

Simplify The Season



Increasing Positive Togetherness

By Evolve Youth Services Clinical Director Autumn Spears

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



As we move into the holiday season, it becomes increasingly important to slow down, to rest, and to take better care of ourselves. Instead, what tends to happen this time of year is more stress, less rest and bigger reactions occur as a result. Children tend to absorb the stress and difficult feelings that can increase around the holidays, contributing to more behavioral outbursts. Children express themselves through their behaviors more than they verbally communicate them. The following techniques can help to slow things down, calm our bodies, reduce emotional reactions, and increase positive togetherness.

Regulation Tips:

- When at all possible, get outside
- Find somewhere outside where a child can climb, run, jump, play, or explore
- Dig holes and push soil and/or sand with tools and hands
- Ride a bike or scooter
- Swing on a swing
- Toss or kick a frisbee/ball back and forth
- Animal walks - ask a child to walk like a bear, a crab, a snake, a flamingo, etc.
- Bouncing - use a trampoline, jump onto cushions on the floor, or bounce on a therapy ball (challenge them to balance on the therapy ball).
- Invite the child to do some work with you that involves gross motor skills (sorting recycling, crushing boxes, wiping counters, cobwebbing up high, organizing objects outside, yard work).



- Blanket Burrito - Wrap the child up in a comforter or rug. Make it funny for the child as you go through the steps of adding ingredients and rolling them up.
- Do an art project with the child.
- Play a board game with the child.
- Sucking ice cold water through a straw or an ice pack.

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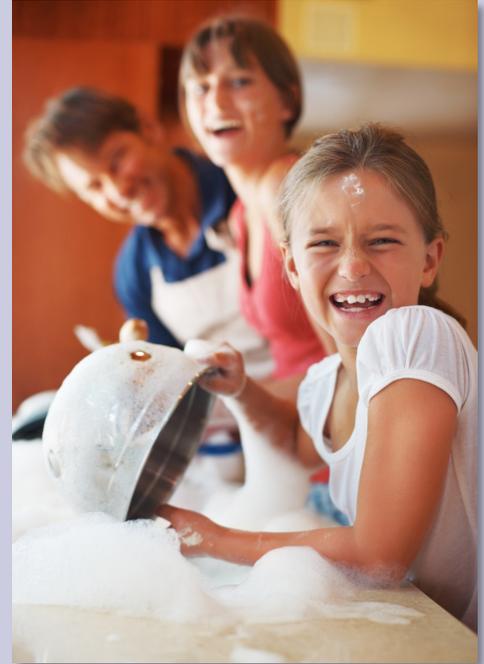
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- Couch Cushion “Squishes” or Sandwich” - Put pillows or couch cushions under and on top of your child as they lay face down on the floor and apply pressure.
- Chewing sugar free gum or dried fruit that requires a lot of chewing action.
- Chewing on crunchy food like carrots, popcorn, crackers, pretzels.
- Eating frozen food like a popsicle or frozen fruit.
- Beforehand, create a playlist of the child's preferred songs so you can play them easily when needed.
- Snake Breath/Balloon Breathing - Breathe in the nose, taking a long, deep inhale. Exhale out the mouth and make a small hiiiiisssssssing sound – like a hot air balloon slowly losing air or in a snake hissing. Go super slow and try to make the exhale last 10-15 seconds or more.
- Blow through a straw - You can create a target for the child to “hit” with their breath. Let the child go outside and suck water and “shoot” out through the straw like a water cannon.
- Pizza Massage - Using gentle massaging strokes, pretend to make a pizza on the child's back. Think about how you can represent the different stages of the recipe with positive touch. Start with the base – make big sweeping circles with your hands. Then think about what toppings you would like, and be imaginative with your touch.



