

HEALTHY DEVELOPMENT SERVICES (HDS)/ CHILDREN'S CARE CONNECTION (C3) NEWSLETTER



Support During the Holidays

It's that time again...so much to look forward to. Having a child during the holiday season is filled with absolute magnetism. No matter what holidays are celebrated, or not, there is a feeling in the air where families are more intentional to find family activities to participate in, plan their weekends to the max, think about taking time off and how to show those closest to you that you care for them.

The season also comes with the not so enchanting aspects such as busy schedules, overwhelm, financial worries (and worries in general). This newsletter aims to support families and providers to celebrate the season in the way that makes sense to them, keeping an eye on self-compassion, supporting your child through varying routines, and family activities that aren't just a checkbox on your to-do list.

We hope you enjoy the newsletter and more importantly we hope you enjoy the season for everything it is-and is not-making the most of each month!

HDS/C3 N. Central/N. Coastal/South Team

HDS Outreach

We'd like to remind you that we have several other ways we can support you, your caregivers, or your staff through our outreach efforts:



Tabling Events
In-Service
Registration Days
Screening Days
Behavior and Development Classes

Contact Julia Yang: jyang3@rchsd.org for more information.

THIS ISSUE:

Self-Compassion During the Holidays

Sesame Street Resources:
Self Care for Caregivers

Supporting Children with Big
Holiday Emotions

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the Every Days

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Family Activities and Holiday
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DEI Library: Holiday
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Caregiver Compassion Corner



Self-Compassion During the Holidays

By Claudia Ruvalcaba, MA, Behavior Specialist

Although the Holiday season may be referred to as "the most wonderful time of the year," **this time can also spark difficult feelings, moments of grief, and various life stressors.**

The American Psychological Association conducted survey using the Harrison poll between Nov. 14 through 16, 2023. Out of 2,061 American, 89% noted experiencing "concerns such as not having enough money, missing loved ones and anticipating family conflict cause them stress at this time of year" (APA.org, 2023). Many individuals may experience and cope with these stressors in various ways.



The Harrison Poll results further showed that "A majority of adults who experience stress (70%) said they are comfortable talking with others about their stress during this time... **managing their expectations (38%), reminding themselves that the season will pass (35%) or volunteering to help others (16%)**" (APA.org, 2023).

We can decide what holiday traditions and practices are realistic to prioritize due to our own capacity. Think of activities that are enjoyable and fill your cup! Volunteering or spending quality time with our loved ones is a great way to reduce stress and focus on joy.

The Mayo Clinic Health System's 9 tips to Fend off Holiday Stress includes self-care activities such as "maintaining healthy habits, taking breaks, and sharing [our] feelings" (Reisner, 2021). With our families, we may want to explore **what are some realistic ways that we can incorporate these strategies into their holiday routines.**

We can maintain healthy habits by:

- Trying to plan and anticipate one day at a time (including mealtimes, rest times, and playtime)
- Taking breaks and doing something we love like taking a walk around the neighborhood homes and exploring the holiday lights.

Implementing these and other coping strategies can promote self-compassion with our expectations during the unpredictability of the holiday season:

"Even a Joyous Holiday Season Can Cause Stress for Most Americans" - American Psychological Association

<https://www.apa.org/news/press/releases/2023/11/holiday-season-stress>

"9 Tips to Fend Off Holiday Stress" - Mayo Clinic

[https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/fend-off-holiday-stress-with-these-](https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/fend-off-holiday-stress-with-these-tips#:~:text=The%20holidays%20mean%20spending%20money,and%20forget%20this%20holiday%20season.)

[tips#:~:text=The%20holidays%20mean%20spending%20money,and%20forget%20this%20holiday%20season.](https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/fend-off-holiday-stress-with-these-tips#:~:text=The%20holidays%20mean%20spending%20money,and%20forget%20this%20holiday%20season.)

