



Nurses' News and Tips

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Dear Parents and Guardians,

With the sunny days approaching, here are some ideas to relax and just have fun. Take some time to allow you and your children to be creative and just play. Having fun and sharing laughter helps strengthen our bodies and minds making us more able to cope during stressful times. Many benefits of relaxation and playful activities are as follows:

- slows your heart rate
- lowers your blood pressure
- slows your breathing rate
- improves digestion
- reduces anxiety, depression and insomnia
- improves coping abilities
- boosts your energy



[50 Fun Activities for Kids - 50 Ways to Keep Kids Entertained](#) is a great website for creative child-centered ideas. Have fun and share pictures with us!

Sincerely,

Sandi DiBella, Terri Truczinskas, Lisa McQueen