

**Craine Mediation**  
**31874 Northwestern Highway**  
**Farmington Hills, MI 48334**

**Vol. 1 Issue 1**  
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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](http://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).

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**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).

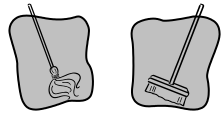
For more information or to sign up to work with Ellen, call 248-539-3850. Please pass this information to those who need it if it does not apply to you.



## 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

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*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](mailto: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](http://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.

