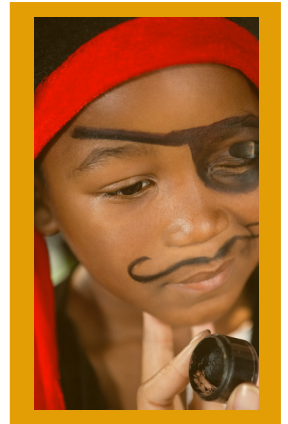


# The Wellness Gazette

.... Your Source for Health, Mental Health, & Developmental Tips, Hints, & Ideas ....

Each day at The Children's Center we see children become architects, police officers, firefighters, teachers, doctors, scientists, and even pirates! We enjoy watching them laugh and play with their friends because we know something they don't! **They are not just playing. They are learning through play!** We introduce skills that will help them work together in large and small groups, follow basic schedules and routines, share ideas and make decisions, accept differences and be kind to one another. We teach responsibility by giving special jobs in the classroom. We are helping them learn how to identify their feelings and the feelings of people around them. We talk about emotions and show them ways to work through them so they can learn to how to do it independently. This issue of the Wellness Gazette will focus on things you can do with your children at home that will help them continue to develop these life-long skills.

April 13, 2020



## simple daily routine you can follow at home!

7-9 am: Wake up, Morning Routine, Learning Activity (puzzles, simple science experiment, or read a story)

9-11 am: Music and Movement, Play Outside, or Take a Walk (main goal is to keep moving!)

11-3 pm: (Meal Routine) Lunch, (Nap Routine) Nap

3-5 pm: Wake up, Snack, Play Outside, Independent Play

5-7 pm: Dinner (Meal Routine), Play as a Family

7-8 pm: Bath, Bed Routine, Bed Time!

### Sample Routines

#### **Morning**

cuddle, breakfast, brush teeth, get dressed

#### **Meal**

put away toys, help set the table, wash hands

#### **Nap/Bed**

clean up, wash hands, brush teeth, cuddle, story time

## Games to Play

Children sometimes have "temper tantrums" or "meltdowns." They can have a hard time taking turns and maybe even end up interrupting adults pretty often. It might take what feels like a really long time to calm down once they get upset. Does any of this sound familiar? These are all things that tell us when a child maybe needs extra practice to help with "self-regulation," and you can do this with your children at home just by playing these games!

**Red Light Green Light** - the rules are simple! When you say "Green Light," it's time to move around in any way that works for the space you have to play - wiggle, walk, run, hop, jump! When you say "Red Light," it's time to stop and be still. Keep in mind, young children are still learning to master this skill. Initially, you may see a delay before they can fully stop. It'll get better! That's why we practice, practice, practice!

**Simon Says** - a basic game of following directions and paying attention! There is one rule to this game - you can only follow the directions that Simon Says!

**Create an obstacle course** in your home with things you have already! Include something to go over, something to go under, and something to go around. Instruct children when it's time to move at normal pace, speed up, and slow down. (*Works for young toddlers, too!*)

**\*Bonus fun** - give them a chance to make the rules, too!

## ..... Ask Us! .....



Dear Mental Health Team,  
I thought I was ok when this whole thing started, but I suddenly feel like I'm struggling. I have so much to do to keep my family going. I don't think I have the time or energy for self-help. Do you have any tips?  
-Running on Fumes

Dear Running on Fumes,  
Believe me, we get it! No matter what our lives looked like a month ago, *everyone* is trying to adjust and adapt to this brand new way of doing things. The most important thing to remember is that when you are doing the best you can, **it is enough**. When you might be able to do a little more but decide you would rather take a nap, read a book or call your friend, **it is enough**. Even when you're having a really bad day, **it is enough**. Balance is not about doing everything. It's not about making everyone else happy. It's about giving yourself a break and choosing how to spend your time. Start small and ease into a new way of taking care of you. If you need some ideas, click [here](#). Don't forget balance isn't a *thing*, it's a process. You got this! And, it's ok if some days it feels like you don't. Take a few deep breaths and be proud of yourself. **It is enough. You are enough.**

- The Mental Health Team

*Do you have questions for the Mental Health Team? Do you need tips, strategies or resources to help you with a specific challenge? Send us a message through your child's teacher, your Family Advocate or email us directly at [mhsupport@childrenscenterva.com](mailto:mhsupport@childrenscenterva.com)*



## HAVE A DANCE PARTY!

### Preschool Playlist Top 10!

[Tooty Ta](#)  
[Rappin' the ABCs](#)  
[Action Song for Kids](#)  
[Listen and Move](#)  
[Cha Cha Slide](#)  
[Bear Hunt](#)  
[Head & Shoulders Remix](#)  
[Popcorn](#)  
[Freeze Dance](#)  
[Baby Shark Remix](#)

\*Song titles are linked to YouTube!

## Chocolate Chip-Oatmeal Cookies (80 calories per cookie)

### INGREDIENTS

1/2 c. brown sugar  
1/2 c. granulated sugar  
1/2 c. trans fat-free vegetable oil spread (60% to 70% oil)  
1 large Egg  
1 large egg white  
2 tsp. vanilla extract  
1 1/4 c. all-purpose flour  
1 tsp. baking soda  
1/2 tsp. salt  
2 1/2 c. quick-cooking or old-fashioned oats  
1 c. bittersweet (62% cacao) or semisweet chocolate chips

### DIRECTIONS

Preheat oven to 350 degrees F.

In large bowl, with mixer on medium-low speed, beat sugars and vegetable spread until well blended, occasionally scraping bowl with rubber spatula. Add egg, egg white, and vanilla; beat until smooth. Beat in flour, baking soda, and salt until mixed.

With wooden spoon, stir in oats and chocolate chips until well combined.

Drop dough by rounded measuring tablespoons, 2 inches apart, on ungreased large cookie sheet. Bake cookies 12 to 13 minutes or until golden. With wide metal spatula, transfer cookies to wire rack to cool.

Repeat until all batter is used.

Store cooled cookies in tightly sealed containers up to 3 days.



## Behavior Tips

**Offer choices** - giving a child a choice helps them feel a sense of control over their situation

**“Cool Down” walks** - if a child appears to be struggling, take them for a walk. Sometimes the change of scenery is just what they need to help get back to a calm, regulated state.

**Give them something to do** - a bored child seems to always find trouble! Give them some tasks to complete! Try a water bottle and a paper towel to “clean” the tables, challenge them to draw their favorite things, or anything else you have nearby that you can use to keep them busy for a few minutes!

**Avoid power struggles** - you know you’re the boss, and so do we! If your child struggles with the same rules, tasks, or activities, ask yourself if you can be flexible and change it up a little!

Are you or is someone you know a victim of domestic violence?  
Someone is always available to help at 1-800-799-SAFE (7233)! Or visit [thehotline.org](http://thehotline.org)

**Another great resource is the Crisis Text Line. It’s FREE and confidential, and a trained counselor will text with you anytime, 24/7. To get started, just text 741741.**

**Did you try one of these tips? We want to hear your stories!**

**Is there a mental wellness topic you would like to know more about?**

**Please contact us at [mhsupport@childrenscenterva.com](mailto:mhsupport@childrenscenterva.com) to let us know!**