Self Care for Caregivers

BY BRYANNA BECERRA, DEVELOPMENTAL SPECIALIST, & CLAUDIA RUVALCABA, BEHAVIOR SPECIALIST

The following information comes from Sesame Street's online platform.

Click the links to explore specific activities for parents, children, and providers.

You will find that there is a good blend of ways you can engage routinely with your child and special rituals that can be added during one-on-one time. During the Holiday season, families may find that there are many feelings and stressors that may come up. Leaning on your support systems and practicing empathy can be helpful for everyone.

You are the most important factor in your child's growth and development. When you are at your best, you will be better able to help your little one to learn, grow and thrive.

WEBINAR



WATCH THIS WEBINAR TO RECHARGE AND STOCK YOUR SELF-CARE TOOL KIT WITH TIPS AND TRICKS TO TRY WHEN STRESS SNEAKS IN.

CAREGIVER

MINDEFUL PARENTING



TIPS FOR REMAINING CALM DURING STRESSFUL FAMILY MOMENTS.

CHILD

ELMO'S WORLD NEWS: MONSTER MEDITATION



WATCH TOGETHER WITH CHILDREN, THEN TALK ABOUT—AND PRACTICE—STRATEGIES THAT HELP YOU FEEL CALM AND FOCUSED.

PROVIDERS

PARENT-TEACHER COMMUNICATION TIPS



A TIP SHEET FOR PARENTS ON BUILDING A STRONG HOME-SCHOOL CONNECTION

SPEND TIME TOGETHER

GET IDEAS ON WAYS TO BOND WITH YOUNG CHILDREN THROUGH PLAYFUL, EVERYDAY INTERACTIONS DURING DAILY ROUTINES.



VIDEO: SLEEP WELL

WATCH THE VIDEO TOGETHER BEFORE BED. REST IS IMPORTANT FOR EVERYONE!



IT TAKES A VILLAGE

AS PROVIDERS, YOU CAN HELP PARENTS CONNECT AND SHARE EXPERIENCES.



PRINTABLE: MOVE IT OUT

PRINT THIS PAGE AND PLAY THE GAME TOGETHER WITH YOUR LITTLE ONE. WHEN YOU'RE DONE, KEEP THE PHYSICAL ACTIVITY GOING WITH A WALK OUTSIDE, PUTTING ON MUSIC FOR A FAMILY DANCE PARTY OR DOING SOME RELAXING STRETCHES.

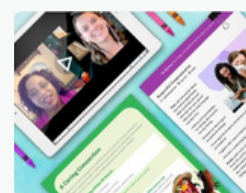


PRINTABLE: THE THINGS WE DO TOGETHER



CREATE CARDS THAT LIST ACTIVITIES THAT CAN BE DONE AS PARENT CHILD ACTIVITIES

COMMUNICATION BETWEEN CAREGIVERS & FRIENDS, FAMILY & NEIGHBORS: TIPS & TOOLS FOR PROVIDERS



WATCH GUIDE ON HOW TO CREATE A WORKSHOP FOR CAREGIVERS!



Sesame street also has a Holiday Fun! Article that included other holiday engagements/activities:

<https://sesameworkshop.org/about-us/news/holiday-fun/>

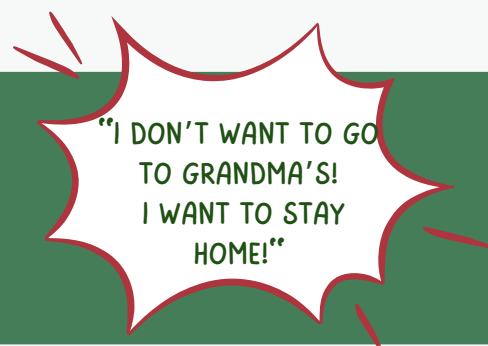
Supporting Children with Big Holiday Emotions

By Jennifer Goins, Lead Developmental Specialist

When we think about the “holiday season”, many feelings may come to mind. Depending on your traditions, you may have a busy season filled with family or community events, traditional foods that you don’t eat at other times of the year, exposure to new routines, or shifting of the usual daily routines that work in your family. These experiences may create a sense of excitement, fun and warmth, but they can also include some feelings of anxiety, overwhelm or dysregulation. We know that if caregivers are experiencing some of these more stressful emotions, the children around them may be feeling them too. We have a few suggestions that may help support your children (and their grownups) through the busy-ness of the season.



