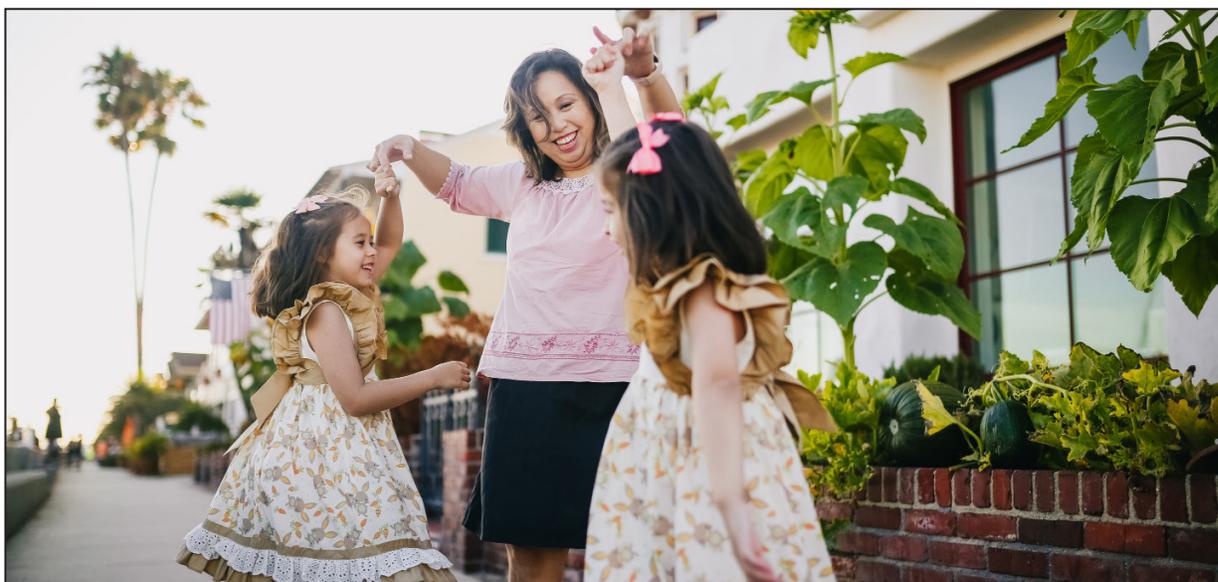
Rogers-Sharer says the most important advice she can give to parents of teens and tweens is to maintain communication.



**Parenting advice:** *Rogers-Sharer emphasizes that teenager’s major issues lie with identity and self-image. She stresses parent involvement in boundary setting. Photo by Helena Lopes.*

# The Teenage Years

# All in This Together:



**Twice the fun:** After Moms of Multiples meetings, chapter founder Sherrae Cornett enjoys taking her twin daughters Ella (left) and Emma (right) out on ice cream dates. Photo by RODNAE Productions.

By Amber Adamson

When Sherrae Cornett learned she was pregnant with twins, the expectant mom searched for a support group in the Waco area that would help her prepare for what she now calls “parenting in fast forward.” She didn’t find one.

So in 2009, she and five other women formed the Heart of Texas chapter of Moms of Multiples, affiliated with Multiples of America.

According to Cornett, everything the group does centers around their goals of education, community and support. They host monthly meetings throughout the school year with guest speakers covering topics such as pediatric dentistry, budgeting and potty training, among others. They plan social events both for families and just for moms throughout the year. Members of the group also provide meals and home visits when new babies arrive.

Cornett sees the group as a chance for moms “to get out and meet other families that are going through the same challenges of parenting multiples. It’s just been an incredible group of women. It’s been such a blessing.”

The group is open to multiples of all ages, but the majority of members are expectant moms and those with kids up to kindergarten age. Cornett’s daughters, 7-year-old Ella and Emma, are the oldest twins in the group. They both act as sort of big sisters at group get-togethers helping with snacks and blowing bubbles to entertain the littlest ones.

Cornett is adamant that her daughters learn how to “cultivate positive relationships with each other.”

**Having support from those who’ve “been there, done that”**

Leah Magid says she and her husband “prayed hard for babies.” They were blessed, she says, with two sets of twins. The oldest, Lukas and Mason, are 3 years old, and Kylee Ann and Morgan are 15 months old.

Magid, who serves as vice president of the group, says speaking with other moms of multiples and hearing their stories makes her “feel normal.”

**“To have these two or three beautiful things that look to you for every need is just a **unique journey.**”**

*Sherrae Cornett*

“The group is so important to help other moms, because being a twin mom or a mom of multiples is very complicated,” Magid said. “It’s just an experience that’s completely unique.”

Stephanie Campbell is mom to identical twin girls Elise and Clara Beth, who are 22 months old. She says the thing she loves most about the group is “the friendships with the other moms who can relate.”

