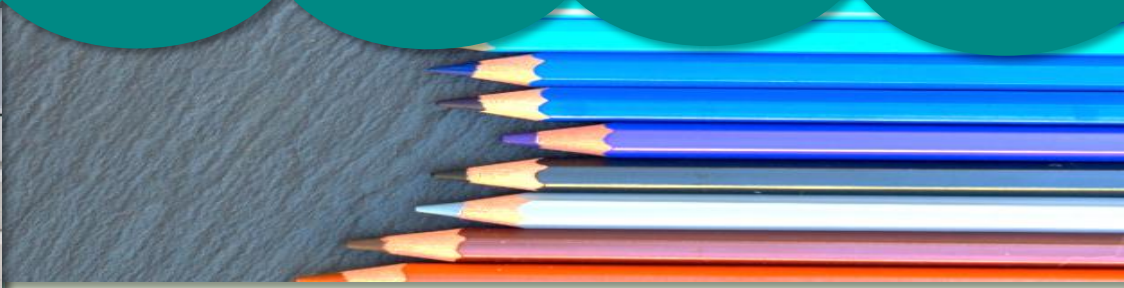


-Listen To Me-

Thoughts & Views From The Upcoming Generations



Dr. Recco's Corner

We all could stand to be more open-minded and accepting of others. Period! For some reason, we as a people, and nation, tend to struggle with others who are not like us. It is as if we feel that something is wrong with them or that they don't deserve the right to enjoy the things that we enjoy.

Honestly, who are we to establish the standard of what is to be viewed as acceptable and right. I mean, who died and left us in charge to pass judgment and accessibility. Regardless of our enlightened personal preferences and unfounded perceptions, all people are created equal, and the expectation is that everyone is to be valued, respected, accepted, appreciated, acknowledged, celebrated and everything else.

The stated is basic human universal truths that don't require intelligence beyond grade school. When I look at America and the community in which I live, I see acceptance that can produce discovery, diversity that is important, differences that is a breath of fresh air, change that is long overdue, established legal pathways that helps us all and determination for a better tomorrow that should be based on commonality and unity and not color, creed, culture or anything else.

Listen, as a human being, my goal is to become more open-minded. Is this your goal too? I want to be known as a person that is accepting of others. Do you also want to be known for this? I'm okay with other people not being like me. Is it okay with you too?



November 2024

Issue 2

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The Pros & Cons of Two Childhood Educations

By: Brittany Huntley, Age 11 (Alpha Generation)

Key Thought

Hello! Once again, it's Brittany. From an 11 years old's perspective, I will discuss the differences between in-person school (face to face) and on-line home-based school from my experience. I have been enrolled in both and can say that on-line home-based schooling and in-person schooling can affect students positively and negatively. It is easy to see that there are pros and cons to both types of schooling.

In Person Schooling: There are many pros to in-person schooling such as being able to make friends, talking and socializing at lunch and during gym class with peers, and working on group projects together outside of school. Schooling that is in-person usually requires waking up early in the morning to catch the school bus, walking to school, or having a parent do the transporting. These activities are good because they promote good habits and a time to bond.

As a con, face to face schooling classrooms can be crowded and bullying can be a problem. Their required courses may not fit the needs of all students. It seems like these schools are under-staffed, under-funded, place too much emphasis on sports, and too many students focus on their social status and being popular.



"Making friends and socializing at school is important."

On-Line Schooling from Home: A pro for students in on-line school from home is they might not have to wake up as early for school. These schools also offer more creative ways for students to complete classes. For example, instead of a traditional required gym class, students and their learning coach can track what activities done outside of school that can count as gym class participation. What comes to my mind are activities such as going kayaking, swimming at the local YMCA, or working out at a local fitness club.

"Our children have something to say about their education"
Dr. Recco



Brittany Huntley

This type of schooling is a good fit for students who have physical disabilities that makes it difficult to move their body and negotiate buildings. It is also a good fit for students who have severe allergies, non-traditional and strong religious beliefs, or have a history of being prone to struggle with things such as large crowds, excessive noise, and being bullied.

As a benefit, because of the pace of classes and not needing to be transported to school, students may have the opportunity to spend more time at home with their family and pets. They also do not have to worry about what they wear, how their hair looks and their social status.



There are cons to attending on-line schooling from home. They sometimes do not let students contact each other outside of school for non-academic reasons. For instance, sharing students phone numbers, or gamertag is not allowed. This makes it exceedingly difficult to make friends and feel connected to the learning experience.

