

cg1 WELL SAID.

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Building Healthy Relationships with your Kids

Parents have an important job. Raising kids is both rewarding and challenging. You're likely to get a lot of advice along the way, from doctors, family, friends, and even strangers. But every parent and child is unique. Being sensitive and responsive to your kids can help you build positive, healthy relationships together.

BUILDING BONDS

Strong emotional bonds help children learn how to manage their own feelings and behaviors and develop self-confidence. They help create a safe base from which they can explore, learn, and relate to others.

Experts call this type of strong connection "secure attachment." Securely attached children are more likely to be able to cope with challenges.

BEING AVAILABLE

If parents are inconsistently available, kids can become distressed and feel hurt, rejected, or ignored. They may have more emotional outbursts and feel alone. They may stop trying to compete for their parent's attention and lose emotional connections to their parents.

Responding with sensitivity during tantrums, arguments, or other challenging times with your kids is tough. But

responding with irritation or aggression can create a negative cycle that continues to escalate.

As kids become better at managing their feelings and behavior, it's important to help them develop coping skills, like active problem solving. Such skills can help them feel confident in handling what comes their way.

MEETING NEEDS

As children grow up, it's important to remember that giving them what they need doesn't mean giving them everything they want. Think about where a child is in life and what skills they need to learn at that time. Perhaps they need help managing emotions, learning how to behave in a certain situation, thinking through a new task, or relating to friends.

Other suggestions are to spend time with your child that isn't highly directive, where your child leads the play, and to focus on your child's actual needs instead of sticking to specific parenting principles.

By being a sensitive and responsive parent, you can help set your kids on a positive path, teach them self-control, and build a warm, caring parent-child relationship.

CONNECT WITH YOUR KIDS

- Give children meaningful jobs at home and positive recognition. Help them improve their skills one step at a time.
- Use kind words, tones, and gestures when giving instructions or making requests.
- Spend time in positive, loving interaction with your kids. Look for opportunities to spend time as a family, like taking after-dinner walks or reading books together.
- Brainstorm solutions to problems at home or school together.
- Set rules for your mobile device use and other distractions. For instance, check your phone after your child goes to bed.
- Ask about your child's concerns, worries, goals, and ideas.
- Participate in activities that your child enjoys. Help out with and attend their events, games, activities, and performances.

<https://welcoa.org>



"Tell me and I forget. Teach me and I remember. Involve me and I learn." - Benjamin Franklin

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CONTINUED

Pack-a-Snack



Sweet & Crunchy

What's better than veggies with dip? Veggies with fruit. Try this: purple grapes and 6 sugar snap peas.



Apple Twist

Make classic snacks a little, well, cooler. Freeze small containers of unsweetened applesauce overnight for a slushy treat—and a serving of fruit. Try with low-fat yogurt too.



Ladybugs on a Log

Fill 3" to 4" long celery sticks with about 2 Tbs. Laughing Cow light cheese spread and dot with dried cranberries.

Play is the highest form of research

Albert Einstein

PlayTime

August Challenge:

Play 300 minutes over the next 31 days

Playing is important no matter what age you are. It exercises your mind and body and provides a way to be creative. Playing creates an environment where we can socialize in a natural, unique way.

Embrace the child within you and go play. Play a fun sport like tetherball or dodge ball. Play a new board game. Try a coloring book. Work on a puzzle. Build something cool with Legos. If you have children, play with them. After all, children are the experts when it comes to playing.

Give it try. It will breathe fresh life into you and help you perform at new levels.



10 MINUTES—GO!



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