

Thriving Play

A Child Life approach to stress and resilience

December 2020

'Tis the Season... To look back

2020 IN REVIEW

It's December and I can't believe that 2020 is almost gone. While it may feel like this past year has been a hot mess, I think it's still important to stop & reflect.

Take time to recognize the impact 2020 made on you and your family. Both good and bad. If you don't already, practice gratitude by looking for the positives. Challenge yourself to make a list. If you seem to be lingering on negatives, try to identify what you can change in the future, it will give you control and feel more secure.

Before making 2021 resolutions, consider 2020. Did you meet your goals? If not, were they too high? Too vague? Invite your kids and teens to do the same. You might be surprised at their deep perspectives. Listen for their own needs, both spoken and unspoken. Then make attainable goals for 2021.

Do you or someone you know need extra support with starting 2021 off on the right foot? Reach out for a free consultation! As a specialist in managing fear, anxiety, and pain, I can help you and your loved ones go from surviving to thriving!



Promoting Togetherness and Sharing

Every day ask a new question. "What is your favorite day of the week?" or "What made surprised today?" Need more? Subscribe to our Instagram feed and get new ones every Friday!

CLEANABLE TOYS/GAMES



Monkeying Around is not only silly, it teaches about balance and hand-eye coordination. And did we mention it is plastic, so cleaning is a breeze! The age range is 4-8, but adults enjoy the challenge as well! Definitely a keeper!

MONDAY, DEC 8TH

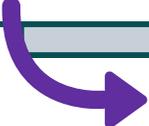
9PM EST: CAREGIVER SESSION
Facebook LIVE: Celebrating
Differently This Holiday Season

SATURDAY, DEC 12TH

3PM EST: CL STUDENT SESSION
Child Life Career Q&A on Zoom

SATURDAY, DEC 19TH

2PM EST: CAREGIVER SESSION
Facebook LIVE: 2020 In Review

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 Thriving Play

Positive Affirmation: "I become stronger every day."

Highly Emotional?

HAVE YOU TRIED SKIN-TO-SKIN?

Even when we aren't in the middle of a pandemic, the holiday season can bring strong emotions. So don't be surprised if you or your child/teen is moodier than normal for the next month.

How can we handle this roller coaster ride? By making a plan that includes self-care and coping techniques. And one of my favorite ones is skin-to-skin.

If you're a new parent or work with infants, you may have heard this term along with "Kangaroo Care". Studies

show that infants receiving skin-to-skin contact are better able to handle their physical and emotional needs.

But this effect doesn't go away once that baby is walking. Our skin is very sensitive and signaling the brain.

When soothing touch is provided, the brain is told: "*relax*". Breathing begins to slow; heart rate, blood pressure, and stress levels drop. And a massage isn't necessary! You can get results by gently rubbing a wrist, shoulder or ear.



December Holidays 2020

MAINTAINING FAMILY TRADITIONS

We've made it to the end of the year. While some of us might have hoped COVID wouldn't interfere with holiday plans, it's clear we will continue to adapt family traditions.

Thankfully many have started to get the hang of trying new traditions or digitizing cherished traditions. But that doesn't mean it isn't a struggle sometimes. You may wonder if it's really worth keeping a tradition

when your child is crying because things aren't exactly like always.

I am here to tell you that traditions are important. Not only as a way to remember events and loved ones, but also to mark time. They help us move past the COVID inflicted feeling of "Ground Hog Day" and give us hope for the future. Want more thoughts and ideas? [Check out this amazing webinar on holidays during COVID.](#)

 **A Soothing Idea – Movement**
Gently rolling your shoulders or neck can release endorphins and elevate mood

Book Snippet from How to Talk So Kids Will Listen

"Children need to have their feelings accepted and respected."

Centerpiece

QUARANTINE APPROVED GAME

I got this idea from the "Minute to Win It" game "Chandelier". Gather items in your house that you don't mind donating to the game. You can use art supplies or recycled materials such as

cans, magazines, cardboard, etc. Participants create a table centerpiece, either timed or judged on creativity, or both! This is a great activity for online holiday gathering. Share via photos or video!



ASK A CHILD LIFE SPECIALIST

Thriving Play is a digital child life service led by certified child life specialist Sarah Davis. Have a question for Sarah? Send it to [Hello@ThrivingPlay.com](mailto>Hello@ThrivingPlay.com)

Subscribe for future updates!