



FAMILY FUN!

Life can get busy. Finding ways to interact and connect with your children through the business of life can positively affect the relationship with your children and the family as a whole.

Here are some ways the family can stay connected.



Play Hop Scotch. All you need is a sidewalk and chalk. The entire family can enjoy tossing their marker into the square and hopping through to get it. This is an excellent way to laugh and provide opportunities for movement, fun, and conversation.



Camping at Home. Whether setting up a tent or making a fort to sleep in, this can be a fun opportunity to make positive memories.



Build an Obstacle Course. Going through, over, and under, an obstacle course is perfect for active children. Everyday household items can be used to make an obstacle course. Put a blanket on two chairs, and you have a tunnel. Be creative as a family and have fun.



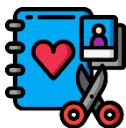
Play Video Games. Find a video game that can be played as a family. If your child has a favorite, play with them. This is an opportunity to show your child that you care about what they are interested in, plus it is a way to reconnect.



Get into the Kitchen. Who doesn't like food? The family can work together to bake a favorite dessert or try a new recipe. Making homemade pizza as a family can be a fun experience. Everyone can be creative and have fun personalizing the pizzas.



Have a Themed Dinner. Create a themed menu for dinner as a family. The family can prepare the meal and enjoy it together. An Italian-themed dinner may consist of homemade bread sticks and soup, lasagna, and tiramisu for dessert. Other ideas are a Hawaiian theme, Greek theme, or a seasonal theme.



Scrapbooking. This is a good way to be creative and open up a conversation. Going through pictures can prompt discussions. Find miscellaneous objects, draw directly on the pages, cut shapes with scissors, or shop at discount stores.

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Coping with Feelings through Reading

Award-winning authors Susan Bernardo and Courtney Fletcher have written books to help children and adults build social-emotional skills. Their most recent books in English and Spanish, "*Sun Kisses, Moon Hugs*" & "*Besos de Sol, Abrazos de Luna*," help readers identify and express their feelings from grief, loss, divorce, and separation. Authors have stated they create books with lyrical text and bright illustrations to comfort children going through difficult times. These books also teach readers to stay connected with loved ones even when loved ones are not physically present. Reading books is an excellent method for professionals and parents to help children, teens, and adults manage difficult times. These books, along with other social-emotional books, can be purchased at www.innerflowerchild.com



ARE YOU OR SOMEONE YOU KNOW INVOLVED IN CYBERBULLYING?

Let's take action!

Technology is an excellent tool for communicating and information sharing. It keeps us connected in a way that we can meet new people and interact with others. However, some people can use the same technology to bully or harass others.

Cyberbullying occurs through text messages, emails, online games, and social media platforms like Snapchat, Instagram, Tik Tok, Facebook, Twitter, and YouTube. It is repeated behavior aimed at scaring, angering, or shaming those who are being targeted. It is more common than you think, and for social media users, it poses a threat. It can happen anytime, anywhere there's internet access.

Important Facts:

- According to the National Center of Education Statistics, **20.2%** of all students have reported experiencing some bullying.
- Research published in 2020 reports that about **15%** of students between the ages of 12 and 18 had been victims of cyberbullying within 12 months.
- Youth in the LGBTQ community significantly experience cyberbullying. Research from Hinduja and Patchin (2010) found **56%** of students who identified as LGBTQ had experienced cyberbullying compared to just about a third of non-LGBTQ students.

WHAT ARE THE EFFECTS OF CYBERBULLYING?

The effects of cyberbullying can range from:

- Lower school attendance performance
- Increase stress and anxiety
- Poor concentration
- And in extreme cases, it can lead to suicide
- Depression
- Isolation
- Decreased self-esteem and confidence



HERE ARE PRACTICAL TIPS TO HELP PARENTS PREVENT AND STOP CYBERBULLYING:

Know your technology Learn how to use the technology your children are using. Take an interest in your child's online world.

Get to know your children's online friends. You can also help your children understand the difference between a real friend and a friendly stranger. Urge your children not to disclose any information that would reveal who they are, where they live or where they go to school.

