

All in for Kids

A Birth to 3 Program Family Newsletter

All in for Kids is a newsletter created to keep you and your family informed about the services available through the Birth to 3 Program. The newsletter is published by the Wisconsin Department of Health Services.



What is Resilience and Why Is It Important?

“Resilience” is a person’s ability to recover from difficulties in a positive way. According to the Mayo Clinic, it is important for both adults and children. The more resilient someone is, the better they can manage stress and deal with tough situations. Children develop resilience by having stable and supportive relationships with parents, caregivers, and other adults. Raising resilient kids makes them more likely to be independent, confident, curious, caring, and patient.

Tips for Building Resilience in the Child and Yourself

You can take steps to boost resilience in both the child and yourself. Here are some tips.

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Building Children's Resilience

Children have different difficulties and disappointments than adults, but they are just as real. What may seem like small things (like going to bed, leaving the park, or losing a toy) can be a big deal to a child. What is happening in the world around them can also affect children. Even when they are very young, children may pick up on information from the news or conversations that makes them worried or scared.

As a parent or caregiver, you can help the child develop resilience. You can help a child as young as 1 year old by:

- Having the child name their emotions when they are experiencing them (“Do you feel sad?”) or having them point to a picture showing how they feel. (The Feelings Thermometer in the next story is a great tool for this.) Identifying their emotions can help you and the child understand when they need help or time to themselves.
- Noticing and praising the child for what they are good at (for example, sharing toys, picking up, or waiting their turn).
- Keeping a daily routine for the child and family.
- Simply holding the child close to you and having regular family time so they feel safe and secure.

The child may be stressed from what is going on in the world around them. Watch for signs of fear or sadness that they may not be able to put into words. For example:

- Has the child become extra clingy or needed more hugs than usual?
- Is the child more irritable lately?
- Has the child restarted behaviors that they had outgrown?

Play can help the child express their fears and cope. Encourage them to use art (such as drawing or painting) or pretend games (such as acting out a situation with stuffed animals or other toys) to express what they may not be able to put into words.

Boosting Your Own Resilience

Resilience is important in adults, too. Showing resilience gives children a model to follow. Being able to better handle life's ups and

JOIN OUR EMAIL LIST

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downs can give you more energy and a better outlook. Here are some suggestions for building your own resilience.

- Name your emotions as you are feeling them (I feel sad, I feel anxious, I feel happy). This can help you realize when you need help or time alone.
- Reach out to friends or family to talk or ask for help. Everyone needs help sometimes.
- Recognize what you are good at (for example, listening to others, singing, or cooking).
- Join a group such as a sports team or a craft club (either online or in person).
- Set goals for yourself. It may help to post a list of your goals on the fridge or bathroom mirror as a daily reminder.
- Make time for yourself. Do activities that relax and reenergize you, such as listening to music, going for a walk, or taking a bath. Doing nothing is also an option!
- Know your limits and boundaries. It is okay to say no. You do not have to accept every invitation or answer every phone call.
- Accept your mistakes. We all make mistakes and it is okay.

You can find more information about building resilience at resilient.wisconsin.gov and www.apa.org/topics/resilience. ❖

Feelings Thermometer Can Help Your Family Manage Emotions

Everyone needs ways to deal with stress, anger, or other feelings. The beginning of a new school year often adds to a family's stress. The Feelings Thermometer is a tool, created by the Wisconsin Office of Children's Mental Health, that can be hung where kids and adults can easily see it to help them name the emotions they are feeling at that moment. It gives steps your family can take to shift moods when things are getting tough.

How to Use the Feelings Thermometer

The Feelings Thermometer starts at blue (the calm zone) and goes to red (the furious zone). By naming someone's current feelings it shows when their emotional "temperature" is getting warmer and then

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hotter. The thermometer lists quick, simple actions to take right away to feel less angry, frustrated, anxious, or sad. You can use it to:

- Check in with a family member to see how they're feeling.
- Take note of your own emotions and handle them in a positive way.
- Remind others of ways they can improve their mood.