Evolve Youth Services

Address

685 F Street
 Arcata CA 95521
 (P) 707-825-1173
 (F) 707-825-1163

Hours

Monday—Friday:
 8:30am—5:00pm
 and by appointment



[@evolveyouthservices](https://www.instagram.com/evolveyouthservices)

<http://www.evolveyouthservices.org/>



Story Telling Activity - Holiday Edition! By Kora Shoemaker



During the holidays times can feel fast-paced and hectic. This activity allows families to take a breather and spend some quality time together. As a family, reading and storytelling can be a fun and engaging activity. Although reading books is great, how about using our imagination to create a story? At first, this may seem a bit difficult, but have you ever heard of story stones? Essentially, you will need to gather semi-flat rocks and paint/print simple designs on each one. Rock designs will include characters, settings, problems, and resolutions. Once the rocks are decorated, put them in a bag, and without looking choose a rock, this helps create a storyline. Show your children how it works, and soon enough they will be the ones telling the story. To access an in-depth guide on story stones [click here](#).

Here are a few ideas for story stones holiday edition:

Characters:

- ◆ Santa Claus
- ◆ The Grinch
- ◆ An elf
- ◆ Snowman

Setting:

- ◆ By the fireplace
- ◆ At home
- ◆ Under the Christmas tree
- ◆ In the car/train

Problem:

- ◆ Snowstorm
- ◆ Power outage
- ◆ Lost item

Resolution:

- ◆ Magic Gingerbread person
- ◆ Magic object
- ◆ Love



Reading for the Holiday By Forrest Archer

Every teacher, daycare provider, doctor, and blogger will tell you it's good to read to your children. With school on holiday and the rain moving in, it can feel daunting to read to children who may be bouncing off the walls. How do we make reading more engaging for our children? Try a few of these tips to make reading active and exciting for them (and for you!).



- ◆ Read each character in a silly voice.
- ◆ Act out the actions in the book - get up and moving, and make the story come alive.
- ◆ Let your child write the book. If your child is too young to write, have them draw the pictures. Write their narration underneath. Then read it before bed together.
- ◆ Read something that isn't a story, like a cookbook or travel guide.
- ◆ Make up a new ending to a favorite story.

Check out the following website for even more ideas to make reading over the holiday and all year-round fun! <https://www.readbrightly.com/how-to-make-reading-fun-25-ideas-kids-will-love/>



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Family Favorite Recipes: Corn Soup

By Forrest Archer

This recipe is a family favorite of mine growing up brought all the way from the island of Guam. The best part is, that it's almost entirely made from canned food items. You can swap out any of the ingredients for fresh versions, but sometimes all you need is something quick, nutritious, and filling. My favorite way to serve this is over freshly cooked rice or with a slice of bread.

Ingredients:

- 1 Can of chicken (or shredded cooked chicken)
- 2 Tablespoons of butter
- 2 Tablespoons of flour
- 1 Can of chicken broth
- 1 Can of condensed mushroom soup
- 1 Can of corn
- 1 Can of coconut milk
- 1 teaspoon of Accent seasoning
- Salt and pepper to taste



Instructions:

1. **In a large pot**, on medium heat, add the chicken and butter. Sprinkle in the flour, and combine well.
2. **Add the chicken broth** and stir well.
3. **Pour in the cream of mushroom soup**. Using the same can, fill with water and add to pot. Using a whisk, combine well.
4. **Add the salt**, pepper, and accent to taste.
5. **Add the corn** and coconut milk.
6. **Continue to cook** for about 10 minutes, but **DO NOT** let boil.
7. **Serve and Enjoy!**



Activity: The Five Senses of Winter

By Krista Mashburn

Use your five senses to have a fun, low-cost time together this winter season.

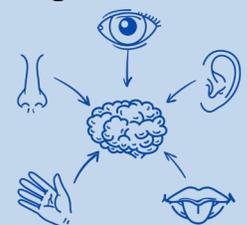
Taste: Enjoy a cup of Hot Chocolate or apple cider!

Touch: Go on a nature walk and talk about the different textures you can feel...trees, grass, leaves

Look: Read a fun book together, look at pictures together of holidays past

Listen: Listen to music and have a dance party, play a game of "Simon Says"

Smell: Compare the scents of peppermint, cinnamon, and gingerbread



For more information about CASA of Humboldt, please visit <https://www.humboldtcasa.org/>

Supporting Regulation During the Busy Season

By Jennifer Gonzales

This time of year is full of excitement and fun. It can also be busy and overstimulating, especially for young children. One way we can support them is by providing plenty of opportunities for self-regulation. In doing this we help create an environment for children where they feel safe and supported.