Kids are not always excited about the presentation of new foods on a regular day but when we add in being surrounded by extended family members and the anticipation of holiday activities, they may find eating foods out of their usual to be very difficult. To reduce the stress for both child and adults alike, **try preparing the foods together, making sure that a child always has some of their familiar and preferred foods available at every meal, and introducing new foods before the day of a holiday gathering to give children more time to explore and get comfortable.**



When children are feeling overwhelmed (which often happens with all the sights, sounds and sensations of the holiday season), they may need some support in calming themselves when in a new environment. This can be challenging for families who want to enjoy time with friends and family, but with a few adjustments, caregivers can create a “safe” environment for children, no matter where they are.

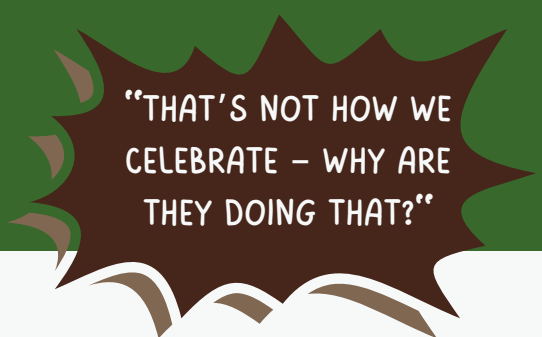
Keeping children on their routine as much as possible can reduce stress and may help them be more open to a new place:

- Timing meals around naptime or bedtime can help support children with enjoying a new experience.
- Creating a “safe” space within a new location may also help – bringing a favorite blanket or small stuffed animal from home and finding a place where they can be away from all the action may give them just what they need to reset when they become overwhelmed.

Prepping children for what is coming may also support a child’s need for predictability:

- Use a visual schedule or calendar to mark the dates of special events
- Talk about what the events will look like or feel like (even checking out a book or a video ahead of time that shows real images of the event)
- Set expectations for behavior ahead of time

These techniques will go a long way in setting a child’s mind (and nervous system) at ease in a new setting.



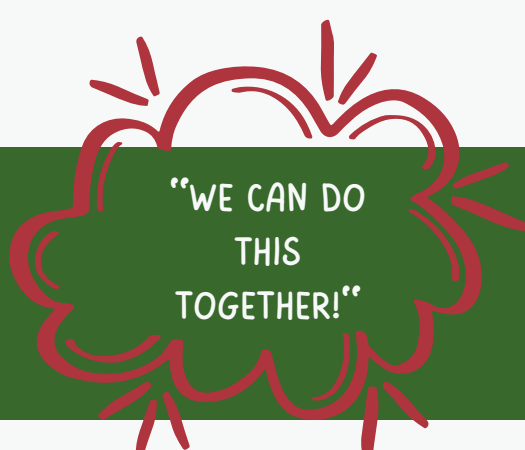
"THAT'S NOT HOW WE
CELEBRATE – WHY ARE
THEY DOING THAT?"



When going out in the world every day, we see examples of many different holiday traditions, even within the same belief systems. Children are naturally curious, and caregivers can encourage that curiosity and open-mindedness when sharing about holidays and traditions that they may see around them.

Caregivers who model accepting and welcoming language toward people with differing beliefs are more likely to have children who may be more understanding and respectful of new ideas and traditions. Exposing children to how other families or cultures celebrate holidays is another way to encourage understanding and acceptance of others. Knowing that it is hard for most people to understand things they have never seen, caregivers can **take children to cultural events outside of their usual traditions and share books or movies that accurately reflect holiday celebrations or traditions.**

Creating new and celebrating old traditions are other ways families can help children relate to other children around them or across the globe. These traditions help to reinforce values that are important to each family, and sharing these traditions with others brings people together and creates connections that may only get to happen in these special times of year.



