

Presented by



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What is Family Resource Night?

This is a space for families to receive information, resources, and education on student mental health, social-emotional learning, and other relevant topics.

This space is for YOU, our families. We are open to receiving feedback and guidance on what you would like to learn about!

Upcoming Topics:

January - TBD

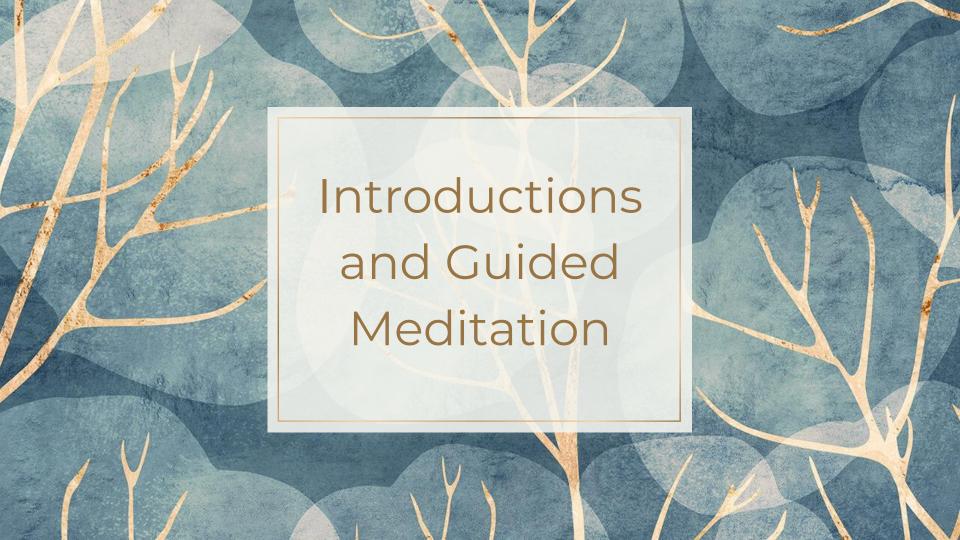
February - Special Education 101

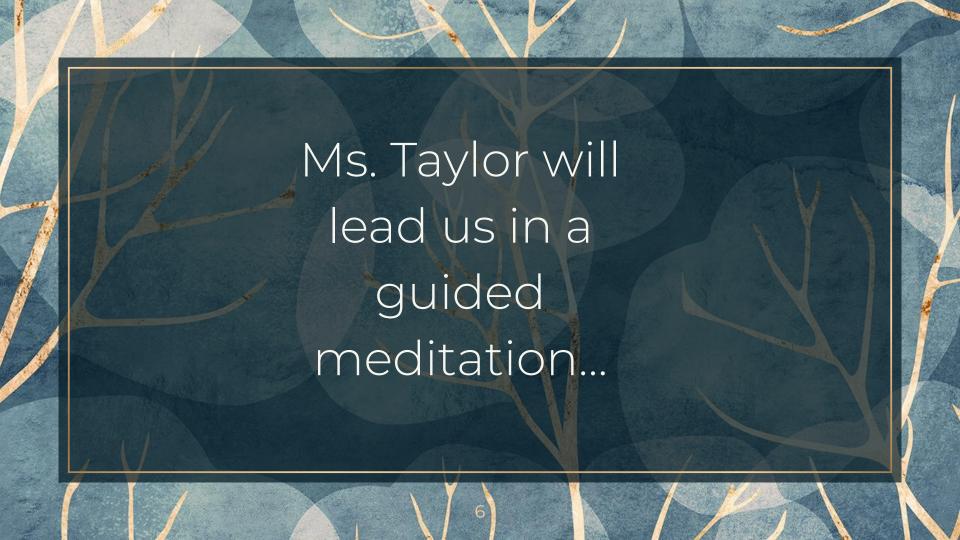
March - Mindful March - In Person!

April - Supporting LGBTQ+ Youth

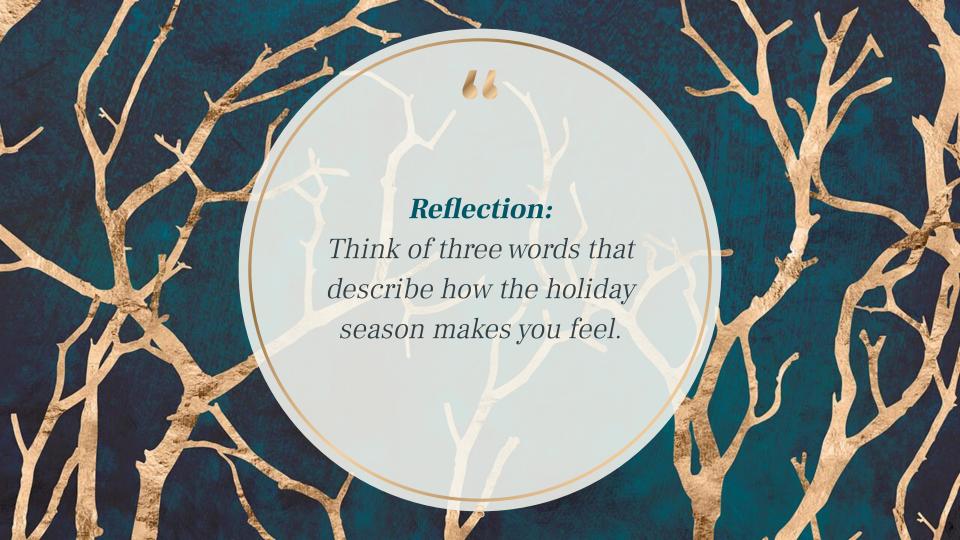
May - Mental Health Awareness Month











What can we do to help ourselves manage the stress and anxiety that may come up during the holiday season?