It's easy to integrate opportunities for regulation throughout the day, and often the strategies we use work for the whole family! These simple actions go a long way. Here are some tips and ideas you can use today!



Drink Water - Take a minute or two to drink a whole glass of water. As you drink notice the sights and sounds around you. When you're finished, talk with your child about what they noticed and share your insights. This simple activity not only allows you to practice mindfulness together, but also encourages the healthy habit of drinking water!



Share Expectations – “After we're finished with breakfast, we will all use the bathroom and then load up in the car to go the store on the way to [fill in the blank here]”. Simply lining out your plans will help everyone know what to expect. This empowers children to move through their day knowing what will come next and helps to create a

sense of safety. *You can include a choice option to give kiddos a sense of ownership. “Are you going to use the bathroom or put your shoes on first?”

Sensory Activities – Engaging with sensory materials can help us to down-regulate and calm. This can be gathering leaves on a walk and then taking time to study and feel their textures, blowing bubbles, or playing with sand, water, or playdough. Though these activities may seem geared toward young children, they have the same regulating effect on folks of all ages. Making playdough together is a great opportunity to slow down and make a memory with children.



DIY Playdough Recipe

1. Mix all ingredients together in a pot and put on the stove over medium heat
2. Stir for a few minutes until dough forms (keep stirring so it doesn't stick!)
3. Remove dough from pot and allow to cool to touch
4. Knead the dough and add a few drops of food coloring or essential oil if you like (lavender, orange, or peppermint are favorites)
5. Enjoy! **Stored in a sealed container, this recipe should last for several weeks.



For more information about First 5 Humboldt, please visit <https://www.first5humboldt.org/>



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Holiday Self-Care and Mindfulness

By Jaguar Smith



Although Holidays are supposed to be filled with fun and cheer, they can, at times, become overwhelming and stressful. A holiday study conducted by the American Psychological Association found that in 2021 some of the leading holiday stressors for Americans were: lack of time; lack of money; commercialism or hype; pressure of giving or getting gifts; and staying on a diet. Combat these stressors with some strategies for self-care that are listed below.

Get Enough Sleep, Schedule Downtime, and Nourish Yourself

It is always important to prioritize your emotional health and well-being. Remember to take time for self-care and ensure that you are getting enough sleep, exercise, and nutritious foods. It's okay to take a break from—or say no to—social gatherings, make time for hobbies you enjoy, and connect with what is most important to you about the holidays. It is okay to trust yourself and set and stick to boundaries that make sense for you.



Take a Break From Social Media and Have Realistic Expectations

It's easy to compare ourselves to others during this time as we scroll through social media and see other people's lives and families. Being too connected to our devices can put our brains on overload. Set boundaries for yourself to look at your phone less, and avoid screens before bedtime, so it's easier to fall asleep. Also, remember many holidays have become commercialized, it is ok to create your own values and traditions that may not always include buying gifts or spending money.

Slow Down and Breathe

Whether sipping on a favorite hot beverage, cooking, cleaning, or stressing about an event, try shifting your attention to what is happening at the moment. Getting grounded in where we are at any given time can help us to feel less overwhelmed. When we experience stress, we also sometimes hold our breath, meaning less oxygen gets to the brain. Taking time to focus on breathing sends a signal to the nervous system that everything is okay and helps calm down any stress we're feeling, grounding us in the present moment.

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The Box Breath Technique

1. Exhale all the air from your lungs while counting to four.
2. Hold for a count of four, keeping your lungs completely empty.
3. Inhale a deep, full breath for a count of four.
4. Keep your lungs full for a count of four.
5. Do this for at least four rounds and reduce the number of rounds if you start to feel light-headed.

Acknowledge Grief

A variety of emotions may arise this holiday season—grief that your loved one is gone, guilt over a lack of “holiday cheer,” a desire to continue old traditions or let them go. There is no right or wrong way to grieve or celebrate, and your grief matters whether you feel sad or find joy during this time. Connect and talk with your loved ones, cry when needed, give yourself and others grace when working to acknowledge these challenging emotions. Acknowledgment is the first step to begin navigating through these difficult feelings.