"WE CAN DO
THIS
TOGETHER!"

Regulating emotions throughout the holiday season can be a challenge for both young children and their caregivers. **When caregivers are able to pay attention to their own stress levels and then take a moment to breathe deeply and stay regulated themselves, they will be better able to support their child and help them regulate as well,** even in challenging situations. Young children rely on the adults to model the calm needed to navigate these exciting moments, and when both the adult and children are calm, everyone may be more able to enjoy the delights of this season.

And for children who just can't enjoy some of the more stimulating aspects of the holidays, they may be able to be more fully engaged in **fewer activities that are quieter, calmer, or less bright for now.** **As they grow and learn to regulate themselves more easily, they will likely be more able to handle all the excitement of the season.**



Resources for the Holidays and the Every Days!

Compiled by Andrea Olivas Medina, Child and Family Specialist



Explore these local resources available year-round to help meet your basic needs, along with special seasonal services to support you during this time of year.

Diaper Banks/Distribution:

- Sharia's Closet - Provide free emergency clothing to people that have an immediate need for clothing. For free diapers please visit Diaper Distribution - Sharia's Closet (sharias closet.org) or call 619-808-4979 (located in Central San Diego)
- Jewish Family Service of San Diego to schedule a no touch diaper appointment please call 858-637-3027 or email diaperbank2jfssd.org with your name, phone number, and sizes needed (located in Central San Diego)
- Baby Ruth's Safe Haven call 619-472-3900 to begin the intake process by phone (located in East County)
- Project 1:1- Diapers and menstrual supplies available 3rd Thursday of the month. Call 619-777-6723 or visit PROJECT 1:1 (projectoneone.org) for more information (located in South Bay)
- Vista Community Clinic- Diapers and menstrual supplies available. For more information call 760-631-5000 x 7014 (Located in North County)
- The Jacobs & Cushman San Diego Food Bank has many diaper banks and distribution centers throughout San Diego County. To explore different options please visit Diaper Bank Program (sandiegofoodbank.org).

Holiday Toy Drives:

- San Diego County Toys for Tots. To apply for free Toys this Christmas please email san.diego.ca@toysfortots.org or visit Home - Toys for Tots (san-diego-ca.toysfortots.org) before 12/24/2024
- The Salvation Army Angel Tree – Christmas assistance and Christmas gifts. To start your application please visit Angel Tree (saangeltree.org).
- Toys for Joy – for more information or to register for an event please call 619-226-7625 or visit Contact | Toys for Joy (toys-for-joy.org).

Food Drives/Distribution:

- San Diego County Toys for Tots. To apply for free Toys this Christmas please email san.diego.ca@toysfortots.org or visit Home - Toys for Tots (san-diego-ca.toysfortots.org) before 12/24/2024
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FOR ADDITIONAL SUPPORT THIS HOLIDAY SEASON, YOU CAN VISIT YOUR LOCAL CHURCH, RELIGIOUS CENTER, OR RECREATION CENTER.

Program

SPOTLIGHT

HOLIDAY WORKSHOP





STEPS TO UNDERSTANDING YOUR CHILD'S BEHAVIOR HOLIDAY WORKSHOP

ABOUT THIS CLASS

Rady Children's Hospital's Healthy Development Services/Children's Care Connection (HDS/C3) presents Steps to Understanding your Child's Behavior: Holiday Edition.

With the holiday season just around the corner, we invite you to join us for a 90-minute online workshop to learn about your child's development and how that development relates to their behavior as well as the world around them. This workshop will give practical strategies and tips to support your child's behavior through seasonal activities, time with loved ones, and celebrated family traditions.

REGISTRATION

Available for caregivers of children birth through 5 years old.

Sessions are available in English and Spanish; further details will be shared upon registration

 Registration includes an intake call and a complimentary Developmental Screening

Virtual sessions offered throughout November and December.

