



Meriden YMCA Head Start Family Newsletter

398 Liberty St.
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www.meridenymca.org



A message from our staff...

Mental health has become a priority during this uncertain time. Our emotions may be high and we may be feeling a bit of anxiety because we are under a different kind of stress right now. Please use the resources here to seek out help if you need it. We are in this together! We are all feeling new things and we can all help each other!

Sincerely,

Head Start Staff



We have a partnership with CHC Behavioral Health where children have been receiving counseling services at school during this year, for families who've signed up. While we are shut down our Behavioral Health person has been reaching out to families and working with them at while they are home. If you would like to be a part of this program and receive these services at home as well, please email your family advocate or contact your child's teacher through Facebook. Thank you!
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HEALTH & WELLBEING TIPS FOR SELF-ISOLATION

- 1 EAT WELL & STAY HYDRATED
- 2 LIMIT THE AMOUNT OF TIME SPENT WATCHING/READING THE NEWS
- 3 STAY CONNECTED TO LOVED ONES - USE VIDEO CHATS ETC.
- 4 STAY ACTIVE AND PLAN HOME WORKOUTS USING YOUTUBE & APPS
- 5 PRACTICE MINDFULNESS
- 6 TRY TO KEEP A ROUTINE
- 7 LEARN SOMETHING NEW SUCH AS A NEW LANGUAGE

HOW TO SPEND YOUR TIME

- 1 WATCH UPLIFTING FILMS / TV SHOWS
- 2 LISTEN TO PODCASTS
- 3 STOCK UP ON BOOKS AND MAGAZINES
- 4 USE THE TIME TO DO THE JOBS YOU DON'T NORMALLY HAVE TIME TO DO
- 5 PLAY BOARD GAMES OR DO A PUZZLE
- 6 GET CREATIVE - DO ARTS, CRAFTS & COLOURING

QSL
90 QUALITY SERVICES IN 90 SECONDS

Make your mental health a priority.



Click above for 5 minutes of mindful breathing

Find a Routine: Routines can lower stress. Children, especially young children, feel safer when they know what is coming next. During this time of uncertainty, find a simple routine that works for you and your family. Get into the habits of doing your everyday routines at the same time: getting up in the morning, eating meals, play and learning time, and bedtime. You may find, keeping a routine, will help keep your stress down.

Be Positive: During this difficult time, remind yourself, everyone is in this together. Find something each day that makes you happy. Get outside and notice nature; the sun, clouds, moon, and blooming spring plants. Take the time to do something you like. Smile often.

Video:
[Find Something to Make You Laugh or Smile](#)



8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



4. Chandeliering

Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

FOCUS

6. Avoidance

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.



7. Negativity

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.



You are not alone in this



Our teachers have been working hard on their virtual classroom pages on [Facebook](#). They are posting videos, lessons and activities as well as resources for your family. Please click on the links below to find your child's teacher and start following their classroom!

Ms. [Kim](#) and Ms. [Carol](#) in [Classroom 1am](#)
 Ms. [Johnnie](#) in [Classroom 1pm](#)
 Ms. [Christa](#) and Ms. [Gloria](#) in [Classroom 2](#)
 Ms. [Sheree](#) and Ms. [Maria](#) in [Classroom 3](#)
 Ms. [Maria](#) in [Classroom 4](#)
 Ms. [Antoinette](#) and Ms. [Kelly](#) in [Classroom 5am](#)
 Ms. [Latrechia](#) and Ms. [Veronica](#) in [Classroom 5pm](#)
 Ms. [Hayyam](#) in [Classroom 6](#)
 Ms. [Adela](#) and Ms. [Chickie](#) in [Classroom 7](#)

Visit the Meriden Y website meridenymca.org to access the latest info on programs and virtual classes for you, your friends and family.

Below is a blog with a list of FREE activities you can do with your family while at home.

<https://blog.chocchildrens.org/activity-ideas-for-kids-during-covid-19/>

How to Understand the Meaning of Your Child's Challenging Behavior

Observe

Pay careful attention to what is happening when your child displays challenging behavior. Keep a chart to see repeated patterns in behavior. What happens before the behavior starts? What happens after?

Track

Keep track of when the behavior occurs. Do you always see the behaviors just before nap or mealtime? Perhaps your child is tired, and you can change your routine to include errands in the morning and quiet, at home activities before nap time.

List

Brainstorm ideas about what your child is trying to get, or avoid doing, by using challenging behavior. The more you watch your child, the more you will be able to narrow your list down to a few possible reasons why the behavior is occurring.

Teach

Once you have an understanding of why your child chooses to use challenging behavior, you can teach him a new way to behave in that situation. Pick a time outside the situation when you can.

For more information on challenging behaviors visit the [Backpack Connection Series](#) by TACSEI



In honor of Earth Day 2020 and our mental wellbeing, take a walk outside and see what you can find!

Nature Scavenger Hunt



- | | |
|---------------------------------------|--|
| <input type="checkbox"/> PINE CONE | <input type="checkbox"/> BIRD |
| <input type="checkbox"/> GREEN LEAF | <input type="checkbox"/> WATER |
| <input type="checkbox"/> BROWN LEAF | <input type="checkbox"/> CLOUD |
| <input type="checkbox"/> WILDFLOWER | <input type="checkbox"/> FLYING INSECT |
| <input type="checkbox"/> SPIDER WEB | <input type="checkbox"/> ROUND ROCK |
| <input type="checkbox"/> FEATHER | <input type="checkbox"/> COLORFUL ROCK |
| <input type="checkbox"/> BUG | <input type="checkbox"/> ROUGH OBJECT |
| <input type="checkbox"/> SEED | <input type="checkbox"/> SMOOTH OBJECT |
| <input type="checkbox"/> GRASS | <input type="checkbox"/> FALLEN BRANCH |
| <input type="checkbox"/> PINE NEEDLES | <input type="checkbox"/> TREASURE (TO YOU) |

