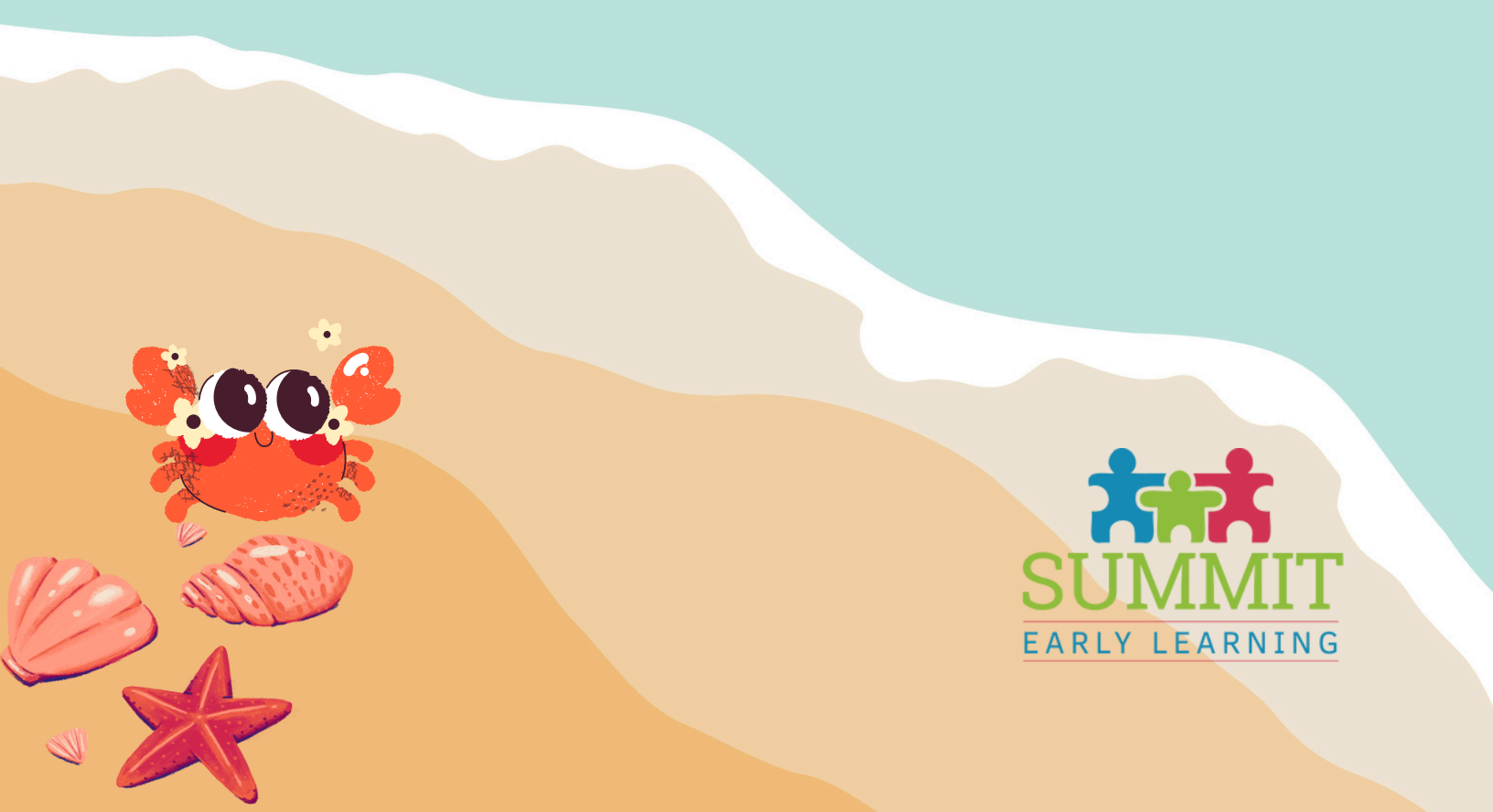




SUMMER



SUMMIT
EARLY LEARNING

Self-care Techniques for Parents

Parents are often so focused on the well-being of their children that they forget to take care of themselves. They forget or are unable to take a break from the daily tasks of taking care of a child. Parents may ask, how am I supposed to take care of me when I have to take my child to the doctor, sports, daycare, and school- while cleaning my house, folding laundry, washing dishes, grocery shopping, cooking, and maintaining a job? While difficult, practicing self-care can help manage daily stressors.