Call to inquire about details!

Oceanside
(858) 966-8235

Kearny Mesa
(858) 966-7510

Chula Vista
(619) 495-8248

WINTER CAMP



HDS/C3 offers specialized developmental groups for children during the Winter season in a "camp" style. Classes meet once a day for a week and complete fun activities such as creating fake snow and animal ice rescues. There is time for socialization for children and their caregivers as well as learning about supporting your child with routines and transitions.

This camp is offered after a Developmental Assessment is completed. Connect with C3 at the location closest to you to learn more!

Celebrate, Play and Learn: Family Activities and Holiday Fun



**AT C3 WE LOVE
TO**

PLAY

CELEBRATE

LEARN

We hope you do too!

The next few pages are activity calendars for November and December with coloring pages and information on holidays celebrated throughout these months as well as ideas for family activities.

Please know that we are all doing our very best! It's not possible for you to do all of these, but we hope you find it inspiring to think about and implement what might work for you and your family.

We also did our best to represent every culture but may have missed some. We would love to hear about how you celebrate this season and what we may learn from you!





HOLIDAY ACTIVITY CALENDAR

NOVEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					 1 Diwali (pg 1)	 2 Dia de los Muertos (pg 2)
3 - Talk about the different colored leaves you see	4 - Create leaf rubbings with crayons & leaves	5 - Sing a family favorite song	6 - Read a book outside	7 - Collect colored "treasure" during a family walk	8 - Have a family dance party	9 - Play "iSPY" on a family walk
10 - Have a family picnic at a park	11 - Make letters out of playdough	12 - Draw a picture of your favorite food	13 - Imitate sounds you hear on a walk	14 - Try a new fall fruit/vegetable	15 - Have a pajama party & watch a movie	16 - Visit a fall festival
17 - Have a family game night	18 - Create a gratitude jar; add thankful notes	19 - Try a roasted marshmallow	20 - Make a card for a friend	21 - Talk about different shapes you see on a walk	22 - Dot painting with fingers or Q- Tip and paint	23 - Jump in a pile of leaves at a park
24 - Make a tree and glue leaves you collected	25 - Make a snack with an apple	26 - Have a scavenger hunt around the house	27 - Make turkey drawing out of hand	28  Thanksgiving (pg 3)	29 - Read a rhyming book in a blanket fort	30 - Collect & count pinecones



DECEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1 - Make a celebration counter paper chain	2 - Try a winter fruit/vegetable	3 - Visit a local library	4 - Act out a scene from your favorite movie	5 - On a family walk talk about the changing weather	6 - Draw a picture of a penguin	7 - Do something kind for someone
8 - Family story time	9 - Make a snowman out of playdough	10 - Have an inside picnic	11 - Try a new flavor cookie	12 - Spread seeds at a park to bird watch	13 - Make a bracelet for someone special	14 - Have a scavenger hunt in your backyard/park
15 - When outside sort the different colored leaves	16 - Complete a puzzle together	17 - Practice taking belly breaths together	18 - Listen and try to identify sounds around the house	19 - Draw a picture for a friend	20 - Watch a family favorite movie	21 - Try a new flavored ice cream
22 - Have a dance party to your favorite songs	23 - Donate a toy to a drive/charity	24 - Talk about a favorite memory	25  Pgs 4&5	26  Pg 6	27 - Make hot chocolate. Add your favorite toppings	28 - Go for a nature walk
29 - Play "iSPY" at a park or when watching clouds	30 - Wear your favorite outfit	31 				