Research shows that just naming a calming activity can reduce anxiety. Being aware of feelings is the first step! ❖

FEELINGS THERMOMETER

How do you feel?	What can you do about it?
 <p>ANGRY, FURIOUS, EXPLOSIVE ▶ Yelling, Stomping, Meltdown</p>	<ul style="list-style-type: none"> • Vigorous physical exercise • Breathe deep breaths • Take a warm shower or bath
 <p>FRUSTRATED, ANNOYED, IRRITABLE ▶ Arguing, Refusing, Shutting down</p>	<ul style="list-style-type: none"> • Meditate/pray • Listen to favorite music • Take a fast-paced walk
 <p>ANXIOUS, WORRIED, UNSETTLED ▶ Pacing, Avoiding, Clingy</p>	<ul style="list-style-type: none"> • Talk to a family member/friend • Pay attention to each of your 5 senses • Focus on what you <i>can</i> control
 <p>SAD, NEGATIVE, LONELY ▶ Crying, Withdrawn, Slowed/Disengaged</p>	<ul style="list-style-type: none"> • Set a positive goal for the day • Call a friend or relative • Journal about your feelings
 <p>HAPPY, CALM, CONTENT ▶ Smiling, Laughing, Engaged</p>	<ul style="list-style-type: none"> • Help someone else • Notice and enjoy your positive mood • Engage in an enjoyable activity


 Wisconsin Office of **Children's Mental Health** children.wi.gov

RESOURCES

For a printable version of the Feelings Thermometer in English or Spanish go to www.children.wi.gov/Pages/FeelingsThermometer.aspx.

The Feelings Thermometer is a visual tool to post on the refrigerator that helps everyone—from kids to adults—measure how they are doing emotionally and gives tips on how to shift their mood from angry to calm.

Babies Count Program Can Help Children with Vision Loss

From the day babies are born, they start learning about the world through their senses: vision (sight), hearing, smell, taste, and touch. If one of their senses is delayed or impaired, there are ways to help. Babies Count is a program that helps children from birth to 36 months old who have vision loss.

Vision loss can affect the child's overall development, but getting support early can help. The Babies Count Program may connect you with a specially trained teacher who works with the Birth to 3

WHAT IS VISION LOSS?

Vision loss is the loss of sight that cannot be corrected with eyeglasses, medicine, or surgery. It is also called "visual impairment."

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Program. You also will be asked if you want to take a survey about children with vision loss. The survey responses are used by schools, scientists, and governments in planning for services and research and setting budgets.

For more information about Babies Count, you can talk to the Birth to 3 Program. You can also connect directly with Babies Count by emailing BabiesCountWI@gmail.com or calling 414-403-8683. ❖

Free and Fun Things To Do with Babies and Toddlers this Fall

As summer turns to fall you may be looking for different things to do with your family. If the changing seasons make you want to get out of the same old routine, read on! Here are some suggestions for activities to try during this “not too hot, not too cold” time of year.

- **Create a fall discovery basket.** Use real or fake pumpkins to create a fall discovery basket. Collect a few pumpkins and put them in a basket or box. Let the child explore the color, smell, texture, and size of each one. Talk about what each one is like: orange, white, or green? Smooth or bumpy? Big or small?
- **Take a trip to a pumpkin patch (many are free!).** This is another place the child can explore different types of pumpkins. You may even be able to go on a hayride, where riders are towed slowly around the fields in a cart pulled by a tractor. It may be a little bumpy but it is also a lot of fun!
- **Have a picnic.** Choose a warm fall day and grab a blanket for an outdoor picnic at a nearby park. Pack your favorite fall treats and some toys or books. Enjoy an hour or two outside together before the weather turns too cold for an outdoor meal.

Now that you have some ideas, get out there and make some fun fall memories! ❖



**FALL FAMILY
FUN**

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Helpful Resources for Families

Sign up for weekly resilience tips by email from Devereux Center for Resilient Children:

centerforresilientchildren.org/home/sign-up-for-news-updates/

Tips for safely returning to school or daycare during the COVID-19 pandemic for children with complex health needs:

www.healthykidsdane.org/reset

Information on child care during the COVID-19 pandemic:

dcf.wisconsin.gov/covid-19/childcare/families (scroll down to the Families section)

Previous issues of All in for Kids: Birth to 3 Program newsletters:

www.dhs.wisconsin.gov/birthto3/family/index.htm (scroll down to the Publications tab at bottom of page)

SPREAD THE WORD

If you know of a child who might be helped by the Birth to 3 Program, spread the word! Tell other parents about the program, pass along this newsletter, or share the website address with them.

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All in for Kids is a newsletter published by the Wisconsin Department of Health Services for children and families in the Wisconsin Birth to 3 Program.

The Wisconsin Birth to 3 Program is an early intervention program committed to serving children under the age of 3 with developmental delays and disabilities and their families. The program partners with families to assist the child's development and support the family's knowledge, skills, and abilities as they interact with and raise their child. For more information, visit www.dhs.wisconsin.gov/children/index.htm.

Para leer este boletín en español, visite www.dhs.wisconsin.gov/library/akidsb-3-2021.htm.

Xav nyeem tsab ntawv xov xwm no ua Lus Hmoob, mus xyuas www.dhs.wisconsin.gov/library/akidsb-3-2021.htm.

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