Connect with a Loved One

Whether you are feeling isolated, stressed, or any other difficult emotion, keeping it bottled in only makes it worse. Being able to vent to a trusted friend or family member can help you calm down and get perspective. Instead of texting, connect by phone or in person — hearing a familiar voice can be calming and comforting.

Move Your Body!

Movement gets the blood flowing and brings your attention to the present moment (instead of worrying about the past or future). It doesn't have to be a long run, but it should be something you enjoy, even if it's just dancing to your favorite playlist in your room.

Find Additional Support

Life gets hard, and sometimes we need extra support. Whether it's food baskets or clothing drives, don't be afraid or ashamed to get the additional support you may need to make it through this holiday season. Research local newspapers and organizations that may be offering additional resources this season, it could help take some stress off your shoulders.

Holidays can be challenging, but they can become more manageable when there is mindfulness and time put into our self-care. Feelings of isolation, depression, and anxiety may come and go with the holiday season, but if you notice they intensify or persist after the holidays end, please reach out to a trusted adult or mental health professional for support.

To learn more about Humboldt County Office of Education Foster and Homeless Youth Education Services visit <https://hcoe.org/yes/>





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It Can Be Tricky By Kora Shoemaker



As the leaves change color and escape the branches they were once bound to, we know the fall season is upon us. And as fast as the sun rises and sets, fall shifts to winter and we are all preparing for the holidays. The holidays are a very special time of year. We make incredible sacrifices to show our love and gratitude for one another by spending hours in the kitchen cooking delicious food for others, spending our hard-earned money on gifts for our loved ones, leaving the comfort of our own homes, and traveling to see family and friends, all because we care about one another.

Although there is much joy in the air, there is also a significant amount of stress and discomfort present during these times. We must remind ourselves that it is **OKAY** to be unhappy, uncomfortable, and desire to find isolation when engaging in holiday activities, especially when around family. It may be helpful to consider making subtle changes to our holiday plans to ensure a more enjoyable experience. This could include setting and maintaining boundaries with ourselves or family, securing a safe space to go to if needed, recognizing who our support systems are, and/or scheduling a shorter trip overall.



Whatever it is, **DO IT**, and let go of any guilt or shame that comes with it. Each and every person deserves to be happy and feel safe.

If we are feeling triggered or overwhelmed, understand it is **OKAY** to utilize support. For some, support comes from a friend, family member, and/or an external resource. There are people that care and want to be there for us when needed. Enjoy the season and take care.

The North Coast Rape Crisis Team is available 24/7 to support survivors of sexualized violence and their loved ones, especially during the holiday season.

North Coast Rape Crisis Team

24/7 Support Lines
Humboldt
(707)445-2881

Del Norte
(707)465-2851

Text Line
Monday-Friday
8:30 AM—4:30 PM
(707)382-5174



[@ncrctumboldt](https://www.instagram.com/ncrctumboldt)

<https://ncrct.org/>



North Coast
RAPE CRISIS TEAM

Eel River Valley & Southern Humboldt Calendar

Sun

Mon Tues Wed Thurs

Fri

Sat

Check out 211Humboldt's Holiday Resource List to find free hot meals, gifts, and toys in your area.

1

2



3



4



5

6



7

8

[Peter and the Star Catcher](#)
Ferndale Repertory Theatre
447 Main St. Ferndale
7:30 pm
Price:\$16-18

[Fortuna Electric Lighted Truck Parade](#)
Redwood Village Shopping Center
701 S. Fortuna Blvd.
Fortuna
6:00 pm

9

[Peter and the Star Catcher](#)
Ferndale Repertory Theatre
447 Main St. Ferndale
2 pm
Price:\$16-18

[Santa Claus in Ferndale](#)
405 Main Street Ferndale
10:30-11:30 am

[Loleta Holiday Market](#)
824 Loleta Drive
9 am-4 pm

10

[Birdwalk at Wildlife Refuge](#)
Humboldt Bay Wildlife Refuge
1020 Ranch Rd.
Loleta, CA
9 am