Self-care isn't about getting your hair colored or eating a large bowl of ice cream- sorry! It is about being mindful of burnout and chronic stress. For some individuals, self-care can be:

1. Practicing healthy sleeping habits
 - Sleep for a full 8 hours or longer
 - Put down electronics one hour before bed
 - Consistently wake up and go to bed at the same time
2. Eating healthy
 - Be mindful of sugars and carbs
 - Eat foods all the colors of the rainbow
3. Being kind to yourself
 - Forgive, love, and accept yourself
 - Have grace for yourself and understand that it is okay to not be perfect
4. Recognizing when you need a break
 - Take time to breathe or meditate
 - Go for walks
 - Soak up some sunlight (vitamin D has shown to improve depression)
5. Spending time with friends
 - Go for a night out with friends
 - Have a game night
6. Spending time with your partner
 - Take time to love and hug your partner
 - Have a date night
7. Prioritizing activities that make YOU happy
 - It's okay to have interests and hobbies
 - Do something that you used to enjoy
8. Allowing yourself to feel emotions
 - Feeling angry, sad, or disappointed is normal
 - Crying is okay and can help relieve built-up stress
9. Setting boundaries
 - Say 'no' to things you don't wish to do
 - Stop saying 'should'
10. Giving yourself a moment to reflect
 - Reflect at the beginning and end of the day
 - What went well? What am I going to do differently today?
11. Celebrate your achievements
 - Being a parent is hard, so pat yourself on the back!
 - Reflect on how far you've come and the strength you have shown
12. Ask for help
 - There is no shame in asking for someone to watch your child. There is no reason to struggle in silence. Loved ones, friends, neighbors, etc., can all be great supports for parents to use.
 - Seek professional help if it all becomes too much.

It is okay to need or use one (or all) of these techniques! Give yourself the permission to relax and take care of you. After all, parents take care of everyone else. It is not selfish to want better for yourself. Parents who practice self-care are more empathetic, positive, and focused. Parents (meaning you!) deserve self-care. How do you plan to implement self-care into your life?

WHAT DOES A SAFE SLEEP ENVIRONMENT LOOK LIKE?



The following image shows a safe sleep environment for baby.



Room share: Give babies their own sleep space in your room, separate from your bed.



Use a firm, flat, and level sleep surface, covered only by a fitted sheet*.



Remove everything from baby's sleep area, except a fitted sheet to cover the mattress. No objects, toys, or other items.



Use a wearable blanket to keep baby warm without blankets in the sleep area.



Place babies on their backs to sleep, for naps and at night.

