



Clearinghouse on Supervised Visitation Phone Conference Agenda



December 18, 2019

12PM/11CT

Discussion

- 1. Welcome and Announcements – Everyone is invited!**
- 2. Check the listings on the website to ensure your program information is up to date and correct for the quarterly report. If you need to add or change anything email Lyndi Bradley at lbradley2@fsu.edu**
- 3. Questions from Directors**
- 4. 10 Winter Break Activities**
- 5. Introduction to Journaling**
- 6. Bonding with Your Child Videos**
- 7. Activities for Parent-Child Bonding**

10 Winter Break Activities

By Livia Ledbetter



Introduction

With the festive holiday season often comes anxiety around what to do with your children while they are on winter break. If you need some help generating creative ideas, explore this list of low cost activities you and your children can do together.

1. Watch a holiday movie

Spend some family time together with a holiday movie. Pop some popcorn, make some hot cocoa, or any other holiday treats your children love. Get some fun holiday socks and cozy up with one of the movies from this list:

<https://www.common sense media.org/lists/best-holiday-movies-for-kids>

2. Bake and decorate holiday cookies

Baking can give children the opportunity to learn a variety of skills, including counting and measurements, reading recipes, building confidence, learning where food comes from, and cooking skills. Here is a list of 103 different holiday cookie recipes:

<https://www.myrecipes.com/holidays/cookies/best-holiday-cookie-recipes>

3. Holiday crafts

A do-it-yourself snowglobe, gingerbread house, or handmade ornaments can be a fun way to spend time with your children and get into the holiday spirit. Browse this list of holiday crafts for children:

<https://www.redbookmag.com/life/mom-kids/how-to/g3780/christmas-activities-kids/?slide=1>

4. Play a game

Break out a fun board game, play charades, or browse this list of fun family games, including a candy cane hunt, holiday bingo, and a snowman drawing contest:

<https://mashable.com/2014/12/21/holiday-crafts-with-kids/>

5. Worksheets

Print out coloring pages, color by numbers, or other worksheets. Browse this list here for a variety of free holiday-themed printable worksheets:

<https://www.education.com/worksheets/holiday-season/>

6. Write holiday cards

Writing holiday cards to friends and family can be a great bonding activity for you and your children. Make a list of people to make cards for, such as your child's teacher. Let your children pick out cards they like, or spend time with them making homemade ones. This can be a great way to honor friendships and other relationships in your child's life.

7. Events in the community

Many places have free, family-friendly events around the holidays. Explore events available in your area such as parades, fireworks, or fairs.

8. Visit the local library

Libraries are one of the best local resources for children and families. They often offer fun events and activities over winter break. Take your children to your local library and explore activities offered as well as books you can read together.

9. Make homemade gifts

Explore this list of creative do-it-yourself gifts that you can make with your children:

<https://www.howweelearn.com/gifts-kids-can-make/>

10. Make a gratitude journal – then fill it up

The holidays are a perfect time to reflect on all that we are thankful for. Make a gratitude journal with your children by finding some inexpensive journals and letting them decorate it how they want. Then, work on filling it in with your children. You can include free printable worksheets or prompts: <https://bitsofpositivity.com/20-free-year-round-gratitude-printables-kids/>

Introduction to Journaling

By: Katie Desorcy



Introduction

Parenting can be stressful, and finding ways to cope can be difficult. The concept of journaling may seem similar to when you were a child and would write "dear diary..." and it was a place to keep all of your secrets. But journaling is more than the "dear diary" concept of childhood. Journaling is writing down your thoughts and feelings to gain a better understanding of them.

Objectives

- Understand what journaling is
- Learn the benefits of journaling
- Understand how to journal

What is journaling?

Journaling is a technique that parents can use to cope with stress. Being a parent has many stressors that come with daily life. Taking care of yourself, trying to pay the bills, and spending time with your children can often be overwhelming. One of the best aspects of journaling is that a person can write without fear of judgment. Whatever comes to a person's mind can be written down with *no other human knowing*. Often, during stressful situations, parents fear judgment from others. Journaling is a way for a person to take a pen and paper and write anything down that comes to mind. This is a great way to delve deep into different *experiences*, the *meanings* behind these experiences, and the *effects afterward*.



How to use journaling

Journaling can be done in many different ways. The important thing to remember when journaling is that *there is no wrong way to journal*. It can become a habit where you write daily, maybe even multiple times a day, or less frequently and done once per week. It can also be a tool a person can use to cope when feeling stressed, anxious, overwhelmed, etc. There are many different styles of journaling that can be utilized to help with these

emotions. Journaling can be a great way to release stressful emotions, but it is important to remember that the purpose of releasing these emotions is simply to release them. After releasing the negative emotions it is important to reflect on how you feel afterwards, and end the journaling session with some statements of positivity and gratitude.

