

THE **EARLY CHILDHOOD WELLNESS**

NEWSLETTER



Nurturing Empathy and Inclusion in Young Children

Although many of us think of December as a time for winter break and snowy weather, it is also **Universal Human Rights Month**! As described by the [End Slavery Now](#) organization:

“Human Rights Month is about acknowledging that people of different cultures and creeds are still people... By learning about other people and standing up for their rights, you encourage equality, justice, and freedom.”

If you'd like to nurture a sense of inclusion and empathy in the young children in your life, consider introducing them to the diverse and wonderful cultural traditions celebrated by different communities. Invite conversation about the traditions and customs they appreciate in their families—and share yours, too!

Self-Care During Winter Break

Burnout, for both parents and providers, is real and important to take seriously. It can feel like fatigue, self-doubt, lack of motivation, or helplessness. While many stressors are outside our control, there are steps we can take to care for ourselves—especially when there's time for a break.

Maintain routines: Our bodies rely on consistent habits to self-regulate hormones, sleep cycles, and hunger. During school breaks, it's tempting to stay up late, but resetting your routine can make a big difference. If better sleep is your goal, now's the time to build new habits.

Connect with others: Taking time to talk and celebrate small victories with loved ones can be energizing and offer a fresh perspective.

Take a breath of fresh air: Even in cold weather, stepping outside for a few minutes of sun and air can help you slow down and reset.

Revisit your hobbies: Spend 15–30 minutes on something that brings you joy—music, crochet, coloring, anything you love. Small moments of joy can have a big impact.

Virtual Parent Workshop Series

Session 4: Monday, December 22 | 12:30-2 p.m.

Are you interested in learning practical, positive parenting strategies? If so, join us in our **NEW** monthly Parent Workshop series based on the **STEP (Systematic Training for Effective Parenting) for Young Children Under Six** book. **FREE** books are available for pick-up at 4850 Mark Center Drive, Floor 6.



Session 4 Takeaways:

- Children discover they get a feeling of belonging from the responses of others. They learn to get responses by cooperative or uncooperative behavior.
- Sometimes behavior that troubles us is due to our faulty expectations.
- There are four goals of misbehavior: attention, power, revenge, and displaying inadequacy.
- To identify goals of misbehavior, notice: how you feel when your child misbehaves, what you do about it, and how your child responds to what you do.
- When your child misbehaves, do the opposite of what they expect. Give positive attention and power; work to build trust and self-confidence.

REGISTER HERE
Session 5: Respect, The
Foundation for Self-Esteem



We're Here to Support You and Your Child!

The Early Childhood Wellness (ECW) Program offers services to help families navigate early developmental and social-emotional challenges.

Please contact us if:

- You have questions about your child's development or behavior.
- Your child (ages 0 to 5) is experiencing social-emotional challenges (e.g., trouble with peer interactions, big feelings, and difficulty with transitions).
- You're looking for strategies to support your child at home or in care settings.
- You would like guidance or referrals to additional community resources.

Together, we can create a strong foundation for your child's growth and success this school year!