

CAREGIVER'S CORNER NEWSLETTER

BLACK HISTORY MONTH EDITION

Book Recommendations

["How Do I Love Thee?"](#)

Click above for the read aloud on
Youtube:



Self care has become an expected phrase in everyday conversation and for good reason: Our lives are becoming even busier and more complicated by screens and social media, and bogged down by a lot of work responsibilities. Because of that, **self care** has become more and more important. But what about our kids? As we think about the impacts of screen time on our adult lives, it's important to consider the **effects of screen time on children**. Additionally, as we become more busy, there's a natural impact that those cluttered schedules have on our kids. That's why it's also important to teach your children about self care and how they can create healthy habits that will see them into adulthood.



One of the Adinkra symbols for Sankofa depicts a mythical bird flying forward with its head turned backward. The Sankofa symbolizes **the Akan people's quest for knowledge among the Akan** with the implication that the quest is based on critical examination and intelligent and patient investigation. To the Akan, it is this wisdom in learning from the past which ensures a strong future.

Buzz Word: Self-Care

Self-care has been defined as the process of taking care of oneself with behaviors that promote health and active management of illness when it occurs.

Individuals engage in some form of self-care daily with food choices, exercise, sleep, and dental care.





Dinnertime Do Now:

DEVELOP A HEALTHY FAMILY ROUTINE

Routine is incredibly important for developing children. They give kids a sense of security, and having tasks or events they can predict throughout the day will limit anxiety and make day-to-day transitions easier.

As you look for ways to teach your children about self care, look for ways to develop a healthy family routine. Build in a “slow down” time into each day. The slow down time can be a time where the family is device-free, where the TV isn’t on and everyone is either reading a book, drawing, playing a quiet game or practicing meditation. These calm activities can help wire a child’s brain for mindfulness.

*Even creating structure around meal times can dramatically help your child understand the importance of giving themselves time for healthy essentials. Have a set time for **breakfast**, lunch and dinner, and work to keep those meals as distraction free as possible.*

Virtual Resources:



[Self Care for Kids](#)

Explaining Self-Care to Kids

Self care is just as important as academics for growing, developing kids. When taught correctly, self care will help kids identify their physical needs and begin to take care of them, before emotions can ever get in the way. Oftentimes when parents are in a hurry (and if they’re a parent, they likely are), they do tasks *for* a child. When this happens, children aren’t taught to think independently, problem solve or assess what their needs are. So, if a child comes to you and asks for help, first ask yourself if this is a task they can realistically accomplish on their own. If it is, encourage them to tackle it first on their own by saying: I believe in you and that you can do this by yourself. I’ll be here if you get stuck, but try it first on your own.

Teach Kids To Take Care of Their Bodies

One of the most important aspects of self care is taking care of your physical health. The same applies for children. There are a lot of ways to encourage healthy habits for children, such as: Exercising in fun ways like playing in the park or playing catch, deep breathing, going for a long walk or doing stretches together. There are also smaller tasks that a child can accomplish on their own that will make them feel empowered to take care of their bodies, like:

- Blowing their own nose
- Washing their hands
- Dressing and undressing
- Brushing their own hair
- Getting their drink themselves
- Helping with food or snack preparation

Meet the Student Assistance Specialists



Kristine Iarussi
kiarussi@spfk12.org
McGinn Elementary



April Chestang
achestang@spfk12.org
Evergreen Elementary



Lori Lidofsky
llidofsky@spfk12.org
School One Elementary



Lakendra McFadden
lmcfadden@spfk12.org
Brunner Elementary



Cailin Frantz
cfrantz@spfk12.org
Coles Elementary

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