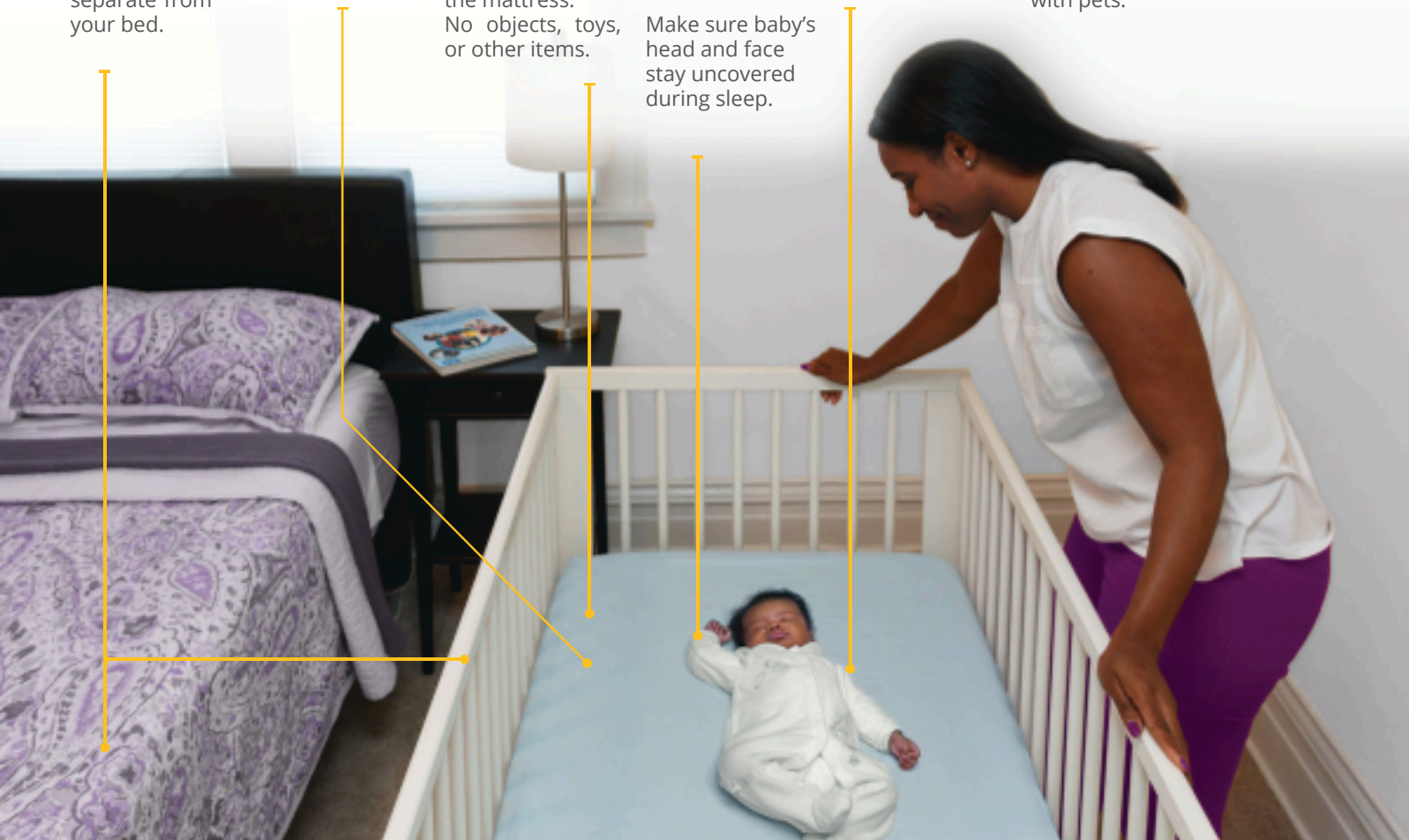


Couches and armchairs are not safe for baby to sleep on alone, with people, or with pets.



Keep baby's surroundings smoke/vape free.

Make sure baby's head and face stay uncovered during sleep.



The Consumer Product Safety Commission sets safety standards for infant sleep surfaces (such as a mattress) and sleep spaces (like a crib). Visit <https://www.cpsc.gov/SafeSleep> to learn more.



Eunice Kennedy Shriver National Institute of Child Health and Human Development



SAFE SLEEP FOR YOUR BABY

Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Infant Deaths



Place babies on their backs to sleep for naps and at night.



Stay smoke- and vape-free during pregnancy and keep baby's surroundings smoke- and vape-free.



Feeding babies human milk by direct breastfeeding, if possible, or by pumping from the breast, reduces the risk of SIDS. Feeding only human milk, with no formula or other things added, for the first 6 months provides the greatest protection from SIDS.

Use a sleep surface for baby that is firm (returns to original shape quickly if pressed on), *flat* (like a table, not a hammock), *level* (not at an angle or incline), and covered only with a fitted sheet.



Stay drug- and alcohol-free during pregnancy and make sure anyone caring for baby is drug- and alcohol-free.



Avoid products and devices that go against safe sleep guidance especially those that claim to "prevent" SIDS and sleep-related deaths.



Feed your baby human milk like by breastfeeding.



Avoid letting baby get too hot, and keep baby's head and face uncovered during sleep.



Avoid heart, breathing, motion, and other monitors to reduce the risk of SIDS.



Share a room with baby for at least the first 6 months. Give babies their own sleep space (crib, bassinet, or portable play yard) in your room, separate from your bed.



Get regular medical care throughout pregnancy.



Avoid swaddling once baby starts to roll over (usually around 3 months of age), and keep in mind that swaddling does not reduce SIDS risk.



Keep things out of baby's sleep area

—no objects, toys, or other items.



Follow health care provider advice on vaccines, checkups, and other health issues for baby.



Give babies plenty of "tummy time" when they are awake, and when someone is watching them.



