



Kenowa Hills Public Schools  
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# Kenowa Hills Mental Health Newsletter

**Self Care:** The practice of taking action to preserve or improve one's own health.



**Resilience:** The capacity to recover quickly from difficulties

## Talking With Your Children About Self-Care and Resilience



**1. BE AVAILABLE**

**2. LISTEN ACTIVELY**

**3. RESPOND THOUGHTFULLY**

**4. CONSIDER**

### Let's Keep Doing Our Part

While COVID cases are declining, please continue to do your part to keep our Knight family safe.

**Please:**

- Keep wearing a mask
- Wash or sanitize your hands frequently
- Continue to be alert to following [CDC guidelines](#)
- Check in on friends and family who live alone or that are front line workers, like doctors and nurses.

**No one is perfect, we all make mistakes and we all learn from those.**

5 ways to help your child with Resilience:

- 1) Read stories to your child that demonstrate resilience.
- 2) When watching a movie with your child, look for examples of hardship and resilience.
- 3) Don't accommodate every need your child expresses.
- 4) Let your child make some mistakes.
- 5) Put disappointments into perspective.

From:

[www.lifeeducation.org.au/parents/how-to-teach-resilience-and-help-your-child](http://www.lifeeducation.org.au/parents/how-to-teach-resilience-and-help-your-child)

### Reflection and Connection

**Helpful advice from Kristen Thomas, Alpine Outreach School Counselor**

Giving your child a chance to reflect on their year, their week, or even their day is a wonderful opportunity to create a space where your child feels like they can open up and process. It also helps your child feel connected to you.

Here are some questions to ask your child at the dinner table, before bed, or whenever an appropriate time may be:

- What is one thing that made you happy today?
- What is one thing that made you sad today?
- How were you kind to someone this week?
- What is something that was hard for you this week? How did you overcome it?

As you ask these questions, remember to give your child your full attention. Respond to them, look at them, and be free of distractions.



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## What's New?

### AMERICAN PSYCHOLOGICAL ASSOCIATION

Resilience guide for parents and teachers

<https://www.apa.org/topics/resilience-guide-parents>

### TAKING TIME FOR YOURSELF

Even if you only have one minute, light a scented candle

[healthline.com parenting self-care-strategies](https://www.healthline.com/parenting/self-care-strategies)

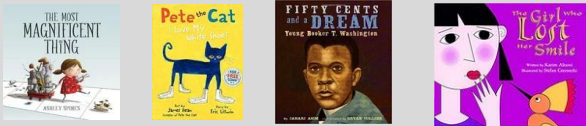
## Self-care isn't selfish; it's essential

### Self Care tips for Parents

1. Eat properly
  - a. Fresh fruits and vegetables
  - b. Whole grains
  - c. Lean protein (eggs, poultry, fish, nuts)
  - d. Reduce the amount of sugar, salt, and fat in your diet.
  - e. Water (try adding some fresh fruit like lemon, lime, or berries for a fresh but healthy drink)
2. Exercise
  - a. Workout at home
  - b. Go for walks in your neighborhood
  - c. Explore downtown GR  
[World of Winter](#)
  - d. Explore local parks  
[Kent County Parks](#)  
[Walker Parks Map](#)
3. Get sufficient sleep
  - a. For adults- 7 to 9 hours
  - b. For children 3-5, 10 to 13 hours  
6-13, 9 to 11 hours  
14-17, 8 to 10 hours

From: [How-many-hours-of-sleep-are-enough](#)

### Suggested books on Resilience



### Suggested movies on Resilience

