

Child Care Connections

May 2023



# FAMILY TIME

# NEWSLETTER

It's all about Family



Here at *Child Care Connections*, we value the Families in our Community and always strive to provide you with the best support services and resources to help you on your parenting journey. This monthly newsletter will include parenting resources and information on important community services, as well as fun at home activities for the whole family!

Have a suggestion or request for an upcoming newsletter?

Contact us at: [amurray@fowinc.org](mailto:amurray@fowinc.org)



## Mental Health Matters

May is Mental Health Awareness month!

It's safe to say that Families have a large influence on how we, as individuals, view and respond to the world around us, thereby having a large impact on our overall mental health and well-being.

Read on for some tips on how we can promote positive mental health and wellness as a Family.

# STRENGTHENING MENTAL HEALTH AND WELLNESS AS A FAMILY



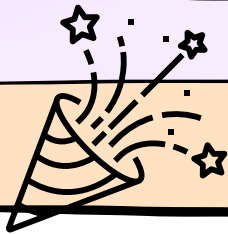
## Lend a Listening Ear

Create a home environment where every member feels comfortable to share their worries and defeats as well as their successes, without judgement. Create these conversation moments with your kiddos naturally throughout the day.

*Ex: In the morning, invite children to share how they feel going into their day and then discuss and offer support if needed.*

*When everyone arrives home for the day, talk about what went well today and what didn't go so well.*

The goal is to make sure that every family member feels heard and supported. As parents, being vulnerable with our children by sharing our own worries is a great way to model that it's okay to look for support from people we trust.



## Celebrate All the Wins

Celebrating the small wins along with the big wins helps to motivate and boost confidence. It may be harder to find a win on some of the most difficult of days, but keep in mind that no win is too small to be celebrated. Sometimes we just need to celebrate that we got up out of bed and gave the day our best shot! Celebrating all of the wins is especially important for our kiddos who are having a rough time. Find a way every day to show them you are proud of them.

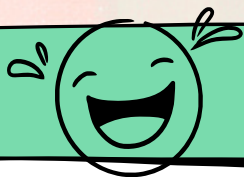
## Move Your Body



Movement can involve something different for every person, and it doesn't have to mean going to the gym — unless you genuinely want to. Instead, make movement enjoyable for you and your family by opting for physical activities that work best for your body, health, and preferences.

Enjoyable movement could include:

- Join a Walking or Running club as a family OR take daily walks together
- Try some yoga exercises at home. There are MANY Youtube channels for yoga at any level of difficulty- including for babies, toddlers and young children!
- Throw a dance party
- Garden together
- Go on a hike as a family
- Play a game of Tag



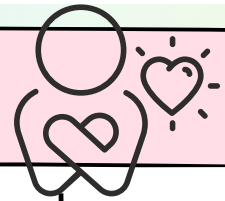
## Be Silly!

Laughter can be a very powerful tool for boosting mood and building connection. Don't be afraid to be silly with each other! Tell jokes, pull pranks, watch funny movies as a family. **LAUGH OUT LOUD** and **ENJOY** each other.

life's tough



# Give Yourself a Break



Parenting is hard work. It's important to recognize when you need to take it easy and even more important to understand that IT'S OKAY to take it easy when you're struggling.

Sometimes the dishes and laundry don't need to be a priority on your to-do list. Sometimes we just need to make it through the day. On difficult days, you might find it tough to do any of the tasks you normally do, which might make you feel even worse.

At times like these, try turning to compassionate, more accessible strategies, like:

- *Creating a hygiene kit when you can't shower — think dry shampoo and cleansing body wipes*
- *Setting a timer to clean something for just 5 minutes*
- *Buying a prepackaged meal when cooking feels close to impossible*
- *A similar approach you can try? Commit to taking one small step every day.*
- *Remember- We celebrate ALL the small wins!*

Keep in mind that sometimes our kiddos have days like this too.

What a perfect time for some extra snuggles.

It's okay  
to have  
**BAD DAYS**

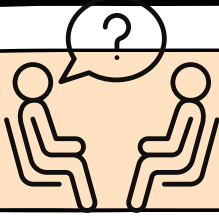


**SELF CARE  
COMES  
FIRST**

Self care  
IS NOT  
selfish

**SELF-CARE IS  
EMPOWERMENT**

**do it for you**



# Reach Out



The strategies above can help improve and promote mental well-being, but they can't "cure" any mental health conditions that you, a family member or child may be experiencing. Making changes in your habits may not always relieve persistent mental distress. Working with a therapist, however, can be a particularly powerful way to improve mental health. Professional support can be beneficial for anyone at any time. There does not need to be an official diagnosis of depression, anxiety, or any specific mental health symptoms to benefit from therapy.

Reaching out for professional support becomes particularly important if:

- You've experienced a stressful or traumatic event
- You feel more upset, anxious, or sad than usual
- You frequently feel agitated, irritable, or angry
- Your motivation has tanked
- You've noticed changes in your appetite and sleep patterns
- You often find it difficult to get through the day
- You feel stuck or overwhelmed
- You're using alcohol or other substances more than usual or turning to other negative coping behaviors

*Above all, remember- We cannot pour from an empty glass.  
In order to keep our Family well, we need to feel well.*





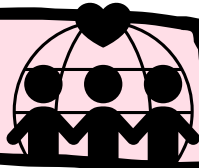
# at Home



In honor of Mental Health awareness month, *Sesame workshop* has dedicated their time to providing resources to parents about mental and emotional well-being. Some of these great resources are included at the end of this newsletter.

Check out their website at [Sesame.org/mentalhealth](http://Sesame.org/mentalhealth)

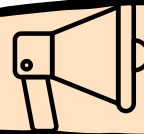
## In the Community



A full list of Mental Health community Resources for Ulster County can be found at [ulstercounty.ny.gov/mental-health](http://ulstercounty.ny.gov/mental-health)

You can also reach out to Family of woodstock at any time.

mental health matters



## Exciting News!

The Ulster County Infant & Toddler Play Group is getting ready to start back up in Spring!

If you would like to be added to the email list for updates about the play group please inquire by email at: [amurray@fowinc.org](mailto:amurray@fowinc.org)



Check out the **ALL NEW TINY TIPS** Newsletter!

Enjoy monthly tips and tricks about caring for our youngest population.

For more info and to subscribe, Please send an email to:

[askingmissashley@gmail.com](mailto:askingmissashley@gmail.com)





### Children's Mental Health in the Spotlight

Sesame Workshop makes a renewed commitment to helping children lay a strong foundation for a lifetime of mental health.

 Sesame Workshop / May 3

## [Sesame Street Link](#)



### Emotional Well-Being

Explore our free, bilingual Emotional Well-Being resources to teach kids about their feelings and help young children develop positive mental health skills.

## [Video Library Link](#)