



Kinship Newsletter



Thurston-Lewis-Mason Counties

December ~ 2021

Join the Kinship Group on Zoom

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:

zoom

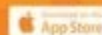
Tammara@familyess.org

You have what it takes to be a brain builder!

Download the Vroom app to add learning to mealtime, bathtime, bedtime, and anytime with Vroom tips.

See for yourself how Vroom tips are fast and fun!

vroom.org



También disponible en español

vroom

Over 1,000+ easy activities designed to help your child's brain grow strong

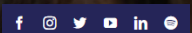
Life gets busy. Vroom tips stay simple. With fun activities, backed by science, you can turn everyday moments into brain-building moments!



Our Mission

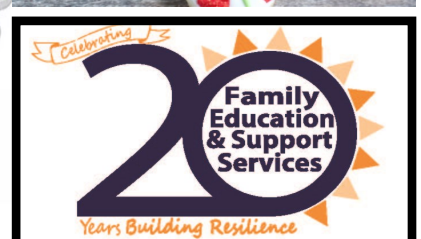
To inspire healthy child development through the provision of quality family support services

Familyess.org



SENSORY OVERLOAD

AND THE HOLIDAYS





The Parental Compass

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



CHRISTMAS ROLL-A-TOPIC

- WHAT IS YOUR FAVORITE CHRISTMAS MEAL?
- WHAT IS YOUR FAVORITE HOLIDAY BEVERAGE?
- DESCRIBE YOUR FAVORITE CHRISTMAS ORNAMENT.
- IS IT BETTER TO ALL UNWRAP GIFTS AT ONCE, OR TAKE TURNS?
- WHAT IS THE WORST CHRISTMAS GIFT YOU'VE EVER RECEIVED?
- WHAT IS YOUR FAVORITE CHRISTMAS TRADITION?



Discipline Cheat Sheet

Instead of that, Say this.

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

 <p>What were you thinking?!?!</p> <p>Instead say: I'm going to help you with this.</p>	<p>How many times do I have to tell you?</p> <p>Instead say: I'm going to do () so that it will be easier for you.</p>	<p>Stop it! You are embarrassing me!</p> <p>Instead say: Let's go to a quieter place to get this sorted out.</p>
<p>If you don't stop that, no Xbox for a week!</p> <p>Instead say: I can see this is tricky for you. We are going to solve this later. Let's get a drink of water.</p>	 <p>Go to your room!</p> <p>Instead say: Come here. I've got you.</p>	<p>No stars on the star chart for you!</p> <p>Instead say: Let's figure out a better way for next time.</p>
<p>Stop. That. Right. NOW!</p> <p>Instead say: If you need to get your mad out - then go ahead. It's okay. I've got you.</p>	 <p>*Silent eye-roll and frustrated sigh*</p> <p>Instead do: *Kindness in your eyes and a compassionate hair tousle*</p>	<p>You are IMPOSSIBLE!</p> <p>Instead say: We will get this figured out. I can handle ALL of you. It's all good.</p>

DR. VANESSA LAPOINTE

A Coping Skills Game for kids!

by WholeHearted School Counseling

<ul style="list-style-type: none"><input type="checkbox"/> Top 3 Things You Are Grateful For (that you can remind yourself of when having a tough day)<input type="checkbox"/> Top 3 Ways To Feel Calm<input type="checkbox"/> Top 3 Ways To Treat Yourself with Kindness<input type="checkbox"/> Top 3 Things That Make You Laugh<input type="checkbox"/> Top 3 Coping Strategies	<ul style="list-style-type: none"><input type="checkbox"/> "My favorite way to exercise to feel better when I'm stressed out is..."<input type="checkbox"/> "Someone I can turn to when I'm having a rough time is..."<input type="checkbox"/> "Something at home that stresses me out is..."<input type="checkbox"/> "When I feel upset I..."<input type="checkbox"/> "Something at school that can be stressful is..."
<ul style="list-style-type: none"><input type="checkbox"/> Close your eyes and send a kind and positive thought to yourself.<input type="checkbox"/> Hum or sing out loud a song that makes you want to smile or dance.<input type="checkbox"/> What are 3 questions you could ask someone that you'd like to be better friends with?<input type="checkbox"/> Smile for 10 seconds and notice how you feel.<input type="checkbox"/> Stretch for 20 seconds! How do you feel?	<ul style="list-style-type: none"><input type="checkbox"/> You just got really upset, do you prefer being alone or with someone you trust?<input type="checkbox"/> You just had a tough day at school, when you get home do you listen to music, write in a journal or play outside?<input type="checkbox"/> You just got in a fight with a friend, do you go on a walk, read, or take deep breaths to help you get calm & centered?<input type="checkbox"/> You just took slow, mindful breaths, what happened right before?<input type="checkbox"/> You just felt better using your favorite coping skill, what did you do?
<ul style="list-style-type: none"><input type="checkbox"/> TRUE or FALSE: Everyone experiences tough moments sometimes.<input type="checkbox"/> TRUE or FALSE: Exercising, eating healthy & getting enough sleep help you to be more ready to deal with hard days.<input type="checkbox"/> TRUE or FALSE: The thoughts you have about a situation influences how you feel about that situation.<input type="checkbox"/> TRUE or FALSE: Taking slow, deep breaths is a helpful coping tool for you.<input type="checkbox"/> TRUE or FALSE: Crying helps you feel better when you feel sad or frustrated.	<ul style="list-style-type: none"><input type="checkbox"/> What if you were feeling down and knew that doing an act of kindness would help, what would you do?<input type="checkbox"/> What if the emotion sadness could talk, what might it tell you that you need?<input type="checkbox"/> What if you were feeling overwhelmed, would cleaning, organizing or writing a to-do list help?<input type="checkbox"/> What if your friend asked for advice about how to cope with anxiety, what would you say?<input type="checkbox"/> What if you were feeling angry, what coping skill what help you the most?

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

Lewis-Mason-Thurston Kinship Caregivers



The Brookdale Foundation Group

The Brookdale Foundation The Glendale Foundation Ramapo Trust

Supporting today's seniors and tomorrow's leaders in aging



Lewis Mason Thurston
Area Agency on Aging



Family Education & Support Services

Supporting Families...Strengthening Communities