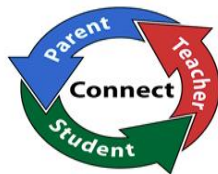




# Richard Allen School District

## Family and Student Support Services (FSSS)



### December 2016 News for Parents

#### Parent Workshop Topics

#### **December is National Safe Toys and Gifts Month**



##### **Safety tips to keep in mind this holiday season:**

##### **Balloons**

Children can choke or suffocate on deflated or broken balloons. Keep deflated balloons away from children

younger than eight years old. Discard broken balloons immediately.

##### **Small balls and other toys with small parts**

For children younger than age three, avoid toys with small parts, which can cause choking.

##### **Scooters and other riding toys**

Riding toys, skateboards and in-line skates go fast, and falls could be deadly. Helmets and safety gear should be worn properly at all times and they should be sized to fit.

##### **Magnets**

High-powered magnet sets are dangerous and should be kept away from children. Whether marketed for children or adults, building and play sets with small magnets should also be kept away from small children.

##### **Once gifts are open:**

**Immediately discard** plastic wrapping or other toy packaging before the wrapping and packaging become dangerous play things.

**Keep toys appropriate** for older children away from younger siblings.

**Battery charging** should be supervised by adults. Chargers and adapters can pose thermal burn hazards to young children. Pay attention to instructions and warnings on battery chargers. Some chargers lack any mechanism to prevent overcharging.



##### **Finding Value in Giving**

We live in a culture where receiving appears to be the major stimulation of the holiday season. For some, receiving special gifts and trinkets is the ultimate meaning of happiness and satisfaction. However, giving provides a greater opportunity to understand one's value and the impact one can have in world. A child who understands the value of giving is more likely to be unselfish and more considerate of others. There are many opportunities to help your child find value

in giving. Below are ways you can encourage your child to find value in giving:

- volunteer at your local food bank or soup kitchen
- help an elderly neighbor
- find a local agency that will allow your child to volunteer
- giving to other children who are less fortunate

##### **Positive Parenting during Holiday Stress**

Holiday time should be one of fun with family and friends. However, it is often a time when parents are stressed and children misbehave.



So the question is how can parents minimize stress to make the holiday calm? The problem is usually anxiety. When parents and children feel anxious and react to anxiety, the results are reactive behaviors from parents and children.

Families need to be aware that anxiety is contagious. Feelings of stress can spread rapidly during holiday family events. Parents, ask your selves the following question. Am I aware that I may unconsciously create stress that leads to negative parenting during the holiday?

- Do I engage expectations that increase family stress?
- Does my parenting style become over-controlling during the holiday?
- Do I assume excessive responsibility for the family having a great holiday?
- Do I try to do too much?
- Do I ask for enough help?

As you prepare for the holiday, give serious thought to what you can do as parents to generate more calm within yourselves. The reality is, the more aware parents are of their self control and how they manage anxiety, this awareness will likely spread to your children and other family members. The end result can be less holiday stress and more holiday joy.

##### **Student Homework Incentive**

PK – 3<sup>rd</sup> Students: Draw a picture of a special family event held during the holiday.

4<sup>th</sup> – 8<sup>th</sup> Students: Write a one page description of a special family event held during the holiday.

FSSS Team

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