



Parenting plus

DECEMBER NEWSLETTER

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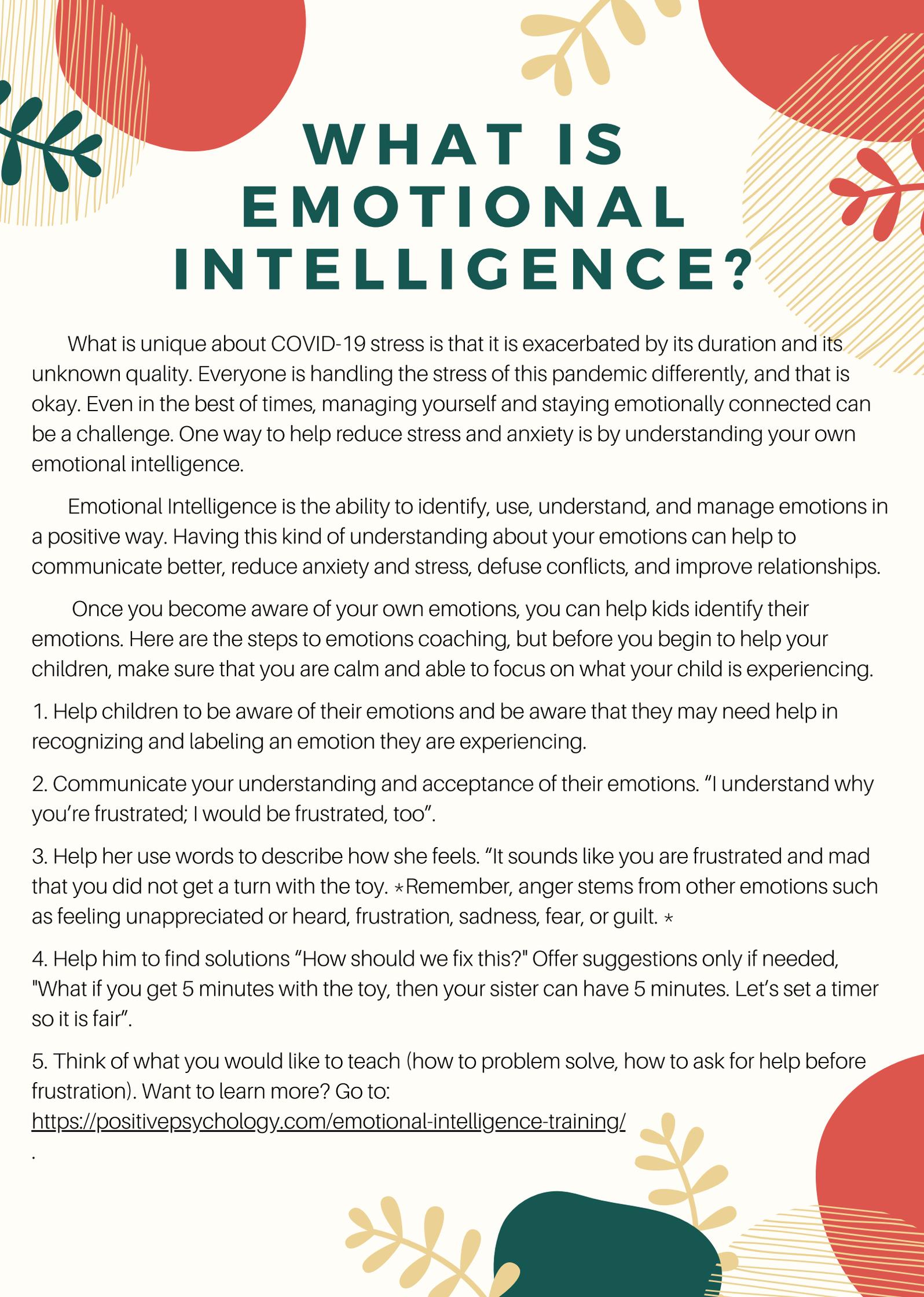
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WHAT IS EMOTIONAL INTELLIGENCE?