November 1, 2024

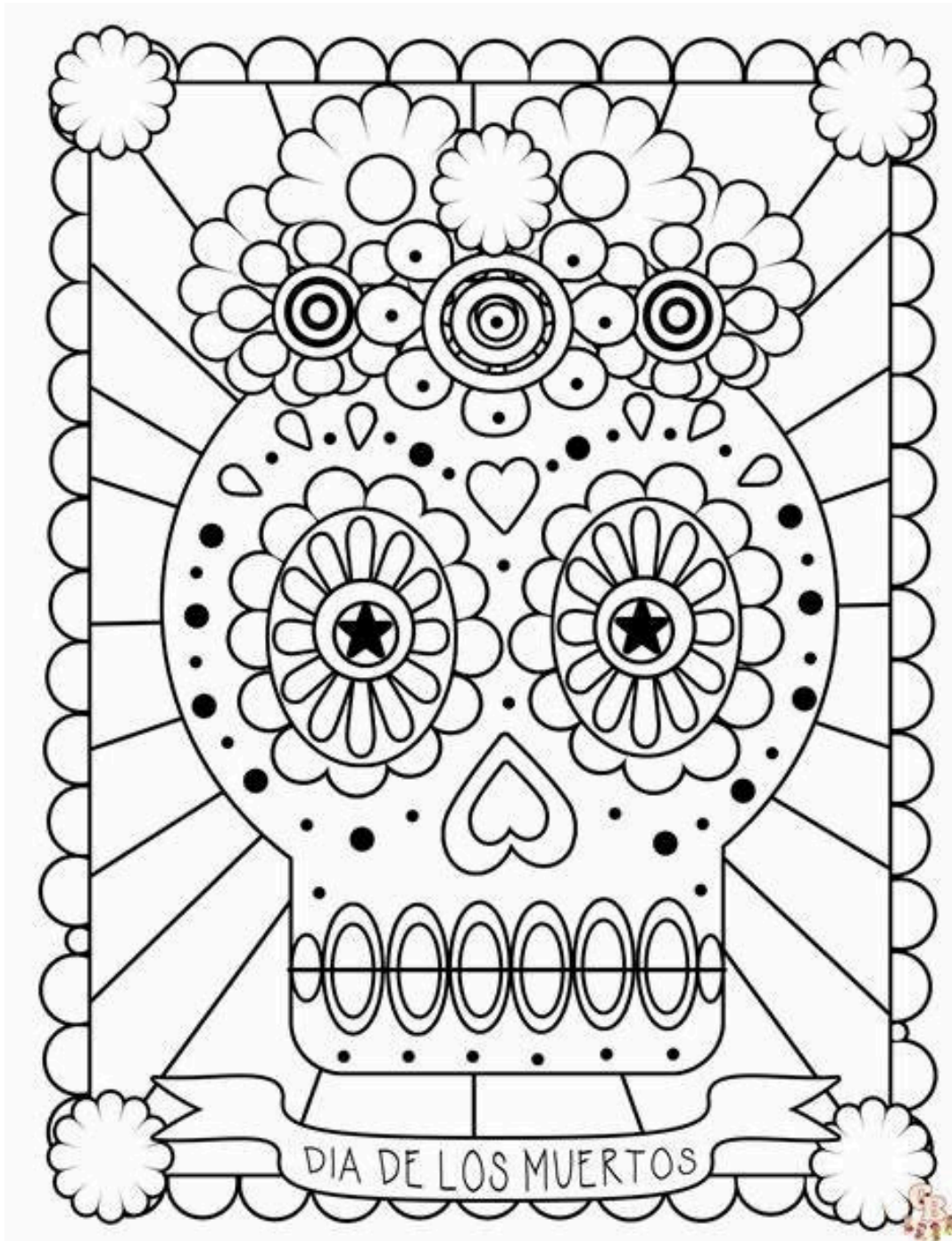
Diwali: Festival of lights. Celebrates the story of Rama and Sita. The triumph of good over evil, light over dark. It is celebrated over the span of 5 days, each day representing a different way to welcome Diwali.

Rangoli: On day 2 of Diwali people decorate colorful Rangoli patterns. Color in your very own!



November 1 & 2, 2024

Day of the Dead: A 2 day celebration that honors family and friends who have passed away. The first day is dedicated to the souls of children and the second to the souls of adults. Altars are made with ofrendas (offerings) and items to remember their loved ones.



