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PSN Family Resource Center NEWSLETTER

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Diaper Distribution

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Family Rituals: What are They?

Family rituals are special things your family does. Family rituals are a way of saying, 'This is who we are and what we value'.

Some rituals might have been handed down from your grandparents or other relatives, like always opening Christmas crackers with the person on your left or eating yum cha on Sunday mornings. Others you might create as a family.

Your family's rituals might include celebrating religious festivals like Christmas, Chanukah or Ramadan. Your family might also have rituals for birthdays, sporting events, national days or cultural festivals like Diwali or Halloween. At these special events, you might invite extended family or friends to share in your family rituals.

Your rituals might be things that no-one but your family understands. They might be:

- special morning kisses or crazy handshakes
- code words for things or special names you use for each other
- a special wink for your child at school drop-off
- your own rules for sports or board games.

A ritual could also involve a common interest with someone in your family, like going to football matches, camping or baking birthday cakes for family members.

Family rituals: why they're important

Family rituals give you and your children a sense of security, identity and belonging. That's because they're special things that you do together, and they have special meaning for you. They create shared memories and build family relationships and bonds. Rituals can also comfort children in unfamiliar circumstances. For example, if your young child loves listening to you read a bedtime story before

bed, this ritual will help your child settle to sleep when they're in a different place.

Rituals help children feel that the world is a safe and predictable place. This is especially important in uncertain or changing times like a family separation, or when you're moving house, or after a traumatic event like a bushfire or flood.

Rituals can strengthen family values and help to pass these values on to your children. For example, something as simple as Sunday night dinner together every week says that you value your family and enjoy spending time together.

Tips for fun rituals

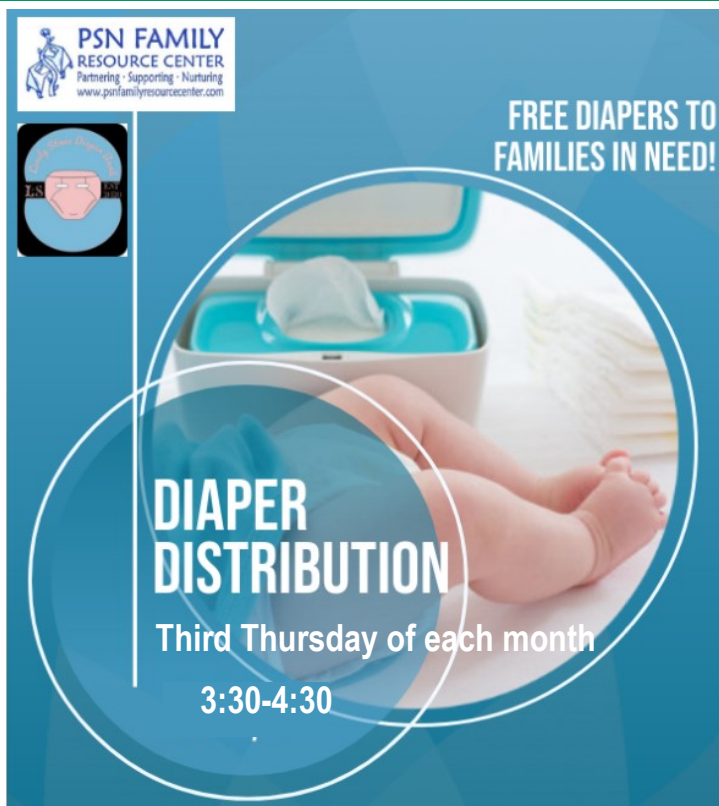
These ideas can help you create fun rituals for your family:

- Make regular meaningful time together as a family, when you can enjoy each other's company. For example, you might make time each week to talk about upcoming football games.
- Think about your daily routines, and whether there's a way to make them more fun or special. It could be as simple as saying something affectionate ('I love you') or silly ('Watch out for crocodiles') before your child leaves for school each morning.
- Consider making a ritual for special occasions. For example, everyone chooses a decoration to put on the Christmas tree, or everyone takes turns saying one thing you love about someone on their birthday.
- Do something as a family. Each month a different family member can choose something they like to do. It could be a bike ride, a movie night or a visit to a museum.



8600 Sheridan Road
Entrance B
Kenosha, WI 53143
262-697-4651

<https://raisingchildren.net.au/grown-ups/family-life/routines-rituals-relationships/family-rituals>



FREE diaper distribution!

No registration necessary.

Diapers are first come-first served with limited supplies.

Sizes newborn, 2, 3, 4, 5, 6

Kenosha County Job Center

8600 Sheridan Road

Drive up to Entrance B

Contact Alison at 262-605-6545 or alison.haas@kenoshacounty.org for more information.

TRIPLE P—POSITIVE PARENTING PROGRAM

Triple P – Positive Parenting Program knows all parents have different needs. That's why Triple P has many different ways to get your parenting help so you can choose what will best suit you and your family.



Virtual Parenting Sessions

Triple P is **VIRTUAL!** Join us on Zoom to get simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior and prevent problems developing.

