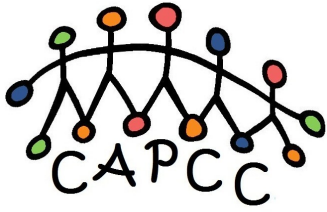


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Volume 11



An Ounce of Prevention

Child Abuse Prevention Coordinating Council of Humboldt County
P.O. Box 854, Eureka, CA 95502
www.capccumboldt.org

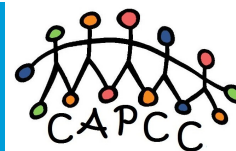
SIMPLIFY THE SEASON!



The holidays can be stressful. The increase in activities, expectations, changes in routine and demands of the season can be overwhelming for children and adults. It's also a time of year that many look forward to, after all, it's supposed to be fun!



The holidays offer great opportunities for simple traditions and shared experiences that build family connection, warmth and security that last throughout the year. There are few things more enjoyable and memorable for kids than seeing their grown ups have fun and fun is a great stress buster. Make sure to choose some activities that you really enjoy to share with your kids.

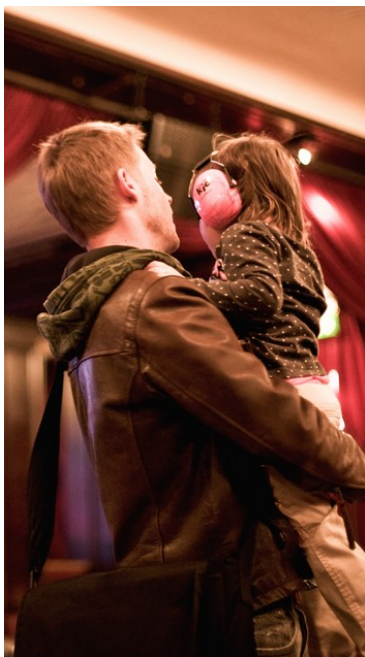


Helping Sensitive Children Cope during the Holidays

Holiday activities can be too much for children with sensitive, spirited temperaments and often result in big meltdowns. However, with a little planning, the holidays can be a happier time for everyone in the family.

Name it to tame it

This is a “whole-brain child” approach to the holidays. By talking to your child about what to expect, it helps the emotional and linear parts of the brain work together. Use breakfast each morning to discuss the plans for the day. Look at photos of friends and relatives who are coming to visit. Write/draw a book together that covers the upcoming plans.



Emotion coach

The first step in emotion coaching is to recognize how you as a parent/caregiver feel about the ‘holidays and planned activities. Share your feelings in age-appropriate ways with your child i.e. “I am feeling very excited that gram and grandad are coming, but I am also feeling stressed because I have so much to do!” If your child is slow to warm to new people or activities, make sure she knows that it is okay to pass on hugging Aunt Sally or singing carols. Then, be there to support her efforts to say “no thank you”. If a meltdown happens, take the time to comfort your child and be sure to provide protection from any well-meaning relatives who might say negative things about crying or shyness.



Give your child some jobs

Puzzles, games, books and building sets are fun activities that cross age-spans, so make sure some are packed if you aren’t going to be at home. If your sensitive child knows ahead of time that he is responsible for “reading” to great-grandma before the holiday dinner or helping a younger cousin with a puzzle, it gives him some focus and can reduce the worrying about the event.

Increase the “cozy-up” opportunities

Anyone can be overstimulated by the sights, smells and sounds of the holidays, and this is especially true for sensitive children. Say “no” to some of the events. Plan a few pajama days at home and find time to snuggle up for some favorite holiday stories. This will help your sensitive child re-charge her emotional batteries and give the entire family a break from this busy time of year.

Are you wondering about your child’s temperament? Take the free “Spirited Kid Quiz” available free at: <http://raisingspiritedkids.com/about/spirited-kids/>

Try some of these ideas to minimize the challenges and maximize the joy this season!

Plan for and accept some added stress this time of year but don't let it dominate your experience. Make your self care a priority; get enough sleep and quiet time, breathe deeply, get outside, move your body in a fun way, keep your sense of humor, and choose activities that are meaningful to you and your family.

Make sure to plan calm times between busy ones and bundle up to include play time and nature time even in bad weather. These are important ways to help kids thrive amidst the holiday bustle and get centered after lots of excitement.

Build your holiday together. Begin the season with a family conversation about each person's favorite parts of the holiday and anything new to try. You might be surprised at what they remember that you forgot! Clear expectations reduce stress and group planning builds connection.

These simple experiences become traditions that the whole family looks forward to. Enjoy your holiday in your own way this season, take good care of yourself and have fun!



Focus on the shared experience and consider the five senses as you enjoy special moments together.