# Mothers of Multiples

Meet



Vice President Leah Magid  
*Photo by Andrea Piacquadio.*

The



Stephanie Campbell  
*Photo by Gabby K.*

Moms



Haley Griffis  
*Photo by Charles Parker.*

Campbell relishes opinions on everything, from what's the best double stroller to sleeping and naptime issues

Campbell recalls how overwhelming it was for her at first. Even a seemingly simple trip to the grocery store required strategic coordination. It would have been easy to simply stay home, rather than deal with the challenges of wrangling twins and her 4-year-old son, Cole.

"I didn't want to do that, because I didn't want to seclude myself," Campbell said. "It's been extremely beneficial for us to get out and do more. ... It forced me to not think about how hard things were and it helped me to stay more social and positive. The first year was really, really hard. A lot of people say if you can get through the first year it does get easier, and that was true for me."

Haley Griffis, mom of 10-month-old Catherine and Caroline, says the group is a "support system" for her.

"Those first few months are so overwhelming. Having your first child period is overwhelming, much less your first two," said Griffis, who is expecting her third child, a boy, this spring. "It's nice to be able to talk to people who've been there and done that."

Russtel Marmon, mom to 2-year-old Raelene and Russell, was referred to the group by her doctor when she was pregnant. She says she enjoys "being around people who could understand my situation," no matter the ages of their children, because the "parents have experienced a lot of the same thing."

## Sharing tips and advice along their journey

Magid, who has the two sets of twins, looks for ways to encour-

age expectant moms of twins. "Don't be too scared," she tells them. "A lot of people are very overwhelmed when they find out they are having twins. It's not always that bad."

Griffis, mom to twin girls with a baby boy on the way, took some advice she got early on to heart. A friend from the group who has triplets told her to take people up on their offers of assistance.

"Keep a running list in your head of the things that would be very helpful to you," she recalls her friend saying, and when people offer to help, let them.

Cornett, the group's founder, dispenses lots of wisdom to fellow moms of multiples. Perhaps her simplest yet most inspiring word of advice are, "just get on the floor and play."

"In our society today, we feel like that we have so much that we have to accomplish every day, and really all you have to accomplish every day is that [your children are] cared for ... and that they know they are valued and loved," she said.

She often reminds new moms of multiples to savor the time they have with their little ones.

"The days are long, but the years go by really fast," Cornett said. "There are days that are extremely hard in parenting, and it's just intensified [with multiples]. But it really goes so fast and it's such a unique experience to have. To have these two or three beautiful things that look to you for every need is just a unique journey."

*For more information about the group, visit [heartoftexasmomsofmultiples.com](http://heartoftexasmomsofmultiples.com).*

# Recipes to Spark Inspiration in the Kitchen

## Simmering Bundles

Slice one small orange and one lemon  
Cinnamon sticks  
Whole cloves  
Bay leaves

Tie into a bundle in a small herb sachet bag. Cover with water in a small pan on the stove and simmer until the scent starts permeating the whole house. Turn the stove off and the scent will linger for hours.

## Dr. Ian Ashley's Favorite Smoothie

One banana  
A handful of blueberries  
As much kale as you can pack in (for those new to kale, go easy at first as it is an acquired taste)  
A splash of soy milk

Mix in a blender and enjoy for a power-packed breakfast or an afternoon pick-me-up.

## Chef Robin Jeep's Skillet Vegetable Medley

Your choice of greens  
Cruciferous veggies like broccoli or cauliflower  
Six more of your favorite veggies

Steam all together, covered, in a skillet until just done. Serve with a baked sweet potato and beans. Jeep recommends making enough for several meals, and keeping it refrigerated for those busy weeknights.



Dear Reader,

Thank you for taking the time to read our magazine. If you're a parent, guardian, or caregiver of any kind, I salute you. Here at Holistic Parenting, we know that parenting is a full-time job in and of itself, and we hope that you were able to find a place of refuge while flipping through our pages.

Everyone has undergone so much change in the past year. In the midst of COVID-19, it's more vital than ever that we find healthy ways to maintain our sanity. Whether that be through learning to cook new recipes, Zoom calls with friends, or seeking counseling, we sincerely hope that you find peace within your body, mind and soul.

Sincerely,  
Rachel Harsley, *Co-Editor*

# Lighthouse Family Counseling Center



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Dear Reader,

Thank you so much for reading Holistic Parenting's Spring 2021 edition! We enjoy equipping parents and providing resources through our magazine content. Knowing parenting contains many ups and downs, we're here to say we are with you! Through all of the challenges and successes, Holistic Parenting and its editors are here to offer support and inspiration as you trek through your parenting journey.

We hope you enjoy the recipes, tips and resources in this edition! Holistic Parenting is proud to be a helpful and reliable source for our readers and we wish you all the best in your parenting journey and in the molding process!

Sincerely,  
Makayla Smith, *Co-Editor*



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Group members: Audrey Patterson, Makayla Smith, Rachel Harsley

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