Another con is that if a student does not have internet access at their home or it goes out during a thunderstorm. The lack of access hinders their ability to complete schoolwork or to attend a meeting for school. The stated can be a real issue for students who live in rural areas.

Some on-line schools home-based programs put all students in the same classroom regardless of academic abilities and social needs. I'm sure this is difficult for a teacher to navigate and be at their best every day. I have found that students who need additional help and support may or may not get it.

Conclusion: Both types of schooling have their pros and cons. They are bad and good in separate ways. When discussing the educations, we should consider and keep in mind what student's need, prefer and their style of learning.

Key Thought

"Sometimes students need additional help and support."

"Social status is something students should not have to worry about"

Dr. Recco

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Step-parenting can be a challenge to address and successfully execute. However, this does not have to be the case. In many cases, step-parents may struggle to build a strong bond with their step-children, particularly if the parent is older. On the other hand, step-children may struggle to adjust to the presence of a new authority figure in their lives. The challenges of step-parenting can be further compounded by many issues. Despite these challenges, it is possible to build a strong and healthy relationship between step-parents and step-children by fostering open communication, empathy, and mutual respect.

A Recent Study: The study "Step-children: Explaining Influences on Life Satisfaction and Marital Quality" found that children who had both biological and step-parents reported a higher level of life satisfaction (Lardier Jr., 2017). They also reported that it's important to not only understand your role as a step-parent but also to communicate with your step-child so that they can understand it too. One of the essential aspects to evaluate is the mindset of the step-parent itself. It is crucial to know that marrying someone who has children means accepting their children as part of the package deal.

All parenting actions should be in the best interest of the child, regardless of individual opinions. When dealing with a step-child, it is vital to remember that you are the adult in the situation. Referring to the biological parent for things such as discipline may not be the best approach, as it may result in a loss of respect from the child. Step-parents also must walk in forgiveness. I always tell step-parents to forgive themselves and forgive the child, for no one is perfect, and we all make mistakes.

Communication: Effective communication is an essential component for building strong relationships when step-parenting. This enables individuals to understand, maintain boundaries, apply rules, and explain roles, offer praise and encouragement, and voice expectations. The bond between a child and their birth parent is special and filled with love. As a step-parent, getting that same love and connection from your step-children is truly heartwarming. It's a beautiful feeling to know that your presence in their lives has had a positive impact and that you've been able to form a strong and loving relationship with them.

Bond & Foundation: Based on my experiences, I have learned that it's important to establish a bond and nurturing relationship with your step-child. Without a foundation of care and trust, children might feel like a stranger who has authority over them, has entered their home and life. By building a strong bond, the child will be more receptive to discipline and guidance from the step-parent. Building this relationship isn't about catering to the child's every whim but rather understanding them, getting to know

Key Thought

"It is important for step-parents to truly understand their role."



**Aereonna Pool
LLMSW**

**"Someone else's child is often part
of the relationship package"**
Dr. Recco

My Story: Initially, I faced a few difficulties with my step-dad. Throughout the years, I have experienced a consistent evolution in my relationship with him. During the ages of 9 to 12, I found myself struggling to understand our relationship dynamic. It was difficult for me to adjust to the sudden presence of a father figure in my life.

When I was ages 13 to 19, our relationship dynamics changed again. I began to appreciate the role he played in my life, especially when he was there for me during challenging times. He supported me when I did not make sports tryouts, and he was present at my school graduations.



Key Thought

“I struggled to understand our relationship.”

From the age of 20 until now, I have felt and have an immense sense of gratitude towards him. When I consider my family support system, I have come to realize that he is a key component in it. Despite the numerous times I tried to push him away, he never gave up on me and always showed up for me. Now 26 years old, I see him in a different light. I have come to accept that none of us are perfect, and there is no guidebook to life or how to handle every situation. My step-dad has always been there for me, even when I didn't want him to be. As I reflect on my life, I can see that I did and do have a dad in my life - my step-dad.