Offer baby a pacifier for naps and at night once they are breastfeeding well.



For more information about the Safe to Sleep® campaign, contact us:

Phone: 1-800-505-CRIB (2742) | Fax: 1-866-760-5947

Email: SafetoSleep@mail.nih.gov

Website: <https://safetosleep.nichd.nih.gov>

Telecommunications Relay Service: 7-1-1

Drugs and Pregnancy: What Families Should Know

Every family wants a healthy baby. Avoiding drugs during pregnancy can help keep mom and baby healthy and safe.



Did You Know?

Inappropriate drugs (sometimes referred to as “street drugs”) are never safe during pregnancy. These include:



Marijuana



Heroin



Cocaine



Ecstasy



Methamphetamine

These drugs can cause problems for your developing baby, including:

- Early/premature birth
- Miscarriage
- Stillbirth
- Low birth weight
- Poor fetal growth and low birth weight

Babies whose moms have used drugs often have challenges, such as:

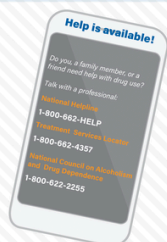
- A higher risk of Sudden Infant Death Syndrome (SIDS)
- Growth that is slower than normal
- Learning problems
- Behavior problems

Do you know a pregnant mom?
Or a new mom?
Share information about our
Early Head Start Program.

Summit Website

Email Enrollment

Do you have questions or concerns?



NATIONAL CENTER ON
Early Childhood Health and Wellness

Substance Misuse: The inappropriate use of alcohol or drugs, whether the substances are legal or illegal. This includes: 1) using a prescription medication without a prescription for it; 2) using a medication prescribed for someone else; or 3) using a prescribed medication in greater amounts, more often, or longer than prescribed.

Prescription drugs including opioids, used incorrectly during pregnancy can also harm mom and baby. Opioids are painkillers sometimes given after surgery or injury.

Opioids include:

- Codeine
- Oxycodone (or oxy)
- Hydrocodone
- Morphine
- Fentanyl



Opioids are highly addictive. They can hurt mom’s health when used incorrectly.

Taking opioids during pregnancy can also cause serious problems for baby:

- Poor fetal growth and low birth weight
- Premature birth
- Stillbirth
- Neonatal Abstinence Syndrome: *baby has withdrawal symptoms, which can include difficulty breathing, feeding challenges, and seizures*
- Learning problems and physical delays as they grow

Quitting opioids suddenly (sometimes called “cold turkey”) can cause serious problems for baby.

There are medications available that are safe for mothers who want help for their opioid addiction during pregnancy.

What You Can Do

Tell **ALL** health professionals you are pregnant.

As your doctor, “Is this medication safe to take while I’m pregnant?”

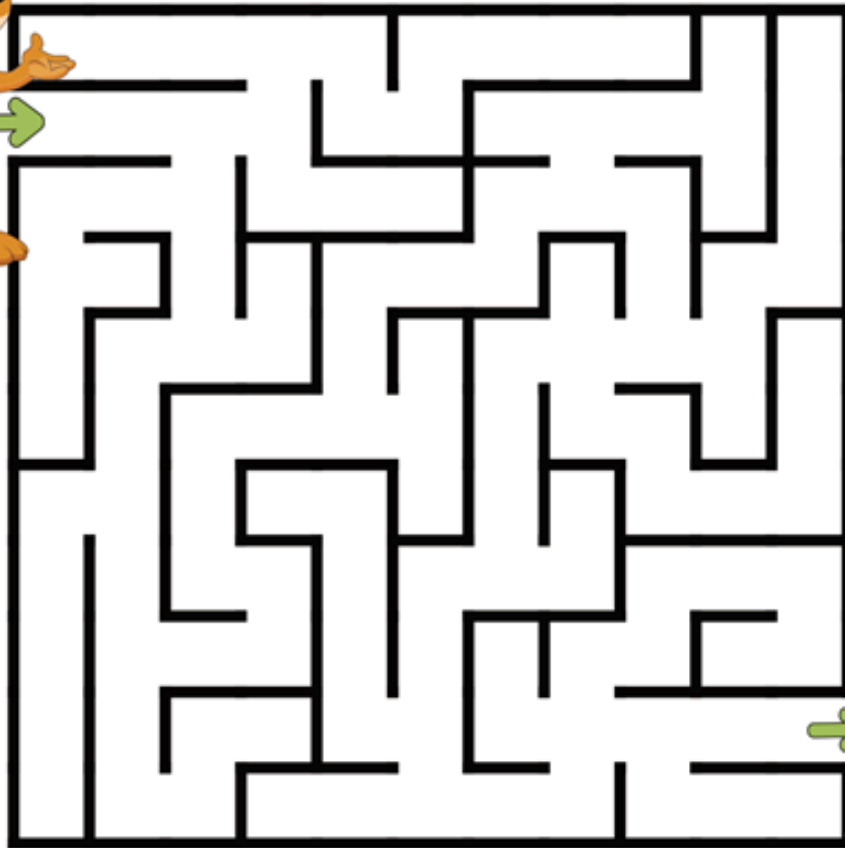
Take medications **exactly** as your doctor tells you to.

