

LET & ABLE Newsletter

Issue 91 ... August 2022

A season of refreshing and restoration is upon us and will remain the balance of this year! I sense and believe that the payout for our long hours of toiling and taking the higher road, is a matter of hours away. This is good news that requires us to be ready and stacked with a plan for the supplied abundance and favor.

It is meaningful and a good thing to enjoy the fruits of our labor. Our goal should be to embrace the arrival of things that we longed for and set our hearts to experience. As things begin to fall in place, it is our responsibility to enjoy them to the fullest and make no excuses. At this stage of the game, the last thing we need to be worried about is how people might perceive our obvious success and well-deserved elation.

Your season and my season of multiplying, achieving, growing, advancing, securing, exaltation, celebration, and happiness is here. Our goal should be to let it run its full course and reap the benefits that it brings. In this hour and at this time, we can not forgo or not utilize all the benefits and promises attached to the current refreshing and restoration. If it is to rain, let it drench us from top to bottom. If it is to flood, let it propel us to deeper depths and stronger currents. Whatever and however the refreshing and restoration presents itself to us, let's be sure to secure it and ride the tide until the end.

I'm set and ready to ride the current refreshing. Are you? My goal is to reap and grow during this season of restoration. What is your goal? I have seen the lightening flash and heard the thunder roar, and I refuse to be moved. I can see the breaking of day, the refreshing of the land, and the restoring of the old. What do you see?

Dr. Recco

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Meet Our Interns



Ciara Crandon-Marsh, MS



Brenda Georges, MS

Ciara Crandon-Marsh currently is a Mental Health Counseling graduate school student at Hodges University. During her practicum and internship, she endeavors to help children, teens, and adults overcome their presenting concerns. For as long as she can remember, it was important for her to help others. Ciara graduated from University of Michigan-Flint with a Bachelor's degree in Psychology. She also previously graduated from Capella University with a Master's degree in Clinical Psychology (specialized in Applied Research). Ciara utilizes cognitive behavior therapy and other traditional approaches to counseling.

Brenda Georges currently is enrolled in the Master's in Counseling, Clinical Mental Health program at Liberty University. Her academic training also includes earning a Bachelor's degree in Accounting from the University of Bridgeport, a Master's degree in Special Education from Grand Canyon University and an Education Specialist certification in School Leadership from Columbus State University. Brenda has 18 years of classroom teaching experience with K- 12 students. During her internship, she will provide cognitive behavior therapy and other approaches to children, teens, and adults.

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The Conundrum Of Middle Class Children **By Recco Santee Richardson, PhD., LPC**

In 2017, I wrote and self-published the book, “ Secrets to great outcomes for children from single-parent homes, life outcomes of children from two-parent and single-parent homes.” The writings explored life outcomes of children raised in single-parent homes and compared the results to that of children raised in two-parent homes. Step by step, I penned what single-parents and society can do to improve the life outcomes of their children and close the gap between them and two-parent homes children’s outcomes.

The book alludes to the several problems and failures experienced by children raised in single-parent and two-parent homes. One subject discussed was the availability of household money and access to resources. It is held that single-parent homes are more likely to live at or below the poverty level and two-parent homes tend to have adequate income (that is considered to be middle class). Middle class is a social status that supposedly indicates the level of access a family has to money, support, resources, and services.

The Pew Research Center & U.S. Census Bureau (2020) reported that the median household income for a middle class family of three persons is \$84,000 per year. They also reported that in 2021, 50 percent of Americans were considered middle class (down from 61 percent in 1971). My mathematical way of framing the income level of the middle class is to take \$84,000 yearly income and divide it by three (\$28,000 dollars). Thus, to possibly be considered middle class, \$28,000 in income per each family member is needed (i.e., a household that features five persons, needs a household income of \$140,000 a year to be in the middle class status discussion). *Cont. page 5*

This Article Discusses

Middle Class Children

Poverty & Resources

Quality Family Time

Children’s’ Life Outcomes

Scheduling/Free Time

The "Family Living Video" Series

With Dr. Recco



To Watch Dr. Recco's "Free" Life Changing Videos
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New Videos Posted
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Effective Child Discipline
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Answers To Depression
The Entrepreneur In You
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I Want To Trust Others
Getting Unstuck In Life
A Way Called Mindfulness
Stress Tolerance Works
No More Anxiety For Me
Kicking ADHD & ODD
Learning To Love Again
Emotional Intelligence
Finding Me For Myself



Recco Richardson, Ph.D., LPC
Author, Trainer, Educator
& Clinical Therapist

In case you didn't know, children reared in two-parent homes can have a variety of emotional, social, and academic problems. Though at a lower rate, they too like children raised in single-parent homes, get suspended from school, take part in special education classes, are diagnosed with a mental health disorder, experience teen pregnancy, drop out of high school/college, and get addicted to drugs. If I were to see 100 children in individual counseling sessions next month, 35 would be from a middle class home. Like my impoverished single-parent home child clients, middle class children also present with depression, anxiety, poor focus, and defiance.

Middle class parents often ask me for insight, tips, and strategies regarding what they can do better regarding raising their children to be respectful, honest, well-adjusted, emotionally stable, focused, and future planning minded. Below is what I often share with them.

