

CCYP Happenings

April 2021

ccypsd.org



Center for Child & Youth Psychiatry

A PROGRAM MANAGED BY NEW ALTERNATIVES

Ahoy! We welcome you to our April 2021 newsletter.

Virtual Zoom class! Our veteran Licensed Assessment Coordinator, Consuelo Torres, will be hosting this month's virtual zoom class this **Thursday, April 29th at 1pm**. The topic will be on **self-care and coping skills**. We would love for you to join us. Please **RSVP** to ccyp.events@newalternatives.org and we will send you the zoom link and password. If you are unable to attend then check out our website for a screen recording of the class and detailed powerpoint presentation on the topic.

Why are feelings important?

- It is helpful to appreciate the positive role feelings play in our life.
- The more we are able to align our feelings with a positive understanding of what they can do for us the more we can try trusting them to carry us forward in our lives.
- Something to think about: Am I allowing my feelings a chance to support new growth and learning in my life??
- What are my feelings telling me about my relationships??

[Psych Central](#) says feelings support growth, they move us toward health and “more life”, reinforce creativity, and connect us with all living beings. Psych Central's website goes into detail about these topics and provides more articles on a variety of subjects.

Self-care for families: Here are some tips and activities to do with your kids depending on how your child is feeling. They may feel they need to express themselves on an emotional level, or engage in a mental, physical, social, spiritual, or practical task. The activities are endless.

Emotional:

- Watch a good movie
- Write each other positive notes
- Verbalize and talk about feelings
- Draw self-portraits
- Say “I love you”
- Spend time writing
- Have a sing-a-long
- Tell jokes
- Try a new craft



Mental:

- Read together
- Draw or write stories
- Kid's meditation
- Find shapes in clouds



- Practice belly breaths
- Go on a walk to find new things
- Make vision boards
- Try Headspace for kids
- Create mandalas
- Make mindfulness jars
- Play mind strength games for memory
- Have a morning & night routine

Physical:

- Have a dance party
- Go for a walk
- Family bike ride
- Take a hike
- Play kickball
- Tag
- Roller skating
- Go to the pool
- Jumprope
- Kid's yoga
- Wii fit games

Spiritual:

- A gratitude list
- Go outside
- Talk about forgiveness
- Write thank you notes
- Volunteer
- Spend time outside or with nature
- Practice positive self-talk
- Plant a tree

Practical:

- Clean up
- Declutter old toys
- Assign chores
- Make a grocery list together
- Learn about money
- Make a weekly cleaning check-in
- homework/study



Social:

- Play in the park
- Call or visit relatives
- Have family dinner
- Play board games
- Host a sleepover
- Invite friends over for a BBQ
- Join a team
- Do a neighborhood food drive
- Have talks about friendship and how to be a friend

 Set table	 Clear table	 Wipe table	 Sweep floor
 Load dishwasher	 Empty dishwasher	 Vacuum	 Rake

DIY Coping Skills box to make with your kids!



[Littles, life, and laughter](#) has come up with this [DIY Coping skills box](#) to help children learn and implement coping skills into their routine. This can help reduce temper tantrums, lessen anxiety and sadness, and boost self-esteem. It can also pave the way for self-care techniques they can take with them into adulthood.

Supplies needed:

- [Cardboard box](#)
- [Acrylic paints](#)
- [Stencils](#)

Tutorial: all you need to do is paint and decorate your box however you like! You can use stencils, stickers or paint something fun on your box. Be creative and have your child use their imagination. Last step is to fill the box. The box should include items that will help with coping skills and this will vary depending on your child's age. Some ideas to

- [Paintbrushes](#)
- [Decorations](#)

include: a journal, bubbles, play-doh, stress balls, small activity books, puzzles, etc. The possibilities are endless. It's important your child understands the objective of a coping skill box and to use when needed.

“Some days are better, some days are worse.

Look for the blessings instead of the curse.

Be positive, stay strong and get enough rest.

You can't do it all, but you can do your best.”

Anonymous.