Different styles of journaling:

Gratitude journal - Write down things you are thankful for.

Idea journal - Write down ideas that you have so you don't forget them.

Brain dump journal - Write down all of your thoughts as they come.

Future journal - Write down your ideas, hopes, and dreams for the future.

Pocket journal - A smaller journal to write things down on the go.

Food journal - A journal to keep track of the food you eat and how it impacts your body.

Benefits of Journaling

There has been a lot of research conducted proving the health benefits of journaling. While most people think that journaling only benefits the mental health of individuals, it surprisingly also affects physical health as well.

Physical Health Benefits:

- Leads to better sleep
- Stronger immune system
- Lowers cortisol (stress) levels

Mental Health Benefits:

- Higher self-confidence
- Improves emotional stability
- Increases self-compassion

Overall Benefits:

- Healthy release of emotions
- Ability to work through stressful situations
- Identify people, places, or things that may trigger you
- Track day to day symptoms
- Learn healthy ways to cope
- An opportunity for positive self-talk
- A way to set goals for the future



References


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Journaling for Parents

What is challenging about being a parent?

What do you love most about being a parent?



What is a challenge you faced today as a parent?
How did you overcome it?

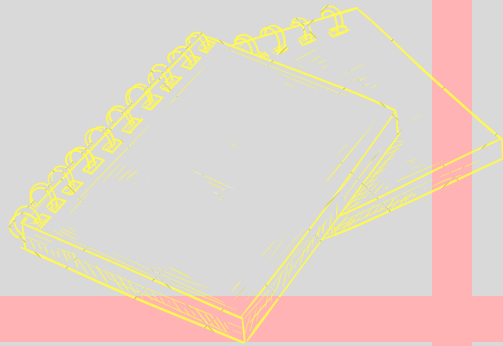
How can you reach your goals as a parent?



Journaling for Parents

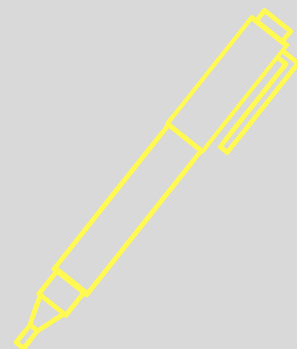
What is your favorite part about being a parent?

What is challenging as a parent?



What are you doing well as a parent?

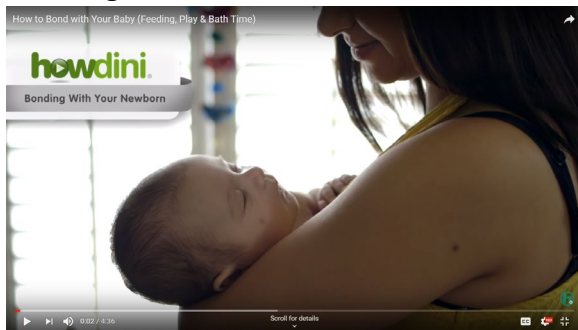
Is your relationship with your child what you want it to be? Why or why not?



Bonding with Your Child: Videos

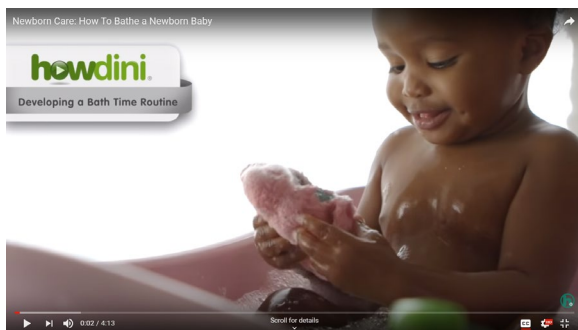


Newborn: *Bonding:*



<https://www.youtube.com/watch?v=b0aFTSOoHdI>

Learning how to communicate with a newborn baby can sometimes be tough. This video teaches how to establish trust and make the most of moments like playtime and feeding.



<https://www.youtube.com/watch?v=kre5d5gG6c4>

Learn about bath time tips to get bath time both fun and clean!

Playtime:



<https://www.youtube.com/watch?v=W5ZoaIEwDjA>

This video offers several tips on how to keep your newborn interested in playtime. It also includes several playtime games that encourage bonding and growth with your new baby.



https://www.youtube.com/watch?v=IQIOEf_b2_d8

As your baby gets bigger, playtime changes also. This videos show three games a mom loves to play with her crawling baby.

