

HAPPY & HEALTHY

MIDDLETON-CROSS PLAINS AREA SCHOOL DISTRICT
FAMILY WELLNESS NEWSLETTER

TABLE OF CONTENTS:

RESOURCES & STAYING CONNECTED



WELL-BEING FOR PARENTS & GUARDIANS



ERGONOMICS & MORE FROM OT/PT



RESOURCES & STAYING CONNECTED

Find **resources** such as those listed & linked below and more on our wellness website:

mcpasd.k12.wi.us/wellness/famresources

Virtual Calming Room

Free Fitness at Home

Care for Coronavirus anxiety (TONS of resources)

How you and your kids can destress during coronavirus

Stay **connected** with family wellness information by connecting with us on social media & checkout our website:

mcpasd.k12.wi.us/wellness



MCPASD Family Wellness



Our fantastic MCPASD OT/PT Department has put together some helpful resources to support **physical well-being**, linked below:

Online learning set-up success

Ergonomic standing posture

A sit and stretch routine while sitting on a chair

Ergonomic sitting posture

Upcoming Event:

November Family Fun Month

We're excited to have local businesses joining us to provide a wellness-related activity each day for families in the month of November! To sign up to receive details about this event, [click here](#), and follow us on Facebook.

FAMILY FUN Challenge



PARENT & GUARDIAN TIPS FOR WELL-BEING IN THESE UNIQUE TIMES

BY KALISE HORST, CWP

Airlines get it right when they tell you to "put your oxygen mask on first before helping others." If you're not taking care of yourself, you are no good for the loved ones in your life, those who are most important. We invite you to get curious and explore some of these tips below to help support your own well-being:

SELF CARE. First and foremost, it's important that you as a parent are taking time to refill your cup. If you are struggling, you're not as equipped to help support your children and be your best. You can't pour from an empty cup, so be sure you're taking time to breathe, to get movement, and to do the things that make you happy.

MIND YOUR P'S and Q.S. Remember, your feelings are reflected onto those around you. Your kids hear what you say and take it to heart. The more positive you can be around your children, the more you can ease any anxiety your children may be feeling. This doesn't mean we can't talk about hard feelings, feel them fully and process

them together. However, we're finding more and more that our children are very adaptable and doing well until they hear negativity from those around them. Be cautious that you're not putting your own feelings onto your children.

BREATHE. Finding quiet is much harder these days, but still so important. By taking time to breathe slowly and practice mindfulness, it helps us be better prepared to take on the tough situations we're facing.

ROUTINE. Stick to routines as much as possible- they help us feel like we have some control, offer predictability for ourselves and our children, and help us prioritize our time.



CIRCLE OF CONTROL. Focus on your circle of control. When something is really bothering you, ask yourself if it's something that you can control. If it is, take action to do something about it. If it isn't in your control, see if you can let it go.

CHECK IN. Check in daily with your kids and partners. When you can, it's also important to connect and check in with friends and family. Try asking "How's your heart?" or "What's going well for you?" to connect more deeply.

EMBRACE THE CHAOS AND HAVE FUN. Here are some ideas to bring more fun to your family. Hop on our Facebook page and share your ideas, too!

- Scavenger hunts
- Movie nights/pizza nights/family game night (designate one night)
- Rearrange a room
- Get outside- try a new trail
- Make a gratitude jar
- Create obstacle courses
- Do a family workout
- "Send a card" day to someone who needs it