



Wings

A Weekly Newsletter for Families

June: Week 4
Parenting Tips

“The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.”
– Helen Keller

Tools to Help Kids Worry Less

Children can learn skills to calm down and solve problems to help them cope with anxiety. Jeffrey Bernstein, PhD, offers these methods to help kids manage their worries.

- Encourage slow, deep breathing. Get your child to imagine the air going in through the nose, down the windpipe and into the belly. There are even apps and YouTube videos on calming breathing.
- Help kids get rid of automatic negative thoughts like, “I can’t do that. I’m a failure.” How? Remind them of helpful, positive thoughts, like, “If I keep practicing, I’ll get better.”
- Help your child to imagine a relaxing place and to notice the calm feelings in their body. Or to imagine a box or other container to put worries in so they’re “contained” instead of running wild in their mind.
- Encourage kids to make a “things that went right today” list after school to nurture optimism.



•• INFANT Inspiration

Babies Sleep a Lot!

Did you know that newborns sleep about 16 hours a day, waking mainly for feedings and changings? As they get older, babies need less sleep during the day and more at night. By the time they’re 6 months old, some babies can sleep through the night, while still taking two to three naps during the day.

•• TODDLER Tales

Dealing with Public Tantrums

If your toddler throws a temper tantrum in public, try these things to calm the situation:

- First, make sure they’re in a safe place.
- Control your own emotions and talk in a low, even tone. If your child sees you’re angry or upset, it will make the situation worse.
- Wait patiently until your child stops. However, stop any destructive or dangerous behaviors immediately.
- And remember – don’t be embarrassed. Focus on your relationship with your child and not what other people might think. Temper tantrums are a normal part of childhood and every parent has been there!

•• PRESCHOOL Power

Stick to Soothing Bedtime Routine

Kids aged 3-5 years need 11-13 hours of sleep per day for growth and good health. In addition, young brains need rest so kids can pay attention in school. To help your preschooler get enough sleep, stick to a bedtime routine that could include a bath, brushing teeth and going to the bathroom. Wind down in the bedroom by reading. Make sure the room is dark, cool, quiet and free of any screens like tablets, computers and TVs.