Calavera:

A representation of life after death.

November 28, 2024

Thanksgiving: Currently, most families use this day to gather with loved ones and share a meal with them. It is also a time where some people focus on gratitude, giving thanks for the things they have. It is also a time where people give back, serving those that are in need.

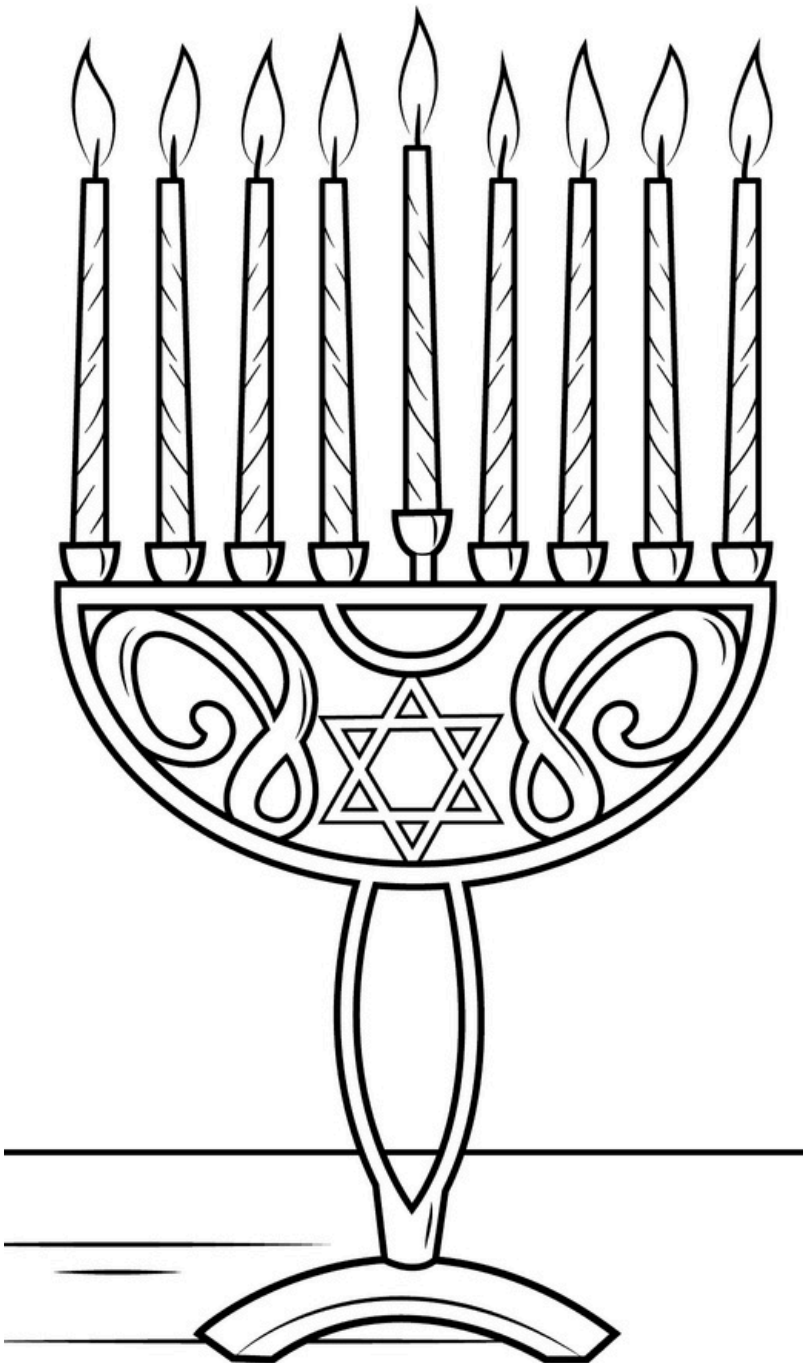


December 25, 2024

Hannukah: A day where Jewish people honor the rededication of their most holiest temple after it was victoriously taken back from King Antiochus. During this rededication there was only enough holy oil to light the menorah for one day but miraculously kept going for eight nights.