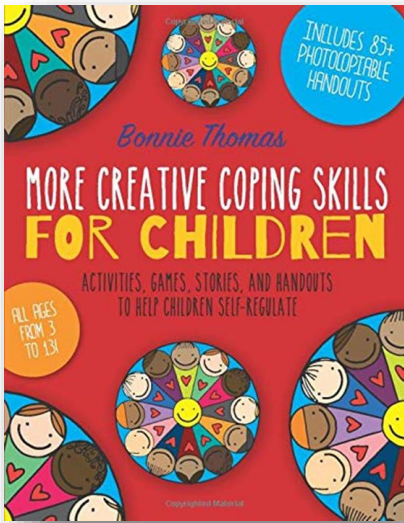
Speak to your child if you suspect they are a victim of bullying. Changes in your child's behavior can be a signal that a child may be in distress. Children may be reluctant to tell anyone about problems with their peers and may fear losing internet privileges if they report being a victim of cyberbullying. Ensure that your child feels confident they can tell you anything without feeling afraid of your response.

Set acceptable limits Assist your child in making responsible decisions about using technology by establishing standards and exercising appropriate control when necessary.

Help your child understand the difference between gossiping and reporting. Children need help to speak up when they are being victimized or witness someone else being victimized.

If your child is being cyberbullied, it's crucial to take action to end the bullying. This includes reporting cyberbullying to social media companies, school officials, and law enforcement.

MUST READ BOOK!



Calling all parents, guardians, and professionals! This book is filled with creative coping skills that come in various forms. If you are having a hard time being creative, this is the right tool for you!

There are activities, games, and handouts that are photocopiable. The book supports children coping with stress and difficult emotions. Inside, the author has created 13 chapters to emphasize minor to significant challenging behaviors. The chapters include creating healthy boundaries, anger management, social anxiety, improving sleep, loss and grief, family challenges, etc. The author formulated arts and crafts, cards, and worksheets to engage with the child to build their self-esteem, communication skills, and emotional well-being.

A brief example: Chapter 1- Building Interpersonal and Social Skills describes a child's behavioral challenges and presents a list of goals to work on together. Following are interventions and skills needed to address the targeted behaviors. Lastly, there are practical and creative activities, stories, games, etc., to help build coping skills. This book is descriptive, easy, and fun to read. At your fingertips, you will have fun discovering many ways to promote self-regulation.

[More Creative Coping Skills for Children: Thomas, Bonnie: 9781785920219: Amazon.com: Books](https://www.amazon.com/dp/9781785920219)

Tis the Season to Boost Your Emotional Well-being

While the holiday season can bring many joy, excitement, and peace, it may bring different feelings for others. The holiday season can be a difficult time for various reasons, and many people face and manage challenges during this busy time. As families gather together, people may experience increased distress or hardship and unintentionally neglect their emotional well-being.

Emotional wellness is essential as it impacts all the areas of your life, including physical health and interpersonal relationships. When your emotional well-being is balanced, you can better cope with and manage the adversities that can come along with the holidays.

Try these tips to strengthen your emotional well-being during the holidays:

- **Check-in with yourself to acknowledge how you feel.**
 - Your body constantly communicates with you and sends you signals through thoughts, feelings, emotions, sensations, moods, etc.
 - Remember, it is OK to feel how you feel.
- **Communicate** your feelings to your family.
 - Practice using "I" statements → "I feel ____ when ____."
- **Acknowledge that your family's perspectives may be different than your own.**
 - Recognize your triggers so you can set boundaries as needed.
- **Practice self-care alone and as a family.**
 - Take time away from family to do a relaxing activity.
 - Go on a family walk or cook a fun meal together.
- **Reach out if you feel your students needs additional help**
 - Connect with the school/district social worker if support is needed. Individual, group, or classroom support may be available.



BREAKING THE STIGMA: MENTAL HEALTH

When talking about mental health, some may have the idea that mental health conditions are a temporary "phase" or something people have control over and will eventually "get over." The reality is that some individuals with mental health conditions may have to manage their symptoms throughout their lifespan (Greenstein, 2017).

For people who already face the challenges of their mental health condition, stigma adds an additional stressor to their condition. Did you know that 1 in 5 children experience a mental health disorder, and half don't receive the treatment they need (Children's Health, 2021)?

Let's create acceptance of mental health and break the stigma. Inform those around us about mental health. Having meaningful conversations with a loved one, friend, neighbor, or colleague can encourage them to access mental health services. Children's Health (2021) and Greenstein (2017) offer some ways you can stop the negative stigma around mental health.