Seminar dates:

- November 21—Dealing with Disobedience
- November 28—Self Esteem
- December 5—The Power of Positive Parenting
- December 12—Supporting Your Partner

Each session will run from **5PM—7PM**

Registration is required. Sign up here: <https://tinyurl.com/3mvxyrx>



Check out our facebook page for more information: facebook.com/preventionservicesnetwork

Prefer one-on-one parenting help? We can offer a virtual or in person experience fit to your family's needs. Contact Chelsea at Chelsea.colwill@kenoshacounty.org for more information.

7 Ways to Cope With Holiday Stress

Looking ahead to holiday gatherings, events and activities may fill you with anticipation and excitement, along with a little angst. You may feel that build-up of anxiety as the holidays approach. According to a recent APA poll, nearly one in three Americans expects to be more stressed this holiday season than last year.

On top of the inevitable complexities and tensions of family relationships, you may be feeling the pressures of holiday shopping, gift and travel expenses, the stress of hosting gatherings or managing a packed calendar of holiday events. High, and sometimes unrealistic expectations for the holidays can add to the stress. Loneliness and grief can also be heightened during the holidays.

Here are some coping strategies to help you bolster your mental health during the holidays.

Practice Mindfulness and Meditation

Mindfulness can be a valuable mental wellness tool. Mindfulness practices can be particularly helpful if you are traveling or dealing with an unusual schedule. If you're new to mindfulness, there are many online resources and apps to help you; here's a quick beginner's guide to help you get started and more on mindfulness from the University of Minnesota, Center for Spirituality and Healing. You can search here for mindfulness apps.

Preventing Burnout — It's OK to Say No

For many, the holiday season brings joy, but it can also bring more stress and some conflicting obligations. It is important to prioritize and simplify: prioritize what brings joy and emotional recharge (people or activities) and simplify when you can. It might be nice to make your grandmother's cookie recipe from scratch for every holiday, but if that's stressful for you, buy cookies at the store and celebrate. It's okay to say no to situations that stress you out, whether it's attending a party with people who have mistreated you or missing a party in a week that's been too intense at work.

Take a break

Many families have that one member who can turn a pleasant conversation into a family feud. If you see things are starting to take a turn for the worse, try not to let it escalate. There is no shame in removing yourself from the situation. Get up and leave the room or step outside until everyone cools down.

<https://www.psychiatry.org/news-room/apa-blogs/seven-ways-to-cope-with-holiday-stress>

Get Some Fresh Air and Sunlight

Even if you're not a big winter sports enthusiast, getting outside and some fresh air and exposure to sunlight can help relax you and lift your mood. Many people struggle with some feelings of depression during the winter months with fewer hours of sunlight and more time spent indoors. Walking outside in the sun can be an effective centering and calming tool. Numerous studies have pointed to the mental health benefits of spending time in nature, including stress relief, better concentration, lower levels of inflammation and improved mental energy. Learn more about nature therapy.

If You're in Therapy, Stay in Therapy

Although the holiday season may be overwhelmingly busy, try to keep any regularly scheduled therapy a priority. The holidays can bring up difficult emotions. Keeping scheduled therapy sessions helps ensure you have built-in time to explore anything that comes up. If you are going out of town and you typically meet in person, ask your therapist about a virtual meeting.

Managing mental illness is a challenge, and it can be particularly difficult during the holiday season. While the struggle can feel isolating, remember that you are far from alone. Talk with supportive friends and family and seek help from a mental professional if you need to, maintain your self-care routines, and consider including mindfulness practices into your days as you navigate your way through the holidays.

Grief and Loss

During the holiday season, many people may have a more difficult time missing a loved one they have lost or simply experience increased grief or loss. This can be especially true for people having their first holiday season without a loved one. Instead of trying to avoid thinking about your loved one, psychiatrist Ludmila De Faria, M.D., suggests honoring and celebrating them by getting together with other family members and friends and treasuring their life stories, especially stories that highlight important aspects of their life and personality.

Financial stress

Holiday spending can easily leave people in debt, contributing to stress that may last well into the new year. This year's inflation is only adding to the financial burden. Try to avoid overspending and focus on celebrating together and showing affection by being present, engaging, and supporting each other. Instead of one gift per person, consider a Secret Santa, instead of expensive gifts, consider homemade or handmade items, that may carry special meaning to those receiving them.

PSN Family Resource Center

The mission of the PSN Family Resource Center is to provide programs and services that build on family strengths through prevention, education, support and networking in collaboration with other resources in the community.

Contact the PSN Family Resource Center at 262-697-4651.



Meet Our Staff

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Find us on:
facebook.

Like us on Facebook or visit our website:
www.PSNFamilyResourceCenter.com.

My Culture and Traditions!

Use this worksheet to share more about your culture and the traditions of your family!

Languages spoken in my culture!



My favorite tradition from my culture!

Foods that we eat!



Clothes worn in my culture!

Types of music we listen to!



Holidays celebrated in my culture!

Other interesting facts!



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