Enough until more oil was able to be obtained. For some the lights represent remembering to seek light in the midst of darkness.

Menorah: The menorah is used to commemorate the miracle that occurred for eight nights in the temple. It's a visual representation that reassures that tenacity and hope will always prevail.



December 25, 2024

Christmas: For some, Christmas marks the birth of Jesus. For others it has become a season of celebration where dinners are held with loved ones and sometimes gifts are exchanged.

To many children Christmas marks the arrival of Santa Claus.

Christmas Tree: Some families hold a tradition of decorating a tree with strings of lights, ornaments, and placing a star at the very top.



December 26, 2024

Kwanza: A winter holiday that celebrates African American heritage. It marks the start of the harvest season in Africa and is observed by many people in other places of the world. During the one week celebration families gather and light candles in honor of their ancestors and their hopes for the future.

Kinara: Consists of seven candles that families use to reflect on one of the seven principles of Kwanza. The color of the candles represent the Afro—American flag. The first candle to be lit is the black one and alternate from green to red the remaining days.



DIVERSITY, EQUITY AND INCLUSION LIBRARY

Our favorite DEI books to learn about different holidays during this time of year!

Compiled by Louise Tolentino, Project Coordinator



Joy to the World!

by Kate DePalma

A sweet journey around the globe to 13 countries and cultures that features how families celebrate Christmas. Readers are pulled into the homes of families celebrating their unique holiday traditions

Read aloud in **English**



The Light Within You

by Namita Moolani Mehra

Diya is excited to be going to India for Diwali, the Festival of Lights. That means she'll get to spend time with Nani, her beloved grandma, who she hasn't seen since her family moved from India. Once Diya arrives in India, she immediately feels at home with Nani.

Read aloud in **English**



The Night Before Hanukkah

by Natasha Wing

It's the night before the eight-day celebration of Hanukkah begins, and everyone is excited! Each evening, the family gathers to light the candles and share holiday traditions such as playing dreidel, eating latkes, and exchanging gifts.

Read aloud in **English**

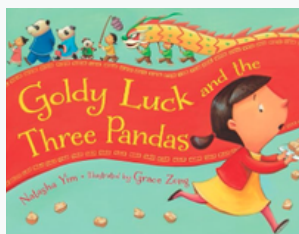


'Twas Nochebuena

by Roseanne Greenfield Thong

It's Christmas Eve, and you're invited to a Nochebuena celebration! Follow a family as they prepare to host a night filled with laughter, love, and Latino tradition.

Read aloud in **English**



Goldy Luck and the Three Pandas

by Natasha Yim

It's Chinese New Year, and Goldy Luck's mother wants her to take a plate of turnip cakes to the neighbors. The Chans aren't home, but that doesn't stop Goldy from trying out their rice porridge, their chairs, and their beds—with disastrous results.

Read aloud in **English**

COMPASSION CORNER

Self-Compassion Journal Prompts



What is one kind thing you can do for yourself today? How has this kind act made you feel in the past and how do you hope it can make you feel in the present moment?



List 10 things you appreciate about yourself.



Write about all the different ways you are unique, inspiring, and fascinating in your life and the lives of those around you



In the moments when life can feel difficult or overwhelming, who or what can you lean on for support? Is there something you would like to do for yourself to relieve some of the overwhelm?

CURRENT SERVICE WAIT TIMES

INTAKE & REGISTRATION

2 WEEKS

Upon receiving the referral, our team will contact family to complete registration and schedule client for a 90-minute developmental screening.

DEVELOPMENTAL SCREENING

1 WEEK

During this appointment, a Developmental Specialist will utilize the Ages and Stages Questionnaire-3 and SE-2 to determine if there are any delays. M-CHAT (if applicable) and a Caregiver Well Being Checklist will also be administered. Recommendations for further assessments and/or community resources will be provided at the end of appointment.