What is unique about COVID-19 stress is that it is exacerbated by its duration and its unknown quality. Everyone is handling the stress of this pandemic differently, and that is okay. Even in the best of times, managing yourself and staying emotionally connected can be a challenge. One way to help reduce stress and anxiety is by understanding your own emotional intelligence.

Emotional Intelligence is the ability to identify, use, understand, and manage emotions in a positive way. Having this kind of understanding about your emotions can help to communicate better, reduce anxiety and stress, defuse conflicts, and improve relationships.

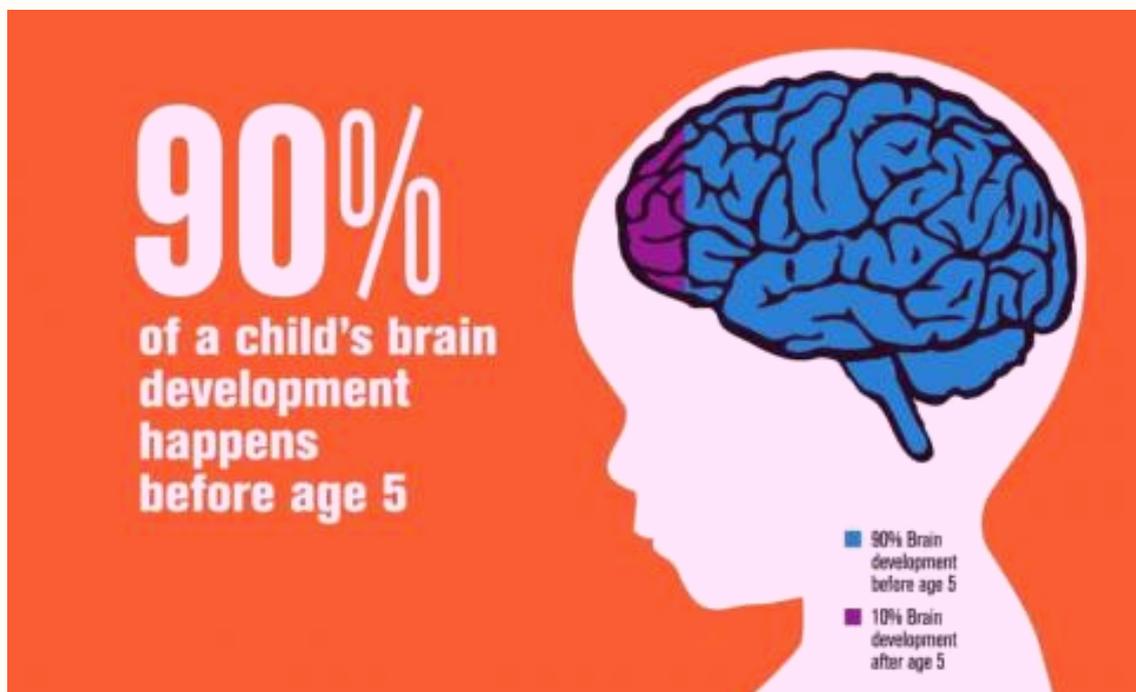
Once you become aware of your own emotions, you can help kids identify their emotions. Here are the steps to emotions coaching, but before you begin to help your children, make sure that you are calm and able to focus on what your child is experiencing.

1. Help children to be aware of their emotions and be aware that they may need help in recognizing and labeling an emotion they are experiencing.
2. Communicate your understanding and acceptance of their emotions. "I understand why you're frustrated; I would be frustrated, too".
3. Help her use words to describe how she feels. "It sounds like you are frustrated and mad that you did not get a turn with the toy. *Remember, anger stems from other emotions such as feeling unappreciated or heard, frustration, sadness, fear, or guilt. *
4. Help him to find solutions "How should we fix this?" Offer suggestions only if needed, "What if you get 5 minutes with the toy, then your sister can have 5 minutes. Let's set a timer so it is fair".
5. Think of what you would like to teach (how to problem solve, how to ask for help before frustration). Want to learn more? Go to:

<https://positivepsychology.com/emotional-intelligence-training/>

BRAIN BOOSTERS

Did you know that attachment plays a big role in your child's brain development? Secure attachment is the loving and trusting relationship between a child and his main caregivers. Secure attachment begins at infancy. Your baby feels secure and trusts you because you show her love, take care of her needs and keep her safe. Babies' brains are creating trillions of connections in the areas of language, cognition, motor skills and sensory integration as they grow, and secure attachments allow these connections to be strong and numerous. Know each time you give a hug, take care of her everyday needs, and connect with her you are not only nurturing your relationship but her brain too!