-The Listen To Me Newsletter-

A publication dedicated to discussing topics and experiences that are important to the coming generations. The current generations found in America are:

*Silent Generation (born 1928-1945)
Baby Boomers Generation (born 1946-1964)
Generation X (born 1965-1980)
Millennials Generation (born 1981-1996)
Generation Z (born 1997-2012)
Alpha Generation (born 2010-2025)*

**“Building any type of relationship takes
time, communication and trust”**

Dr. Recco

Program Flyer

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What Fathers Need to Sincerely Say to Their Adult Children

By: Recco Santee Richardson, Ph.D., LPC

Like many other men in America, I have an abundance of male peers and friends that have adult children. Children that were born from previous and current dating and marriage relationships. A common theme of some of our discussions is how to better interact and have a positive relationship with our adult children. Below is information that could benefit fathers and others.

I Tried My Best: As fathers, we have no idea how important it is to be at our best most of the time. For this and other reasons, to move forward in improving the relationship with our adult children, we must say to them that we tried our absolute best to be what they needed and continue to need. If necessary, we have to talk with them about our miserable efforts. They need to hear that it was the best we could do at the time or the best we decided to do. Our adult children need to hear the fore-mentioned from our lips. We should not be surprised if they need to hear it over and over and the relationship needle still does not move in the right direction fast.

As a 59-year-old man and father, I'm learning that my adult children need to know some details about my failed plans and successful plans that helped shape their childhood and current day functioning. By doing the stated, I can clear up misunderstandings, share the intents of my heart, provide proof of my efforts to make things better, instill words of comfort that they long for, and promote a sense of hope in and for the future.

I Had Successes & Made Mistakes: It is beneficial to most relationships to discuss the successes and positives as much as the negatives and mistakes. Equality, fairness, growth, and progress will remain out of reach if negativity, blaming and scoldings are the focus of discussions. Yet, for most of our adult children, what is important to their securing peace and moving towards adequate resolutions in life and with us, is a need for us to verbally announce that we made mistakes when parenting them. The making of mistakes as a father is not a cardinal sin. They happen and are a part of life and parenting. As fathers, as best we can, our job and responsibilities are to give our adult children relief that stems from the words we say. Fathers, it is time for us to line by line and precept by precept, humbly apologize to our adult children, for the intentional and unintentional mistakes we made that continues to be a barrier to their wholeness and happiness.

I'm Only Human: Often, from the day of their birth, children expect their father to be a superhero. In their minds, we must be able and willing to do it all, fix it all, say it everything correctly, never miss an event, and run through a troop and leap over walls in a single bound. For our now adult children, they still desire to be the apple of our eye. They still need to know how important they are too us. They still desire to have influence on the decisions that we make. As fathers, it would be fruitful at this time to share with our adult children that back then and now, you are only human. Let them know that within your human abilities and strength, you will surely do better and take heed to their needs. Lastly and of utmost importance is that we as fathers apologize for things that did not play out properly and that caused harm to our adult children. Saying to them that we are at fault, repenting of our ways, and being sorrowful can be the healing balm that leads to better relationship outcomes and the closure our adult children often need.

Key Thought

"There are words we need to say to our adult children."

"Our faith and works should be evident to our adult children"

Dr. Recco

I Hurt Too: As a father of two adult children, I'm starting to realize the need to let my daughters know that I hurt too and that I'm hurt by some of the same things that hurt them. It is not enough to tell them that we are all in this together and that it is time to move on. The calling card is for us as fathers, to categorically state and list out what has hurt us over the years and the relationship with them. On all our honor and worth as men, we are obligated to share with them what is still a struggle in our soulful realm and which of our emotions and duties are still difficult for us to manage and why.



Key Thought

“What happened with and to their mother/step-mother has to be discussed.”

Your Mother & I: When it comes to fatherhood, a major topic is the relationship that we had or currently have with our adult children's birth mother/stepmother. To say that the relationship is complicated, or a blessing would be an understatement. In order for our relationship with each other to move in the right direction regarding their mother or step-mother, fathers and adult children will have to make the decision to forgive, reach another level of maturity, fully accept the good, bad and ugly, give each other sufficient grace, be honest and truthful, exercise self-control and long-suffering, practice self-awareness, seek understanding and wisdom, and have a willing heart.

I Will Always Love You: Regardless of how old we all are now; it is always good to tell our adult children that we love them. Not only should we tell them that we love them, but it would also be a clever idea to say to them that I will always love you. Our adult children need to know, feel, and hear from us that we love them no matter what. Love is a powerful force that can turn the tide and enhance relationships. At the core of their being, there will always be a need within adult children to know that they are loved by their father. Our unfailing love for them could energize their purposes, co-sign their personal identity, and add hope to their endeavors.

"A father's love should never fail"
Dr. Recco



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