

Craine Mediation
31874 Northwestern Highway
Farmington Hills, MI 48334

Vol. 1 Issue 1
Spring/Summer 2006

Ellen Craine, JD, LMSW, ACSW is proud to announce the formation of CRAINE MEDIATION.

CRAINE MEDIATION provides the following mediation services:

- ❖ Mediation at all stages of the divorce process, including after the divorce is final.
- ❖ Mediation of grandparent visitation issues.
- ❖ Mediation of pre-nuptial agreements
- ❖ Mediation of elder care issues including making recommendations of resources, etc.
- ❖ Mediation of family business disputes.
- ❖ Mediation of civil matter including employer-employee disputes, insurance claims, etc. These services are provided by Ellen's associate, Martin S. Rostker, MSA and trained civil mediator.

CRAINE MEDIATION can be reached at 248-539-3850. Also, please visit our new website at www.crainemediation.com.

In this newsletter, we hope to offer you information you can use. Each issue will focus around a central topic of importance to families. This issue's featured article is helpful for families with young children who may have concerns regarding chores and helping out around the household(s).

HAVING TROUBLE CO-PARENTING EFFECTIVELY OR KNOW SOMEONE WHO IS?

If so, sign up for co-parenting effectiveness education with Ellen Craine, JD, LMSW, ACSW, Divorce and Family Mediator and Co-Parenting Effectiveness Educator. Ellen works with co-parents individually and/or together regardless of the stage of the divorce. Ellen also works with never-married parents.

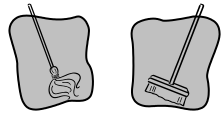
In this program, you will learn how unresolved loss and grief issues impact your ability to co-parent more effectively; learn normal children's reactions to divorce and when to seek professional help; work on an effective and lasting co-parenting plan (if you do not already have one).

For more information or to sign up to work with Ellen, call 248-539-3850. Please pass this information to those who need it if it does not apply to you.

Age-Appropriate Chores

Ages 2-3

- Help make the bed (pull covers up)
- Hang clothes on hooks
- Carry laundry to and from the laundry area
- Help feed the animals
- Help wipe up spills
- Bring in the newspaper
- Mop a small area
- Pour from a small pitcher
- Help pick up the living room



Ages 6-12

- Any of the above
- Take care of pets
- Cook simple foods
- Help wash the car(s)
- Vacuum, sweep, and mop
- Clean the bathroom completely
- Rake leaves and shovel snow
- Use the washer and dryer
- Take out the trash



Ages 4-5

- Any of the above
- Make their own bed
- Clear dishes from the table
- Set the table
- Retrieve the mail
- Dust the Furniture
- Help in the kitchen
- Help carry and put away groceries

Ages 13 and Up

- Any of the above
- Change light bulbs
- Replace vacuum cleaner bags
- Wash insides and outsides of windows
- Clean out refrigerator
- Clean stove and oven
- Prepare a meal
- Make grocery lists
- Do all laundry functions
- Mow the lawn

RESOURCE LIST

Need to update your mediation agreement?

Contact **Ellen Craine**, JD, LMSW,
ACSW at **CRAINE MEDIATION**
248-539-3850

Need to do estate planning?

Contact **Kathryn Sussman**,
Attorney at Law
248-489-8600

Need financial advice?

Contact **Robin Sessel** at Merrill Lynch
248-737-6817

Contact **Lyle Wohlberg** at Telemus
Capital
248-827-1800

Need a therapist for you or your children?

Contact **Marci Israel**, MSW, CSW
248-762-9206

Need more referrals?

Contact **CRAINE MEDIATION AT**
248-539-3850

If you like the information provided in this newsletter and would like to receive the next one, please call CRAINE MEDIATION at 248-539-3850 or send an email to emcraine@crainemediation.com Ideas for future newsletters would be greatly appreciated!

SUGGESTED READING LIST

For Children:

Ages 2-6

****Was It The Chocolate Pudding? A Story For Little Kids About Divorce.*** by Sandra Levins and Bryan Langdo. Aug 2005. \$8.95

Ages 5-10

****Dinosaurs Divorce!: A Guide For Changing Families.*** by Marc Brown and Laurie Krasny Brown. Sept 1988. \$7.99

****At Daddy's on Saturdays*** by Linda Walvoord Girard. Oct. 1991. \$15.25

Ages 8-12

****What Can I Do? A Book For Children of Divorce.*** by Danielle Lowry. June 2001. \$8.95

****It's Not the End of the World.*** By Judy Blume. Aug. 1986. \$5.99

For Adults:

****Necessary Losses: The Loves, Illusions, Dependencies, and Impossible Expectations That All of Us Have.*** By Judith Viorst. Jan 1998. \$15.00

****Crazy Times: Surviving Divorce and Building a New Life*** by Abigail Trafford. Dec. 1992. \$14.00

* This symbol signifies a book that can be found on bordersstores.com, the website of Borders Bookstores.

Many of these books are also available to borrow at CRAINE MEDIATION. Call 248-539-3850 to see what is available.