Only take prescription medications with **your** name on them.

If you are taking an opioid, talk to your health professional right away, **before stopping the drug.**



Help Poppy to the Beach



Don't forget the sunscreen! Important considerations.

- Has an SPF of 30 or higher
- Protects against both UVA & UVB rays, "broad- Spectrum"
- Water resistant- protects kids while in the water for 40-80 minutes, must be reapplied
- Apply sun screen about 15 minutes before going outside, and re apply every 2 hours.



NAME:

Family Fun During Summer Break

from peakbehavioral.com



Here are some fun tips for kids to help them stay “mentally healthy” and on top of their school “smarts.”

Read.

It is essential to encourage your child to pick up a book (or a few). A study by The Reading Agency indicates nonacademic reading allows for better parent-child communication, increased self-esteem and empathy, reduced symptoms of anxiety and depression, and improved overall wellbeing.

Plan activities.

Structured activities have been shown to improve mental resiliency by allowing kids to interact with others and develop a sense of independence.

Get outside.

Even a bike ride or walk around the neighborhood ignites all of the senses, increases Vitamin D, boosts body confidence and improves nonverbal communication.

Turn off the TV and get active.

Exercise encourages the brain to release endorphins (“feel good” hormones), especially in the summer when heat can put stress on children. Swimming is a great source of exercise and mood improvement.

Craft.

Crafts are great indoor alternatives which promotes confidence, concentration and self-awareness.

Family Time.

Unfortunately, very few parents can take off the entire summer; however, as little as a few hours of “family fun time” of board games and family dinners can increase mental health. Check your local newspapers and magazines for a list of free family activities or check out this list of ideas for free or inexpensive summer activities.



Decluttering with Less Hassle

by Sophia Nace from Penn State Extension

The warmer weather makes me feel ready to get outside to do more things. Yet, I also feel like I should stay inside and do some serious spring cleaning.

I have noticed after a year of being in our home so much more than normal, that we have collected a lot of things. It is this collection of stuff that, while sometimes helpful and handy, can simultaneously be the cause of stress. I like to organize or declutter and feel that my space is tamed.

My plan is to take a day off of work (or a weekend day) and tackle the clutter. And, while taking control of my home's spaces, I can prepare an easy and nutritious dinner for my family.

Here are a few tips to that I use for de-cluttering.

Make a plan of what to do with the items as you go through them. Create a box in each of these categories:

- Donate sell (luckily, my hometown has an annual community yard sale which helps lessen the load)
- recycle
- trash
- keep (items that you want to keep or can't part with yet)
- give (items that you would like to offer to specific friends or family members)

Plan to do one small area at a time. Pick one closet, one drawer - only one. When that space is completed, move on to the next small space. Small accomplishments are great motivators.

Use your camera. Take a "before" picture and then an "after" picture to celebrate your success. Photos can also document things that you do not want to keep, but would like to preserve the memory of, like children's schoolwork. Photo documentation may be a great start to creating a home inventory (an article for another time).

Enlist help from your family members. Getting assistance can make the work go quicker and may help to make decisions about what to keep and what to let go.

Take a break between decluttering spaces. While some people can feel relieved to make progress, others may feel stressed by decluttering.

Celebrate your success. Then start the next space when you are ready.

If your Spring Cleaning has led to Summer Clutter, consider donating items to local charities such as Community Aid, Salvation Army or American Rescue Workers.