Get out of your regular routine!

Loma Vista Farms

Make a vision board

Start a new tradition

Hikes/Biking trails in the Bay Area

Have the kids make dinner!





Practice Patience and Compassion

Self-Compassion

- Being kind to ourselves
- Mindfulness
- Common humanity
- Observe without judgement

<u>Patience</u>

- Recognize when patience might be running thin
- Slow down
- Prioritize & let go
- Be mindful/present
- Gratitude
- Reframing

Teach + Reinforce Boundaries and Consent

Talking to kids about physical and emotional boundaries and consent can seem overwhelming, but it's a vital conversation to have no matter their age!

During the holidays, your kids may be around a lot of family members who they don't see often. Family members may not always respect boundaries or bodily autonomy.

How can you support your child with this concept during the holidays?

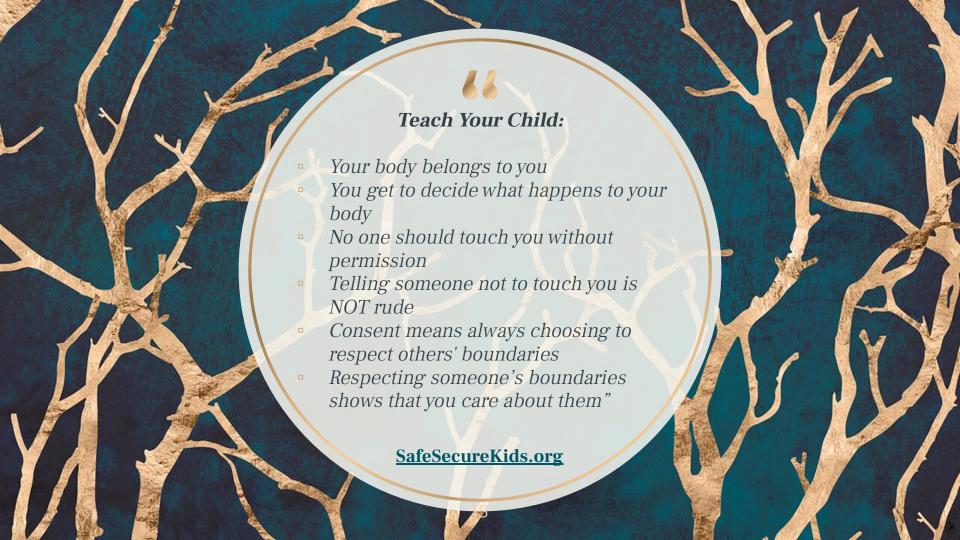
COURTING KIDS

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Tips to Teach About Boundaries and Consent

- 1. Let your child know that they are in charge of their own body.
- 2. Ask permission before touching your child, and have them do the same.
- 3. Remind your child that it's okay to ask for help if they feel uncomfortable; help them identify safe adults.
- 4. Be direct when talking about bodily anatomy.
- 5. Talk about the importance of consent in everyday situationsfor example, before borrowing a toy or giving a hug.

Adapted from Connecticut Alliance to End Sexual Violence



Examples from SafeSecureKids.org

Ways to ask your child for consent:

"Do you want a hug goodbye today? We could also wave or high five."

"Can I sit beside you while we read this book?"

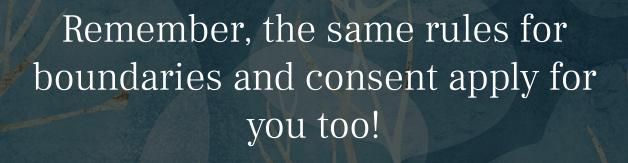
"Can I tell your teacher that your grandma died?"

Ways to model consent:

"Do you need a break from tickling, or are tickles still okay with you?"

"It's OK if you don't want a goodnight hug."

"Can I help you put your jacket on?"



You are allowed to tell someone that you don't want to be touched, or that you don't want to talk about a personal subject. You deserve to have your physical and emotional boundaries respected!

Boundary Setting for Adults

- 1. Visualize and identify your boundaries
- 2. Communicate your boundaries with others
- 3. Reiterate and uphold your boundaries
- 4. Remember: it's okay to say "no"!

Adapted from <u>Science of People</u> - click for good examples of boundary setting!

Move your body when you can...

- Take a family or solo walk
- Play games together
 outside tag, hide
 and seek, etc.

- Dance in your living room or in the kitchen
- Try some yogatogether! <u>Example</u>

... But don't be afraid to rest!

This probably seems a lot easier said than done, especially for busy families! But rest is vital for all aspects of our lives, and has so many benefits, including:

- Improved mental health and mood
- Increased concentration and memory
- Improved immune system and metabolism

Read more about the importance of rest, relaxation, and exercise here!

Utilize self-soothing tools and techniques

Going somewhere stressful over the holidays? Bring something to soothe yourself! This can be helpful for you and your child.

- Lotion or essential oil
- Pen and paper
- Fidget object (stress ball, fidget spinner, etc.)
- Silly putty/thinking putty

- Picture of a pet or loved one
- A smooth rock collected during a peaceful walk
- Visual reminder of a breathing exercise
- Headphones and preferred audio (music, podcast, audiobook, etc.)
- A funny video from YouTube,
 Instagram, TikTok, etc.

Learn how to build a **Coping Toolbox!**







THINGS to REMEMBER THIS SEASON