[Loleta Holiday Market](#)
824 Loleta Drive
9 am-4 pm

[Peter and the Star Catcher](#)
Ferndale Repertory Theatre
447 Main St. Ferndale
2 pm
Price:\$16-18

[Fortuna Christmas Music Festival](#)
Fortuna River Lodge
1800 Riverwalk Dr., Fortuna
3-5:30 pm

11



12

13



14

15

[Peter and the Star Catcher](#)
Ferndale Repertory Theatre
447 Main St. Ferndale
7:30 pm
Price:\$16-18



16

[Peter and the Star Catcher](#)

[Ferndale High Gift Wrapping Fundraiser](#)
484 Main Street Ferndale
11 am-4 pm

[Scotia Saxes in Ferndale](#)
Main Street Ferndale
12 pm-2 pm

[Southern Humboldt's Small Town Christmas](#)
Southern Humboldt Chamber of Commerce Parking Lot
782 Redwood Drive
Garberville
1-5 pm

[Garberville Lighted Truck Parade](#)
Starts at Redway Elementary
344 Humboldt Ave.
Redway/Garberville
5:30-7:30 pm

17

[Peter and the Star Catcher](#)
Ferndale Repertory Theatre
447 Main St. Ferndale
2 pm
Price:\$16-18

[Lighted Tractor Parade](#)
Main Street Ferndale
Starts at Main St. & Ocean Ave.
(707) 786-4299
5-7 pm

18



19

20

21

22



23

[Ferndale High Gift Wrapping Fundraiser](#)
484 Main Street
11 am-4 pm

24



25



26



27

28



29



30/31



Arcata Activities Calendar

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>Check out 211Humboldt's Holiday Resource List to find free hot meals, gifts, and toys in your area.</p>					1	2
<p>3</p> 	4	5	6	7	<p>8</p> <p>Arts Arcata Arcata Plaza (707)822-4500 4-8 pm</p> 	<p>9</p> <p>Arcata Farmer's Market Arcata Plaza</p> <p>Arcata Marsh & Wildlife Birdwalk Arcata Marsh & Wildlife Sanctuary South "I" Street Parking Lot 8:30-11 am</p> <p>Holiday Craft Market Arcata Community Center 321 Dr. Martin Luther King Jr. Pkwy., Arcata 10 am-5 pm Price: \$1</p> <p>Arcata Marsh Tour Arcata Marsh & Wildlife Sanctuary 569 South "G" Street 2-3:30 pm</p>
<p>10</p> <p>Holiday Craft Market Arcata Community Center 321 Dr. Martin Luther King Jr. Pkwy., Arcata 10 am-4 pm Price: \$1</p> <p>Santa, Trains, & Candy Canes The Samoa Roundhouse 930 Vance Avenue (707) 499-8481 11 am-2 pm</p>	11	12	13	14	15	<p>16</p> <p>Arcata Farmer's Market Arcata Plaza</p> <p>Arcata Marsh & Wildlife Birdwalk Arcata Marsh & Wildlife Sanctuary South "I" Street Parking Lot 8:30-11 am</p> <p>Arcata Marsh Tour Arcata Marsh & Wildlife Sanctuary 569 South "G" Street 2-3:30 pm</p> <p>Samoa Dunes & Wetlands Guided Walk Arcata Call for details (707) 444-1397 10 am-12:30 pm</p>
<p>17</p> 	18	19	20	21	22	<p>23</p> <p>Arcata Farmer's Market Arcata Plaza</p> <p>Arcata Marsh & Wildlife Birdwalk Arcata Marsh & Wildlife Sanctuary South "I" Street Parking Lot 8:30-11 am</p> <p>Arcata Marsh Tour Arcata Marsh & Wildlife Sanctuary 569 South "G" Street 2-3:30 pm</p>
<p>24</p> 	25	26	27	28	29	<p>30/31</p> <p>Arcata Farmer's Market</p> <p>Arcata Marsh & Wildlife Birdwalk 8:30-11 am</p> <p>Arcata Marsh Tour</p>

Eureka Activities Calendar

Sun

Mon Tues Wed Thurs

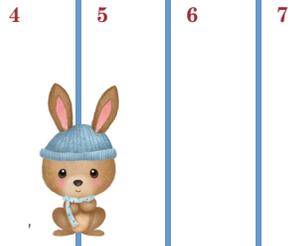
Fri

Sat

Check out 211Humboldt's Holiday Resource List to find free hot meals, gifts, and toys in your area.



