Take a much needed break, meet up with your fellow Kinship Caregivers & enjoy some well deserved “Me Time” in a very supportive environment.

Meetings are:

“NEW” Tuesday Afternoons 12:30–2 pm
Wednesday Evenings 6:30–8 pm
Contact Tammara for signup information:
Tammara@familyess.org

You have what it takes to be a brain builder!
Download the Vroom app to add learning to mealtimes, bath times, bedtime, and any time with vroom tips.

Over 1,000+ easy activities designed to help your child’s brain grow strong
See for yourself how vroom tips and apps make life fun!
vroom.org

Our Mission
To inspire healthy child development through the provision of quality family support services

SENSORY OVERLOAD
AND THE HOLIDAYS

Have a decoration free zone
Schedule down-time
Limit your guests
Let go of expectations of perfection

Reduce the amount of gifts given at one time
Leave events early if necessary
Plan ahead and allow extra time for transitions

Movement Matters

December ~ 2021
Stay Updated on COVID-19 with the most recent information on our Kinship Facebook Page

Lewis-Mason-Thurston Kinship Caregivers

The Parental Compass

https://www.parentalcompass.org/feed.xml

Discipline Cheat Sheet

Instead of that, Say this.

Simple phrases and ideas for diffusing tough situations with your child.

- What were you thinking?!!!
  - Instead says: I’m going to help you with this.

- How many times do I have to tell you?
  - Instead says: I’m going to do (_____ so that it will be easier for you.

- Stop it! You are embarrassing me!
  - Instead says: Let’s go to a quieter place to get this sorted out.

- If you don’t stop that, no Xbox for a week!
  - Instead says: I can see this is tricky for you. We are going to take this slow. Let’s get a drink of water.

- Go to your room!
  - Instead says: Come here. I’ve got you.

- No stars on the star chart for you!
  - Instead says: Let’s figure out a better way for next time.

- If you need to get your head out - then go ahead. It’s okay. I’ve got you.

“Silent eye-roll and frustrated sigh”

- Stop. That. Right. NOW!
  - Instead says: Kindness in your eyes and a compassionate hair touch!

- You are IMPOSSIBLE!
  - Instead says: We will get this figured out. I can handle ALL of you. It’s all good.

A Coping Skills Game

by WholeHearted School Counseling

for kids!

- Top 3 Things You Are Grateful For
  - My favorite way to exercise to feel better when I’m stressed out is...
    - Someone I can turn to when I’m having a tough time is...
    - Music is what makes me want to smile or dance.
  - Top 3 Ways To Feel Calm
    - Top 3 Things That Make You Laugh
  - Top 3 Coping Strategies
    - You just got really upset, do you prefer being alone or with someone you trust?
    - You just had a tough day at school, what did you do at home that makes you want to smile or dance?
    - You just got in a fight with a friend, do you like to go for a walk, read, or help breathe to help you get calm again?

A Christmas Roll-A-Topic

WHAT IS YOUR FAVORITE CHRISTMAS MEAL?
WHAT IS YOUR FAVORITE HOLIDAY WINE/BEVERAGE?
DISCUSS YOUR FAVORITE CHRISTMAS ORNAMENT.
IS IT BETTER TO ALL UNWRAP GIFTS AT ONCE, OR ONE AT A TIME?
WHAT IS THE WORST CHRISTMAS ORNAMENT YOU’VE EVER RECEIVED?
WHAT IS YOUR FAVORITE CHRISTMAS TRADITION?