Toddler: 12 to 36 months

Playtime:



<https://www.youtube.com/watch?v=vTqJabUORx0>

When toddlers are able to walk and run, it can be hard to keep them interested on a task. Watch as how a mother keeps her toddler still interested in playtime.



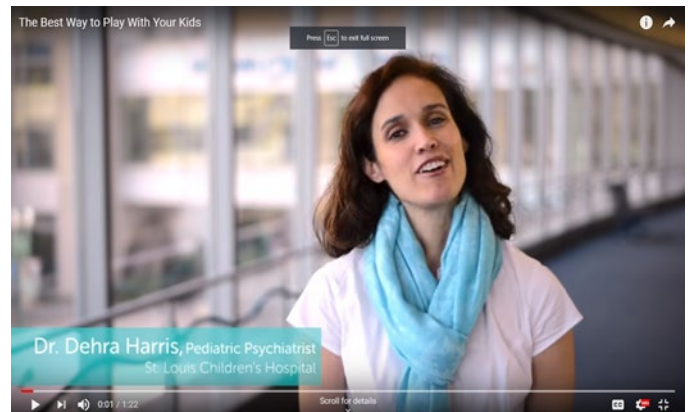
<https://www.youtube.com/watch?v=85RgSWytqa4>

Learn how to keep playtime age appropriate for toddlers by centering playtime on colors and shapes.



<https://www.youtube.com/watch?v=ZG3WIwi5y6k>

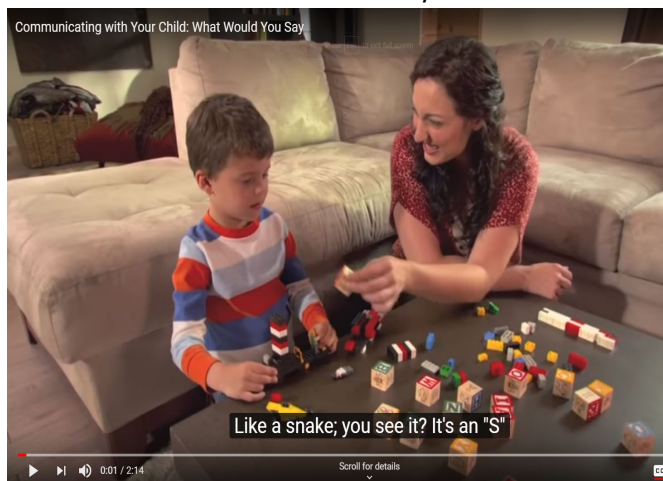
A father lets stress from work interfere with his play time with his daughter. Watch as he learns how to get his daughter interested in play time again.



<https://www.youtube.com/watch?v=e453iUcrJ4A>

Learn about how to effectively communicate with children during play time.

Communication/Child Development:



<https://www.youtube.com/watch?v=n3oKwCk5k3w>

A positive parent-child relationship begins early in life. Watch this clip and learn about times when the parents could have used better communication with their children.



<https://www.youtube.com/watch?v=mEqaNDwaKfk>

Learn ways to listen and talk with your child.



<https://www.youtube.com/watch?v=-OG2Q6pPQYw>

Parents MUST help their children become interested in reading if they are to succeed in school. These 5 tips will make reading with your child more effective.



<https://www.youtube.com/watch?v=RDemM6FjcSE>

In this video, we cover some tips and tricks to help strength the relationship between a parent and a child.



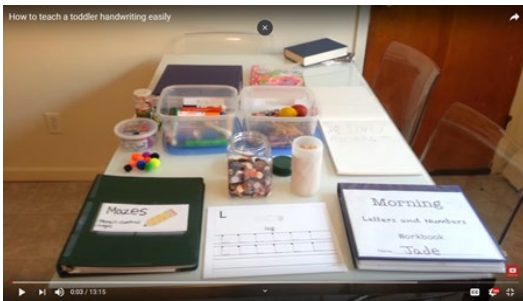
<https://www.youtube.com/watch?v=I3EF1QiiYIQ>

Learn ways to listen and talk with your child.



<https://www.youtube.com/watch?v=kX6u5TtCdvE>

A baby at 12 months has already developed many different milestones. Learn about the different milestones at this age such as waving bye-bye, standing alone and taking small steps.



<https://www.youtube.com/watch?v=3zmgMz7u9LM>

Handwriting is a very important skill for everyone to learn. Learn different ways to keep your toddler interacted and interested into learning handwriting.



<https://www.youtube.com/watch?v=KeQoxhuIXnM>

Learn about different tips on how to interact with your toddler in teaching them how to talk.