THINGS TO DO THIS MONTH TO STAY SAFE AND FEEL CONNECTED TO OTHERS

It is important for both parents and children to have strong social connections for so many reasons. This is challenging during the pandemic. Here are some activities your family can do to keep and build your connections this month

- Take socially distanced walks in the woods, in a park or in your neighborhood talk about what you see, what the birds are doing, who your neighbors are, etc and be sure to say hello to people you may pass, this friendly gesture produces endorphins for positivity and helps you and your kids feel connected
 - Make cookies or crafts to put on friends, family and neighbors' doorsteps, you can also include a card- have children participate in these activities and remember, you're not going for perfection, you're going for fun and the feeling of being connected
 - Make phone calls to important people in your life and let your children make calls to their friends and family members-remember to get contact information for any school friends of your kids
 - Write letters to seniors who may have to stay isolated in a nursing home this year- call a home and ask the best way to do this
 - Go Caroling with your family just keep your distance from the homes so neighbors can open their doors and wave if they'd like
 - Take lots of pictures and share with friends and families and look at the picture they send with your kids to feel close to everyone you're missing this year
 - Create a video chain with friends and family- of singing carols, sending good wishes, performing a sketch or doing a dance
 - Come up with your own creative idea!
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DECLUTTER CORNER

Sometimes we start sorting things with every intention of filling a box for donation. We find ourselves feeling attached to things we haven't seen in years or wondering if it's okay to donate something that was a gift. Before we know it, we filled our box with things we want to keep instead. We hold onto some of our larger keepsakes because they still represent events or times we don't want to forget. Consider choosing just a few of those items to hold onto and take pictures of the rest before donating. You can fill photo albums and put them on your bookshelf. You can share your albums with your loved ones and relive those memories anytime.

CRAFT

Get outside this winter! Even with the weather getting colder it's important to get outside. It's good for everybody's physical, mental and emotional health. The vitamin D you get from even low levels of sunlight has many health benefits. Don't forget to bundle up-wear layers and know that kids need one more layer on than adults do. Try this fun craft to decorate your home for the winter season.



On your next walk help your children collect different “treasures” such as berry clusters, twigs, evergreen leaves and feathers to bring home. At home use some string or yarn to tie onto these treasures to create a natural garden. Display wherever you like and enjoy!

RECIPIE



CHEESY CRANBERRY TURKEY SLIDERS

Cheesy Cranberry Turkey Baked Sliders are a quick 30 minute recipe to use up holiday leftovers! Hawaiian rolls are filled with cranberry sauce, turkey, cheese and topped with a savory butter sauce for an easy no-fuss sandwich

INGREDIENTS

Sandwich:

- 2 c. leftover turkey or thick cut turkey deli meat
- 4 large slices cheese
- 2/3 c. cranberry relish or sauce
- 12 pack Hawaiian dinner rolls

Butter Sauce:

- 3 Tbsp. Butter
- 1 tsp. Worcestershire sauce
- 1 1/2 tsp. Dijon mustard

Instructions:

1. Preheat your oven to 375°.
2. Slice the Hawaiian buns in half while keeping all of the buns attached to one another. Remove the top of the buns and set aside.
3. Place the bottom half of the buns in a sprayed 9x13 pan. Layer the turkey over the buns and top with cranberries, slices of cheese and the tops of buns.
4. In a small microwave safe bowl, mix the butter, Worcestershire sauce, and mustard. Microwave for 30-60 seconds, or until the butter is melted.
5. Brush the mixture over the top of the buns. Cover the pan with tinfoil and bake at 375° for 15 minutes. Remove the tinfoil from the top of the pan and bake for an additional 5-8 minutes. Serve immediately.