

FAMILY TIMES

Provided by the MPS Mental Health Team



Caregiver Corner

BY RENDY JANSSEN, LMFT

Creating a Bedtime Routine

Sometimes putting the work into creating a consistent routine can feel difficult, but the pay off is worth the effort. So you think a routine is a good idea, now what?

Work backwards to determine how much time you need. Create a list of all the things that need to happen before lights off/time for sleep (pjs/brush teeth/bathroom/medicine/etc). If you want your kids to be in bed by 8:00pm then start to pay attention to how long they need in order to complete the list of things you created before going to sleep. If you guess it's going to take 30 minutes then give yourself and your kids 40 minutes for some cushion. Try it a few times and tweak as necessary. You may want your kids in their bedroom a little before bed for reading/wind down time. If so, be sure to build that buffer in.

Experts advise that people not consume media/blue lights for 60 minutes leading up to sleep in order to assist with ease of falling asleep faster and have better sleep.

Kids thrive off of a routine, that doesn't mean that everything has to be done in the exact same order, but knowing we do these 5 things at a certain time can help them be more successful, independent, and make an easier evening for you and your children.



Family Connection

BY ELIZABETH ASPLIN, CTRS/L

Indoor Picnic

Who says picnics have to be outside? Grab your blankets and find a cozy spot indoors! This is a fun and easy way to connect and do something different even in the winter time.

Karaoke Night!

Turn up those tunes and let's hear those amazing voices. Sing and dance the night away listening to all your favorite songs as a family!

Stories in the Dark!

Grab your flashlights, turn off the light, & take turns telling stories. Silly stories, scary stories, stories from your childhood, or anything in between, snuggle up & get your story time on!

Community Events

Date | Event

- 1st-31st Christmas in the Park:
Chisholm Park 6pm-11pm
- Every Sat Dive Show: Blue Zoo
& Sun Aquarium 3pm
- 4th Christmas Tree Lighting
Ceremony: Moore Central
Park 6pm

"As your kids grow up, they may forget what you said, but they won't forget how you made them feel."

-KEVIN HEATH



Academic Tools to Support Learning

BY KATY CREECY, MSW, LCSW

The holiday season and upcoming school break can be a time to reflect, recharge, and spend quality time with family and friends. Families can also find creative and meaningful ways to keep children's academic skills sharp until they begin school again. Explore a local museum together or help your child select a desired book to read over the break. Collaborate with your child to write thank-you notes, a holiday or winter poem, or a page reflecting on their favorite moments and biggest challenges of the past year.

Source: Edmentum Blog

Mental Health Discussion

BY SUMMER KING, LPC & LADC/MH

ADHD is a common condition caused by differences in the brain. People with ADHD have trouble with focus and some are also hyperactive and impulsive. People with ADHD have trouble with executive function, which is the "management system of the brain" and impacts being able to focus and be organized, including managing emotions. At times there may be a hyper-focus on something found to be very interesting.

Treatment may include medication, behavior therapy, and using cues to help with other ways to cope and manage focus and other symptoms.

Sources: What Is ADHD | Understood - For learning and thinking differences

Regulation Skill- Magic Hat

The body responds to stress with muscle tension, which can cause pain or discomfort. In turn, tense muscles relay to the body that it's stressed. That keeps the cycle of stress & muscle tension going. Tense & Release helps break this cycle by reducing muscle tension and general mental anxiety. Here's how to do it:

1. Place the palm of one of your hands on the front of your forehead and the other palm on the back of your head.
2. Apply pressure with both hands, gently squeezing your head for 10 seconds while inhaling through the nose and exhaling through the mouth slowly.
3. Release and repeat twice.