Discipline:



<https://www.youtube.com/watch?v=YBhuupurYqA>

Learn how to discipline children with guidance-based strategies with help from a licensed clinical psychologist in this free video on children and discipline.



<https://www.youtube.com/watch?v=99sBluziPSQ>

Sometimes our kids might not behave exactly how we want. With this video learn how to communicate to your child about these behaviors.

Teenager:

Communication:



<https://www.youtube.com/watch?v=pDX5QMyJn1w>

We all know that words can hurt deeper than a knife, which is why knowing how to communicate with your kids and what not to do is key. Pay attention to these phrases you should never say to your kids or teens to help them and protect them.



https://www.youtube.com/watch?v=m_HfbiM5jjE

Learn different tips about how to effectively communicate with a teenager. This video also offers a special guidance when teaching your teen about safe driving.

All Ages:

Discipline:



<https://www.youtube.com/watch?v=B3iMORZK49U>

Discipline is about teaching, since children learn differently at every age, it is an important factor in how to discipline a child.

Videos en Español

Playtime:



<https://www.youtube.com/watch?v=6kABbAiFHJc>

Juegos para Niños Pequeños de 1 Año o Más

Este video proporciona ejemplos de juegos para jugar con tu hijo de 1 año o más.

This video provides examples of games to play with your 1 year old or older.



<https://www.youtube.com/watch?v=PIVY2yfB9g>

Juegos para Bebés de 8 Meses a 1 Año

Una madre muestra sus actividades favoritas para jugar con su bebé. Estos activados son perfectos para bebés de 8 meses que aún no caminan.

A mother shows her favorite activities to play with her baby. These activates are perfect for babies 8 months who still do not walk.



<https://www.youtube.com/watch?v=uV0VwCCKRSc>

Juegos de Bebés Recién Nacidos para la Estimulación Temprana

Descubre con esta madre cómo estimular a un bebé con varios juegos de estimulación temprana.

Discover with this mother how to stimulate a baby with various early baby stimulation games.

Activities for Parent-Child Bonding



1. Involve your child in decision-making. Like where your family will go out to eat, or which movie to watch.
2. Engage in conversation during meals about your child's day by asking open-ended questions: Did you learn anything interesting today?
3. Have your child make a list of their "favorites" (color, food, etc.). You make a list of your favorites when you were the same age. Compare the lists and talk about them.
4. Go to a park, or somewhere outdoors, with a book your child likes and read it together.
5. Praise your child whenever they complete a task on time or with care, like chores or homework.
6. Take a walk outside together and look for an interesting object. Write a story about how that object got there and who owned it before.
7. Set aside a time to try a new fruit/vegetable and talk about the look, taste, smell, and texture.
8. Make a collage of pictures and words from a magazine and/or newspaper and put it up somewhere visible in the house.

9. Take a walk and come up with nicknames together for the different flowers you pass.
10. Put the TV on mute during the commercials and talk about what's been going on in the show, and what they think might happen next.
11. If your child is upset about something, have them write their feelings down in several sentences. Talk to them about how they feel and validate their emotions.
12. Look up a new word in the dictionary together and make an effort to use it throughout the week.
13. Write a poem together about the events of that day.
14. Act out a funny commercial or advertisement and let your child take the leading and/or directing role.
15. Camp out in the living room by making forts or tents out of blankets.
16. Say "I love you" to your child daily and often.
17. Plant a flower, bush, or tree together.
18. Help your child with any schoolwork they may have.
19. Walk outside and collect different kinds of leaves. Talk about the difference in size, shape, color, and texture.
20. Make a story through shadow puppets together.
21. Be consistent with any promises made (outings, quality time, rewards, etc.)
22. Have specific and routine bedtime rituals.
23. Have an indoor picnic on the floor on a rainy day and talk about what they like and/or don't like about the rain.
24. Be involved in their events at school and know who their friends are in classes.
25. Talk about what your child's favorite thing in nature is and why.
26. Be patient when your child is taking a longer time to get ready or do an activity.

27. Collect shells on the beach and compare the different kinds.
28. While on a walk, jump over all the cracks together.
29. Ask your child's opinion when you are picking out clothes or accessories.
30. Go out to a playground and talk to your child about taking turns.
31. Read street signs together and go over any new words.
32. Pay attention to anything that may be stressing your child and directly address that.
33. Recognize when your child is angry about something and have them verbalize their feelings.
34. Display your child's achievements in a visible space.
35. Give your child a chance to problem solve and correct an error that they have made.
36. Before bed, ask your child about their happiest memory of the day.
37. Explain why a behavior is wrong and what the right thing to do would be. Model this in your actions.

**Contact the Clearinghouse at
850-644-1715**

