

Author Charlotte Canion to be Featured on CUTV News Radio

ARGYLE, TEXAS, UNITED STATES, March 15, 2018 /EINPresswire.com/ -- Mothers never stop parenting their children, but there comes a point for all children fortunate enough to have parents reach old age, where the needs of the parent demand a reversal of roles. Suddenly the parent is the child who needs daily care and attention.

It's often been said that no one cares for the caregivers. Charlotte Canion knows the experience all too well, having been the caregiver for three parents. Canion is the author of *You Have to Laugh to Keep From Crying: How to Parent Your Parents*, a "survival guide" for adult children caring for their elderly parents.

"My passion is to help people who are going through the same experience I went through, so they don't have to learn these lessons the hard way," says Canion. "I want people to find the humor in everything they can and make the person they're taking care of laugh as well. You're creating those cherished memories and that is what will sustain you."

According to Canion, if a caregiver is stressed, they can't properly help the person they're caring for. That's why caregivers have to take care of themselves first. There has to be a way to navigate the experience in a way that's healthy for you and your parents or loved ones.

"It was therapeutic for me, writing these stories," recalls Canion. "My book is divided into love, respect, patience, and forgiveness. From my heart I wrote down things that made me smile, that made me laugh and made me cry. Although my mom was unable to enjoy the book herself, I know that she's smiling on me, because I'm helping other people."

Canion is also a highly sought after public speaker on care-giving, parenting your parents and motivation.

"My mother passed away two years ago. I still find days I want to pick up the phone and call her," recalls Canion. "I think the reason she lived with Alzheimer's for over 10 years was because I kept her close to me. I kept her in the now. I played games with her. Some days, she might not know who I was, but she enjoyed my company. Six weeks before she died, she spoke to me like a mom would."



We hugged and kissed. I was almost out the door and she yelled, 'Charlotte! Come back here!' And you have no idea how fast I ran back to my mom's side. Treasure all those memories and continue to create new memories."

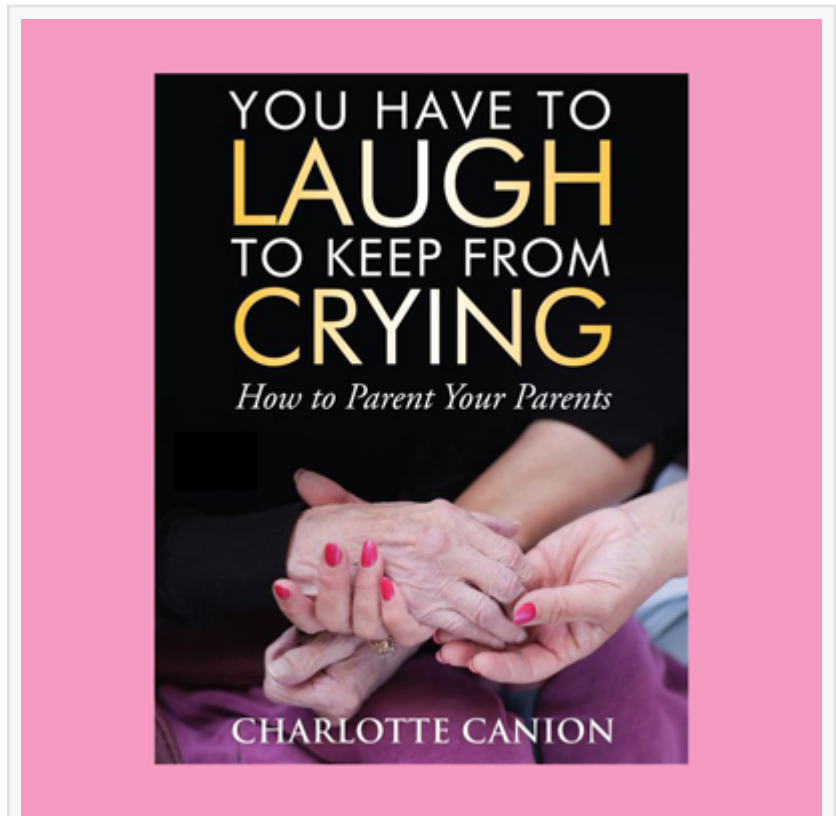
CUTV News Radio will feature Charlotte Canion in an interview with Doug Llewelyn on March 19th at 3pm EST and with Jim Masters on March 26th and April 2nd at 3pm EST.

Listen to the show on Radiologist.

If you have a question for our guest, call (347) 996-3389.

For more information on Charlotte Canion, visit www.HowToParentYourParents.net.

Lou Ceparano
CUTV News
(631) 850-3314
email us here



This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