1. **Know the facts.** Educate yourself and your children about mental health, including substance use disorders.
2. **Be aware of your attitude and behavior.** Reflect and become aware of your values and biases. It is okay to have a difference in opinion, however, be mindful of treating others with respect and kindness.
3. **Choose your words carefully.** The way we speak can affect the attitudes of others.
4. **Educate others.** Pass on facts and positive attitudes; challenge myths and stereotypes.
5. **Focus on the positive.** Mental illnesses, including addictions, are only part of a person, not who they are as a whole.
6. **Support people.** Treat everyone with dignity and respect; offer support and encouragement.



References:

- Children's Health. (2021). *5 ways to END mental health stigma - children's health*. 5 Ways to End Mental Health Stigma - Children's Health. <https://www.childrens.com/health-wellness/5-ways-to-end-mental-health-stigma>.
- Greenstein, L. (2017, October 11). *9 ways to FIGHT mental health stigma*. NAMI. <https://www.nami.org/blogs/nami-blog/october-2017/9-ways-to-fight-mental-health-stigma>.

I want to go home!

How to support my child through the Pandemic.

"Is your child showing signs of hesitation when it comes to in-person instruction? Returning to school can be challenging every year, but this year has some unusual challenges for students and their parents. From being separated from their families to managing their school responsibilities.



Pediatric and adolescent psychologist Elizabeth Reichert discusses spreading awareness on social anxiety. She provides suggestions for parents and kids on coping with returning to school during a pandemic and approaches parents can use to build children's resilience and handle anxieties as the school year continues.

Dr. Reichert discusses the signs parents might see if their child is struggling emotionally or feeling anxious. She notes that young children can exhibit increased clinginess and regression in milestones, while teenagers can exhibit being withdrawn from typical activities. In addition, Dr. Reichert also describes healthy coping strategies parents can use to make sure they manage their stress instead of expressing it in ways that may increase their child's distress.

Some main takeaways include:

- Emphasizing the importance of self-care (i.e., take deep breaths, taking a break for a few minutes, getting a drink of water, exercising, and working on regulating your emotions.)
- Inviting your children to partake in healthy coping activities with you.
- Encouraging parents to seek resources from the teachers and support staff at your child's school.
- Lastly, reminding parents that if more help is needed, they can seek it through online resources, such as those at the Stanford Parenting Center at Stanford Children's Health

Article Referenced: <https://healthier.stanfordchildrens.org/en/tips-for-kids-back-to-school-anxiety/>

Caroline Miller discusses with Dr. Jennifer Louie (PhD, a clinical psychologist at the Child Mind Institute) ways to address students' fears of re-learning their independence and returning to school during Covid.

Some main strategies include:

- **Validating a child's feelings** by remaining calm and positive if they are struggling with separation anxiety.
- **Setting the tone** by staying calm and working together with your kids to answer questions.
- **Helping them think positively** by encouraging your child to focus on what they're looking forward to when going to school, as well as what they enjoyed during the day. Utilizing "*transitional objects*" to help younger children feel better and connected to home instead of focusing on the separation (ex: a stone, a button, a handkerchief to keep in their pocket).
- **Practicing separating** (visiting a relative's home, going to a youth center, staying at a friend's house) to build tolerance towards more and more independence.
- **Having a routine** by enforcing a predictable pattern of tasks (breakfast, getting ready, fun car game during the drive, etc.) to help younger kids feel more secure.
- **Emphasizing safety measures** by reassuring your kids that schools have done months of planning to minimize the risk of getting sick and to keep everyone safe. It helps to go over the mandated precautions (wearing a mask, washing hands and using hand sanitizer, social distancing, and not sharing food with others) while at home, so they know what to expect when at school.
- **Encouraging flexibility** by helping your children to be aware of changes that may occur, such as starting in person and possibly switching back to remote learning

Article Referenced: <https://childmind.org/article/back-to-school-anxiety-during-covid/>

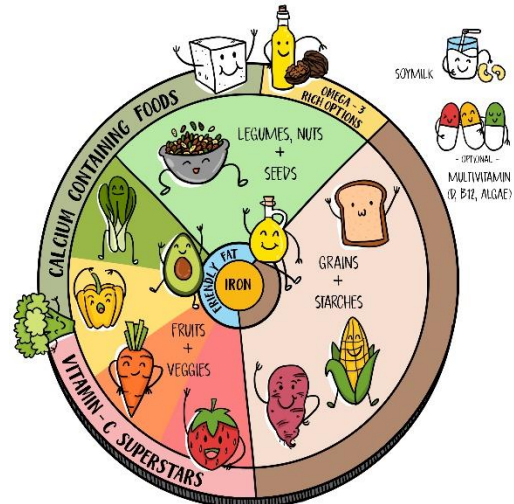
The Benefits of Healthy Eating

Our bodies depend on us to keep them safe, healthy, and functional. What does our body need? We need positive relationships, restful sleep, physical activity, and the fuel that keeps us going, **food!** Remember, what is on our plates can either hinder or benefit our bodies. Here are a few benefits for healthy eating.



