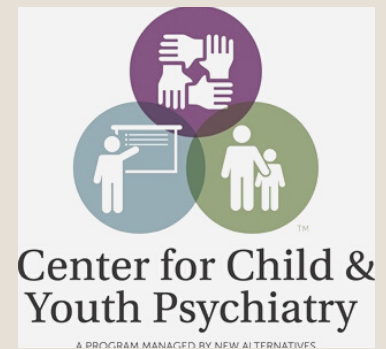


SPRING 2022

# CCYP HAPPENINGS



## SPRING HAS SPRUNG!

The picture above is the flower fields in Carlsbad. The flower fields are in bloom for approximately 6 to 8 weeks - from early March to early May - which brings the famous fields to life announcing the arrival of spring. Check out their website for pricing, events and hours to plan a day to go with family and friends.

[Theflowerfields.com](http://Theflowerfields.com)

## Make your own bubbles

Blowing bubbles is usually a hit with kids of all ages. Even better than just blowing them is making them yourself with a few supplies you probably already have on hand. For DIY bubbles you need just water, dish soap, and glycerine.



## IN THIS ISSUE

SPRING ACTIVITIES TO  
DO WITH YOUR KIDS

STRESS AWARENESS:  
CAUSES, STRATEGIES  
FOR COPING, SUPPORT

SELF HARM AWARENES:  
SIGNS, WHAT TO DO,  
SUPPORT

ALLERGY SEASON!  
LEARN SYMPTOMS,  
TRIGGERS, REMEDIES

## Grow a vegetable

Take kids to the garden center, and have them pick a vegetable they can plant, grow, and eat. Teach them how to care for the plant, and make that their project for the spring. Once they can harvest their veggies, look up some fun recipes that feature the produce as the main ingredient. Plan a meal that your kids can help to cook.



[Click here for more spring activities](#)

## Teen stress and how to help

[Lifespan.com](#) says that stress is the body's reaction to a challenge, which could be anything from outright physical danger to asking someone for a date or trying out for a sports team.

it's okay to  
FEEL YOUR  
FEELINGS

### Causes of teen stress

There are many sources of stress for teens and adolescents, including:

- school pressure and career decisions
- after-school or summer jobs
- dating and friendships
- pressure to wear certain types of clothing, jewelry or hairstyles



### Signs of stress

While some stress is good, if your teen begins to display these signs, the stress may be too much for them and they may need help addressing it. Signs include:

- increased complaints of headache, stomachache, muscle pain and/or tiredness
- increased anger or irritability (i.e., lashing out at people and situations)
- crying more often and appearing teary-eyed
- feelings of hopelessness
- chronic anxiety and nervousness

### What can parents do to help their teen with stress

As parents, we all want to do what's best for our children. There are so many things we can do to help reduce a child's anxiety while building a better parent-child relationship.

- Be aware of your child's behaviors and emotions.
- Build trust with your child.
- Be available and open to talk with your child when he or she is ready.
- Encourage the expression of feelings.
- Teach and model good emotional responses

## 6 Ways to Build Trust with Your Teen

DO SOMETHING THEY LIKE

ASK THEM HOW THEIR DAY IS

FAMILY DINNER TOGETHER

WEEKEND TIME

TIME TOGETHER EVERY DAY

DO SOMETHING TOGETHER

# Self-harm and teenagers

[Raising.Children.net.au](http://Raising.Children.net.au) says self-harm is when people deliberately hurt themselves as a way of coping with painful or strong emotions. It's a way of trying to get control over the feelings or relief from them.

## Behavior signs

Your child might:

- have changes in their sleeping or eating patterns
- lose interest in activities they usually enjoy, or stop seeing friends
- avoid activities like swimming, where their legs, arms or torso can be seen, or wear clothes that cover their arms and legs

## Emotional signs

Your child might:

- have big changes in mood
- be irritable a lot of the time
- have ongoing temper outbursts



## Getting help for self-harming teenagers

Your child might be able to stop self-harming on their own, but support from a professional like a GP, counselor or psychologist is important.

A health professional might recommend different therapies depending on your child's needs. Treatment might include psychological therapy or counselling and parent or family therapy.

## Physical signs

Your child might:

- have injuries that they can't or won't explain
- be agitated
- Seem very slow or tired or have very little energy.

## If your child is self-harming: what to do

If you find out your child is self-harming, you might feel afraid, guilty, shocked, panicked or even angry.

It can be hard to understand what's going on and why – and your child might not have the words to tell you. But by staying calm, being respectful, not judging and actively listening, you might get some insight into your child's thoughts, feelings and behaviour and some ideas about how you can help.

The most important thing is letting your child know that strong feelings are normal – but they're also hard to have. And when you're in your teens, things can seem even harder.



Click on picture for more info!

# Spring allergies

Mayo Clinic has provided a great article with information and tips to help with seasonal allergies. Spring means flower buds and blooming trees – and if you're one of the millions of people who have seasonal allergies, it also means sneezing, congestion, a runny nose and other bothersome symptoms.

**Before trying any over the counter medications consult with your primary care doctor to determine what will work for you.**



## Reduce your exposure to allergy triggers

To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.



## When home remedies aren't enough, see your doctor

For some people, allergy shots (allergen immunotherapy) can be a good option. Also known as desensitization, this treatment involves regular injections containing tiny amounts of the substances that cause your allergies.

## Try an over-the-counter remedy

Several types of nonprescription medications can help ease allergy symptoms. They include:

Claritin, Alavert, Zyrtec Allergy and, Allegra Allergy help relieve sneezing, a runny nose, itching and watery eyes.



## Resources

Your teens and kids may not want to speak with you about their mental health, but you can encourage them to speak with a professional.

- Your teen can **TEXT 741741** to speak with a crisis counselor if they are thinking of self-harm.
- [the San Diego Access and Crisis line](#) is available 24/7 if your child is experiencing any behavioral symptoms.

**Call 1-888-724-7240**