

The H-N REACH EarlyON at Home

FAMILY NEWSLETTER



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physical, emot
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It may seem that parents teach the child, but in the end, it is the other way around.

Bringing up children is a way for parents to become more complete themselves.

Daisaku Ikeda

PARENTS ARE IMPORTANT TOO!

The minute you become a parent, your focus turns to taking care of your new bundle of joy. And as your child grows from an infant to a toddler and beyond, you might find it's tough to return your attention to taking care of yourself.

However, a lack of self-care can create a downward spiral. You are likely to feel stressed out and overwhelmed when you are not caring for yourself, which makes it tougher to be an empathetic and patient parent.

In turn, you might feel guilty and overwhelmed - and self-care may be the last thing on your mind.

Taking care of your spiritual, physical, psychological, and social needs will help you feel your best so you can be the best parent you can be. It's important to set aside a little bit of time for self-care even when you feel like you don't have a single second to devote to yourself. While there are many different self-care strategies for parents, it's important to experiment with them to figure out which strategies work best for you. Here are just a handful of suggestions: go for a walk; join a club/gym; meet with friends; treat yourself; take a break from electronics; prioritize time with your significant other; practice mindfulness; listen to music.

Be a good role model for your children - let them see you taking care of yourself and they will learn to do the same!

Retrieved from: <https://www.verywellfamily.com/self-care-for-parents-4178010>



INTRODUCING QUIET TIME

Do you have a child that no longer naps? This might make your day feel a lot longer, and give you less time to yourself. Here are some tips to introduce quiet time into your daily routine to give both you and your child a much needed breather . . .

- **Start off short.** It is unreasonable to expect a child to entertain themselves quietly for hours on end. Start with 10 or 15 minutes (depending on their age) and increase the length of quiet time over a few days or even weeks. Using a visual or audible cue to let them know when it's quiet time can be helpful as well.
- **Have a bin of quiet toys.** Create a small collection of toys and books that are only used at quiet time. Include a loved stuffed animal, new books, puzzles, low-mess art like crayons and paper, or any other items your child is interested in. Switch out the items every so often to keep your child interested and engaged.
- **Play some calming music.** A CD player or bluetooth speaker works well for this. Avoid playing music that is accompanied with an overstimulating video (ie: Youtube video or tv)
- **Make it the norm.** Even as your children get older, continue to have quiet time! Adjust the time of day, the activities you provide, and your expectations based on your child's age and development. Continue to use quiet time on weekends, holidays, and vacations, as self-care is still important on those occasions.



Homemade Bath Salts

1 cup Epsom salts
1 cup sea salt
Favourite essential oils
Food colouring

1. Mix the salts in a large bowl.
2. Add 2 - 3 drops of your favourite food colouring into the mix.
3. Add 5 - 10 drops of your favourite essential oil and mix really well.
4. Add 1 cup of this mixture to your next bath and relax!





SELF-CARE - WHAT DOES THAT MEAN?

It means to slow down and think about what your own mind and body is needing in the moment. Perhaps it means to relax your body by sitting and reading a good book or soaking in a hot bath. Or perhaps it means the idea of 'I gotta get this done!' is replaced with 'IF there is time, I'll get this done'. It could also mean not being afraid to pamper yourself a little bit. Most importantly, it means to ensure that your own basic needs are met before you drop everything to fill the needs for others.

"Self care means giving yourself permission to pause" *Cecelia Tran*

SELF-CARE FOR PARENTS DURING THE PANDEMIC

This has been a stressful time for many people, including families with young children at home. In order to care for your children, you must also stay well. Here are some ways to take care of yourself right now:

Check in with yourself: Pay attention to your mood and feelings. Try to take a few deep breaths before responding if you're feeling overwhelmed.

Take time for relaxation if you can. Read a book, take a nap, do a mindfulness activity, practice belly breathing.

Take that time to let go of your stressors and care for yourself.

Invite your child to participate in self-care. We don't all get kid-free moments, so embrace the situation and include them in practicing with you. It may not be the same, but it may help restore a sense of calm!



Retrieved from: <https://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak>

Join us as we chat about parenting during the pandemic - the ups and downs, anxieties and frustrations, and the blessings in disguise. Allison and Jenn are teaming up to host an hour of discussion and would love you to join them!

Tuesday, August 11th 1 - 2 pm

Tuesday, August 18th 11 am - 12 pm

Email earlyon@hnreach.on.ca for more info!



Juggling Act

Parenting during the Pandemic

RECIPE OF THE WEEK

Recipes that are quick and easy will help you find more time to squeeze in some self care. Enjoy this recipe shared by one of our staff!

3 Ingredient Baked Ham & Cheese Roll-ups

1 ball of pizza dough (homemade, or from a box)
8 ounces of thinly sliced deli ham
1 cup shredded mozzarella cheese
OPTIONAL
Fresh parsley



1. Preheat oven to 400 degrees F.
2. Roll out pizza dough on a lightly floured surface and press to form a 12 x 8 inch rectangle.
3. Arrange ham slices evenly over dough to within 1/2 inch of the edges.
4. Sprinkle evenly with cheese.
5. Starting at short ends, roll up dough to form a log. Pinch seam together to seal. Place, seam side down, on a greased baking sheet.
6. Bake for 50 minutes, or until deep golden brown. Let stand 10 minutes before cutting into 8 slices with a serrated knife.
7. Serve with mustard or horseradish sauce, if desired!

BELLY BREATHING

1. Sit or lie flat in a comfortable position.

2. Put one hand on your belly just below your ribs and the other hand on your chest.

3. Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.



4. Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out.

5. Do this breathing 3 to 10 times. Take your time with each breath.

6. Notice how you feel at the end of the exercise.

Exercise retrieved from: <https://www.healthlinkbc.ca/health-topics/uz2255>

WE ARE STILL HERE FOR YOU!

Yes, things have changed a lot over the past month, but we are still here to help! Haldimand-Norfolk REACH is considered an essential service, and even though our sites are closed, we are working at home to stay connected with everyone, and to help those in need during these turbulent times.

If you or your child are in crisis, our Child and Youth Crisis Line is available 24 hours a day, 7 days a week. 1-866-327-3224

Feel free to find us on Facebook - we are the Haldimand-Norfolk REACH EarlyON Child and Family Centre! We're always posting activity ideas, circle time videos and stories, and tips to stay healthy at home.

Have an idea you'd like to see us try? Email us at earlyon@hnreach.on.ca