- | | |
|------------------------|--|
| <u>Taste:</u> | Sip hot cocoa or spiced cider together. |
| <u>Touch:</u> | Feel prickly pine cones on a winter walk, make popcorn and cranberry garland or paper chain decorations. |
| <u>Sight:</u> | Look at family photos, watch your favorite seasonal movies. |
| <u>Hearing:</u> | Read or tell stories together, listen to your favorite holiday music. |
| <u>Smell:</u> | Notice and point out the scents you love; evergreen trees, gingerbread, cinnamon, peppermint. |

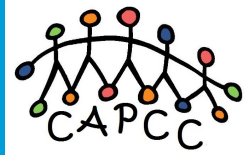
Noticing our sensory experiences relieves stress by bringing us into the present moment.



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Free Family Friendly Events for November & December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 November	2	3 <ul style="list-style-type: none"> Fortuna Library Grandparents and Books Storytime 3 - 4:30 p.m. 	4 <ul style="list-style-type: none"> Arcata Library Storytime 11:00 a.m. Garberville Library Storytime 12:30 p.m. Mokinleyville Library Storytime 1:00 p.m. Family Fun Night Eureka Main Library 6:30 p.m. 	5 <ul style="list-style-type: none"> Trinidad Library Storytime 10 a.m. Fortuna Library Storytime 10 a.m. Mokinleyville Family Resource Center Spanish Storytime 6 p.m. 	6 <ul style="list-style-type: none"> Eureka Library Preschool Storytime 10 a.m. Fortuna Library Preschool Storytime 10:30 a.m. Eureka Library Baby Read and Grow 11 a.m. 	7 <ul style="list-style-type: none"> Mokinleyville Library Baby Read and Grow 10 a.m. KEET Kids at the Morris Graves Museum of Art 12-2 Willow Creek Library Storytime 12:30 Eureka Library Humboldt Bay Brass Band 2 p.m. Arts Alive in Eureka 6-9 p.m.
8 	9	10 <ul style="list-style-type: none"> Fortuna Library Grandparents and Books Storytime 3 - 4:30 p.m. Free admission day at HSU Natural History Museum in Arcata 	11 <ul style="list-style-type: none"> Free day at the Sequoia Park Zoo Free entrance fees at Redwood National Park Dell Arte Annual Christmas program at Eureka Theater 	12 <ul style="list-style-type: none"> KEET Kids in the Garden- behind main campus College of the Redwoods 10-12 Trinidad Library Storytime 10 a.m. Fortuna Library Storytime 10 a.m. Mokinleyville Family Resource Center Spanish Storytime 6 p.m. 	13 <ul style="list-style-type: none"> Eureka Library Preschool Storytime 10 a.m. Fortuna Library Preschool Storytime 10:30 a.m. Arts Arcata 6-9 p.m. Arcata Plaza 	14
15	16	17 <ul style="list-style-type: none"> Fortuna Library Grandparents and Books Storytime 3 - 4:30 p.m. 	18 <ul style="list-style-type: none"> Arcata Library Storytime 11:00 a.m. Garberville Library Storytime 12:30 p.m. Mokinleyville Library Storytime 1:00 p.m. Family Literacy Night Eureka Main Library 6:30 	19 <ul style="list-style-type: none"> Trinidad Library Storytime 10 a.m. Fortuna Library Storytime 10 a.m. Mokinleyville Family Resource Center Spanish Storytime 6 p.m. 	20 <ul style="list-style-type: none"> Eureka Library Preschool Storytime 10 a.m. Fortuna Library Preschool Storytime 10:30 a.m. Eureka Library Baby Read and Grow 11 a.m. Mokinleyville Arts Night 6-9 p.m. 	21 
22	23	24 <ul style="list-style-type: none"> Fortuna Library Grandparents and Books Storytime 3 - 4:30 p.m. 	25 <ul style="list-style-type: none"> Arcata Library Storytime 11:00 a.m. Garberville Library Storytime 12:30 p.m. Mokinleyville Library Storytime 1:00 p.m. 	26 <ul style="list-style-type: none"> Thanksgiving Day Walk at Arcata Marsh 	27 <ul style="list-style-type: none"> Blessing of the Fleet Trinidad Memorial Lighthouse 10 a.m. 	28 <ul style="list-style-type: none"> Rio Dell Library Puppet Storytime 11 a.m.
29 	30					