Adults:

- Improves Digestive System
- Improves Skins, Teeth, & Vision
- Boosts Immune System
- Improves Memory
- Improves Self-Esteem
- Increases Energy
- Strengthens the Body
- Lowers Chances of Diseases, Diabetes, & Cancer
- Longer Lifespan



Children:

- Keeps Skin, Teeth, & Vision healthy
- Enhances Brain Development
- Supports Muscles
- Maintain Healthy Weight
- Strong Bones
- Boosts Immune System
- Improves Digestion
- Enhances Self-Esteem
- Enhances over all Well-being

Healthy Students are Better Learners!

For More Information,

[Kid's Healthy Eating Plate](#) | [The Nutrition Source](#) | [Harvard T.H. Chan School of Public Health](#)

Check this out Kids!

Autumn Handprint



Materials:

- White construction paper
- Brown construction paper
- Scissors
- Glue
- Pencil
- Q-tips OR cotton ball and clothespin
- Washable paint (Ex: green, orange, yellow, red)
- Paint Pallet (Ex: paper plate, small muffin tin, egg carton)

Instructions:

- Trace child's hand and forearm onto brown paper.
- Cut out child's hand and forearm outline.
- Paste the outline onto the white paper, lining up the bottom of the child's forearm to the bottom of the paper.
- Allow child to paint the leaves of their tree by dipping either the Q-tips or cotton balls with a clothespin handle into the paint and dabbing them onto the paper.
- Let dry and enjoy!

3D Paper Pumpkin



Material:

- Orange construction paper
- Green construction paper
- Green pipe cleaner (optional)
- Scissors
- Glue

Instructions:

- Cut orange paper into 1-inch strips.
- Form the strips into a circle and glue ends together.
- Wrap next strip crosswise from the first, making a 3D 'X' shape, glue in place.
- Continue to wrap and glue the remaining strips to cover any large gaps.
- Make a stem out of the green paper by either twisting or folding the paper. Glue the top of the pumpkin.
- Twist green pipe cleaner or roll thin strips of green construction paper and attach to top of pumpkin to add a vine-like illusion.

Tulare County resources help improve the quality of life in the community by providing a sense of support, stability, and mental safety.

For a list of resources, please visit: Tulare County <http://www.211tularecounty.org>

Bethlehem Center's Food Pantry

1638 N Dinuba Blvd, Visalia, CA 93291



(559) 734-1572

🍁 Their food pantry is open Monday through Friday from 10:00 A.M. – 12:00 P.M.

🍁 Additional services offered are clothing assistance, food pantry, meal service, resources that provide information on housing, utilities, food, mental health, addictions, health, transportation, legal, income, drought, education, and veteran's assistance.

🍁 They offer "Grab-N-Go" meal services. Free lunch and breakfast for children ages 1-to-18 years old can go through a drive-thru or pick-up food from the center.

🍁 Children and teens can pick up meals with or without a parent; however, parents cannot pick up meals without their children present.

Visit COVID19.CA.GOV for the latest updates



2-1-1 is a free information and referral to connect people to services in their community 24-hours a day, 7 days-a-week.

Call **211** or visit the link below:

[United Ways of California - 2-1-1 \(unitedwaysca.org\)](https://unitedwaysca.org)

Community Events

Visalia Water Lantern Festival

Saturday, Nov 6, 2021 from 3:30pm to 7:30pm

Mooney Grove Park

Visalia, CA



Springville Farmers Market

Saturday, Nov 27, 2021 from 8:00am to 12:00pm

Springville, CA



Downtown Visalia Farmers' Market

Saturday, Dec 11, 2021 from 8:00am to 11:00am

Visalia, CA



Dementia Online Support Group

Tuesday, Dec 28, 2021 from 1:30pm to 2:30pm

[Kaweah Delta Health Care - Lindsay Health Clinic](#)

Lindsay, CA

Visalia Rescue Mission

Location: 322 NE 1st Avenue Visalia, CA 93292

Phone Number: (559) 740-4178

Provides meals for the HOLIDAYS!