1). Consistent Quality Family Interactions: It is rather easy for middle class parents to become consumed with their careers, business endeavors, and socializing. The stated can impede quality family time and lead to their children feeling like a burden, excluded, abandoned, ignored, insignificant, and not worthy. All of the stated can move their children towards depression, failing grades, poor decision-making, drug usage, low esteem, and the list goes on. It is critical that wholesome and quality family time takes place more days than it does not.

I have found that sufficient middle class household income, video games purchases, yearly family vacations, fancy cars, and a big house do not serve as a protective factor against childhood ills and problems. Middle class children need family time and they need to feel important to their parents. *Cont page 7*

Areas Of Strength For Middle Class Children

Rarely Go Hungry

Tend To Have Support

Have More Resources

**Usually Attend Good
Schools**

**Typically Are At Grade
Level**

**Tend To Have Better
Than Average Test
Scores**

**Early Exposure To Their
Culture**

From Two-Parent Homes

**Participate In The Fine
Arts**

**Usually Are Involved In
The Community**

**Are Able To Secure
Friend Groups Easily**

**Tend To Plan Things
Out**

RSRC "Video" Of The Month

Child Discipline & Handling



This **Two Topic Video Series Discusses**

- >Defining Discipline
- >Tone & Voice
- >Correcting Behaviors
- >Remaining In Control
- >Using Consequences
- >Proper Boundaries
- >Rules/ Relationship
- >Community Support
- >Accessing Help

And Much More!

To Watch All Of Dr. Recco's "Free" Life Changing Videos Visit reccorichardsonconsulting.com/media

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"The videos are golden and a life-line" Dr. Recco

Your Host



Recco S. Richardson, Ph.D., LPC
Author, Trainer, Clinical Therapist

As a solution, I encourage parents to make consistent contact with their children when in the home. A quick check-in, wave of the hand, causal conversation, and the sharing of daily happenings, go a long way towards helping middle class children feel valued and wanted in the home.

2). Expectations, Pressure & Controlling: Most parents regardless of their social status and ethnicity, want the best for their children. Thus, they put forth an effort to guide, motivate, encourage, and steer their children. I have found that for middle class parents, sometimes the expectations placed on their children takes on the form of pressure.

“When parenting, it is dangerous to use control and threats as a form of communication.” Dr. Recco

To children, the pressure can feel like their parents are trying to control them. Teen after teen from middle class homes, inform me that they can not be their own person, their parents are living vicariously through them, and they have little to no choice or voice within the home. They report that the stated can move them to additional depression, quitting tasks, feeling vulnerable, and the questioning of their intelligence.

As a solution, I share with parents the need to pick their battles, tone down their approach, and back off a little. The parents that struggle with the stated suggestions tend to be those that are given to anxiety and are high strung on what other people might say about them and their children.

“Middle class status does not give children the right to be mean to others” Dr. Recco

Areas Of Improvement For Middle Class Children

Stop Acting Entitled

Avoid Burning Bridges

Be More Grateful

Have A Commitment To Others

Learn To Enjoy School

Don't Settle For Underachieving

Stay Motivated

Avoid Risk Taking Behaviors

Care About Your Attitude

Learn To Apologize

Improve Your Empathy/Apathy

Stop The Manipulation

Appreciate Your Step-Parent

Stick With Activities

Enhance Your Interpersonal Skills

3). Sensible Schedule: It is important for children of all ages to be active and engaged in structured activities outside of the home. Regardless of social class status, children involved in sports, volunteer opportunities, services clubs, religious activities, and school clubs, are more likely to have better immediate life experiences, a wholistic view, strong esteem, good decision-making, and emerging leadership qualities. However, being too active can be problematic for children.

I have found that children from middle class homes often have a very tight and rigid schedule. They rarely have a break and little down time to relax and develop their personage and quality friendships. Regardless of how I frame it, a growing number of my middle class parents do not grasp the perils associated with their children having a packed and solid schedule from sun up to sun down. The stated parents' scoff at a more sensible schedule. They fear that if their child is not over-involved in things, they will become lazy, miss scholarship opportunities, get involved with the wrong crowd, and fail to maximize their potential. In essence, they are parenting out of fear.

As a solution, I share with some middle class parents what a sensible schedule for their child could look and feel like. As a starting point, I often suggest that only one sport and one other extra-curricular activity is participated in at the same time. I then suggest that they let their child pick their areas of interest. Surprisingly, a growing number of middle class parents pick their child's activities, friends, clothes for the day, and music. Typically, the fore-mentioned is good parenting but it can easily move towards some sort of abuse and unmet need of the parent.

Reminders For Middle Class Parents

**Your Children Are Not
Perfect**

Be Humble & Gracious

**There Is No Need To
Compete With Other
Parents**

**The World Is At your
Children's Funder Tips**

**You Have The Means To
Have Influence**

**Continue Being The
Leader That You Are**

**Take A Stand And Stick
With It**

**What You Tolerate Will
Be Your Child's Flaws**

Always Mentor Others

**Stay Involved In Critical
Areas**

**Keep Recognizing
Problems And Giving
Solutions**

**Strive To Be A Better
Person**

**Continue Using Your
Platform For Good
Causes**

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