3
[Santa in Eureka](#)
Old Town Gazebo
2nd & "F" Street
(707) 442-9054
12-3 pm

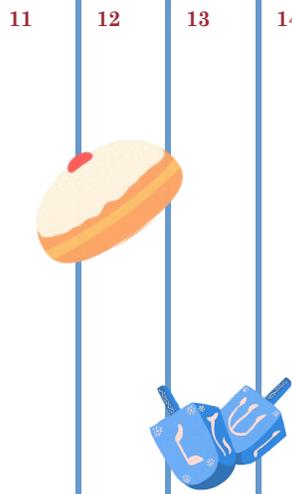


9
[Eureka Truckers Parade](#)
Begins at Redwood Acres Fairgrounds
6-7:30 pm

[Santa in Eureka](#)
Old Town Gazebo
2nd & "F" Street
(707) 442-9054
12-3 pm

10
[Redwood Acres Flea Market](#)
3550 Harris St. Eureka
9 am-3 pm
Price: \$3, kids under 12 free,
Free Parking

[Santa, Trains, & Candy Canes](#)
The Samoa Roundhouse
930 Vance Avenue
(707) 499-8481
11 am-2 pm



15
[Zoo Lights: Holiday Extravaganza](#)
Sequoia Park Zoo
3414 "W" Street
Price: \$4
5:15-7:15 pm

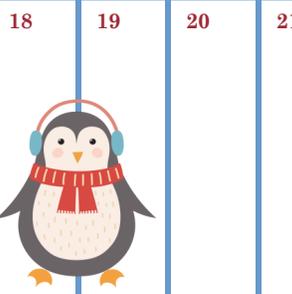


16
[Salty Santa Boat Parade](#)
The Eureka Waterfront
Starts around Waterfront Drive & "M" Street
10:00 am

[Santa in Eureka](#)
Old Town Gazebo
2nd & "F" Street
(707) 442-9054
12-3 pm

[Zoo Lights: Holiday Extravaganza](#)
Sequoia Park Zoo
3414 "W" Street
Price: \$4
5:15-7:15 pm

17
[Santa in Eureka](#)
Old Town Gazebo
2nd & "F" Street
(707) 442-9054
12-3 pm



22
[Photos with Santa! You Snap!](#)
The Historic Eagle House
139 2nd St
(707) 444-3344
4-8 pm

23
[Santa in Eureka](#)
Old Town Gazebo
2nd & "F" Street
(707) 442-9054
12-3 pm

[Photos with Santa! You Snap!](#)
The Historic Eagle House
139 2nd St
(707) 444-3344
3-6 pm

[Zoo Lights: Holiday Extravaganza](#)
Sequoia Park Zoo
3414 "W" Street
Price: \$4
5:15-7:15 pm

[Zoo Lights: Holiday Extravaganza](#)
Sequoia Park Zoo
3414 "W" Street
Price: \$4
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[Zoo Lights: Holiday Extravaganza](#)



30/31
[Zoo Lights: Holiday Extravaganza](#)
Sequoia Park Zoo
3414 "W" Street
Price: \$4
5:15-7:15 pm





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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.

CAPCC Mission

Strengthening community connections to promote safe, healthy, resilient children & families in Humboldt County.



[@capcchumboldt](https://www.instagram.com/capcchumboldt)



Special Thanks to:

Forrest Archer
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Jennifer Gonzales

Newsletter Edited by:

Lauren Dahl
For feedback or questions
contact Lauren at
capcchumboldt1@outlook.com
707-601-4105

Please consider joining us to create a safer community for our children and fill out a general membership application, a short process and completely free. It is available on our website: www.capcchumboldt.org.