Free Family Friendly Events for November & December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 December <ul style="list-style-type: none"> Fortuna Library Grandparents and Books Storytime 3 - 4:30 p.m. 	2 <ul style="list-style-type: none"> Arcata Library Storytime 11:00 a.m. Garberville Library Storytime 12:30 p.m. Mckinleyville Library Storytime 1:00 p.m. Family Fun Night Eureka Main Library 6:30 	3 <ul style="list-style-type: none"> Trinidad Library Storytime 10 a.m. Fortuna Library Storytime 10 a.m. Tree Lighting Mckinleyville Shopping Center 5-7:30 p.m. Mckinleyville Family Resource Center Spanish Storytime 6 p.m. 	4 <ul style="list-style-type: none"> Eureka Library Preschool Storytime 10 a.m. Fortuna Library Preschool Storytime 10:30 a.m. Eureka Library Baby Read and Grow 11 a.m. Arcata Open House- Santa arrives on Plaza 6 p.m. 	5 <ul style="list-style-type: none"> Kids Holiday movies at Fortuna Theater 10 a.m. Mckinleyville Library Baby Read and Grow 10 a.m. Santa arrives In Ferndale 10:30 a.m. KEET Kids at the Morris Graves Museum of Art 12- 2 Willow Creek Library Storytime 12:30 Arts Alive Eureka 6-9 p.m.
6 <ul style="list-style-type: none"> Lighting of the tallest living Christmas Tree – Main Street Ferndale 5:30 p.m. 	7 <ul style="list-style-type: none"> Humboldt Folklife Sing Along – Arcata Community Center 7 p.m. 	8 <ul style="list-style-type: none"> Free admission day at HSU Natural History Museum in Arcata Fortuna Library Grandparents and Books Storytime 3 - 4:30 p.m. 	9 <ul style="list-style-type: none"> Arcata Library Storytime 11:00 a.m. Garberville Library Storytime 12:30 p.m. Mckinleyville Library Storytime 1:00 p.m. Tree Lighting Humboldt Redwoods State Park Visitor Center 6 p.m. 	10 <ul style="list-style-type: none"> KEET Kids in the Garden- behind main campus College of the Redwoods 10-12 Trinidad Library Storytime 10 a.m. Fortuna Library Storytime 10 a.m. Mckinleyville Family Resource Center Spanish Storytime 6 p.m. 	11 <ul style="list-style-type: none"> Eureka Library Preschool Storytime 10 a.m. Fortuna Library Preschool Storytime 10:30 a.m. Arts Arcata- Arcata Plaza 6-9 p.m. Fortuna Lighted Truck Parade 6 p.m. 	12 <ul style="list-style-type: none"> Rio Dell Library Puppet Storytime 11 a.m. Trinidad Library Baby Read and Grow 11 a.m. Craft Fair Arcata Community Center Eureka Truckers Parade 6 p.m.
13 <ul style="list-style-type: none"> Craft Fair Arcata Community Center Lighted Tractor Parade – Ferndale Main Street 7 p.m. 	14	15 <ul style="list-style-type: none"> Fortuna Library Grandparents and Books Storytime 3 - 4:30 p.m. 	16 <ul style="list-style-type: none"> Arcata Library Storytime 11:00 a.m. Garberville Library Storytime 12:30 p.m. Mckinleyville Library Storytime 1:00 p.m. Family Literacy Night Eureka Main Library 6:30 p.m. 	17 <ul style="list-style-type: none"> Trinidad Library Storytime 10 a.m. Fortuna Library Storytime 10 a.m. Mckinleyville Family Resource Center Spanish Storytime 6 p.m. 	18 <ul style="list-style-type: none"> Eureka Library Preschool Storytime 10 a.m. Fortuna Library Preschool Storytime 10:30 a.m. Mckinleyville Arts Night 6-8 p.m. Lighted Parade Redway/Garberville Begins at Redway School 7 p.m. 	19 <ul style="list-style-type: none"> Kids Holiday movies Fortuna Theater 10 a.m. 
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The Child Abuse Prevention Coordinating Council of Humboldt County is a broad-based non profit advocacy organization that works to eliminate child abuse and neglect in our community through (1) striving to assure coordinated services and policies for the prevention, intervention and treatment of child abuse among agencies and organizations, (2) actively promoting and supporting high-quality programs that successfully reduce child abuse and neglect and (3) increasing public awareness of resources to help prevent child abuse and decrease family stress.

Check out our website:

<http://capcchumboldt.org/>

or on Facebook: <http://www.facebook.com/CAPCCHumboldt>

Food for People Website

The link below will take you to a page on the Food for People website. This page has a wealth of resources for preparing meals. There are links for different recipe sites which cover easy, nutritious meals for families, cooking without an oven and cooking with commodities. Take a peek there is something for everyone. <http://www.foodforpeople.org/programs/nutrition-education>



Winter Safety tips

Living in Northern California, we are fortunate that we have few instances of having to shovel snow, deal with falling icicles or other winter hazards common in other parts of the country. However, there are safety considerations that are important for us to keep in mind during these busy Holiday months. For example, did you know that unattended cooking is the leading cause of home fires in the U.S? For everyone's safety, check out the comprehensive list of winter safety tips on the International Association of Home Inspectors website at

<http://www.nachi.org/holidaysafety.htm#ixzz2CQlYb5LJ>