

Thriving Play

A Child Life approach to stress and resilience

February 2021

Reminders of Love

WHY IS IT IMPORTANT?

Love may seem unnecessary when trying to raise strong kids. But love is so important for the health of children and teens. In fact, love can:

- Slow down aging
- Increase our awareness of others' needs
- Increase feelings of social connections
- Increase feelings of oneness with others
- Strengthen our ability to be compassionate

How do you help your children feel loved? Through small acts. And it won't break the bank or take that much time. First, make sure that your child feels safe in the moment. Second, a physical connection is best. Which means making eye contact. So put down all distractions. Finally, be present. Don't judge or give advice, just listen.

Love in frequent small doses is much more powerful than a huge love burst that happens once in a blue moon. For ideas, see our Instagram @thrivingplay

Are you or someone you know working on connecting through love? Reach out for a free consultation! As a specialist in managing fear, pain, and anger, I can help you and your young ones go from surviving to thriving!

*Source



Promoting Togetherness and Sharing

Have you heard of Mommy Time? It might sound silly, but it's a great way to connect with each other. Make it a routine by having it 10 minutes every day.

CLEANABLE TOYS/GAMES

The lesser known version of tiddly winks, Ants In The Pants uses fine motor skills to jump plastic ants in to the bunny's pants. With a variety of ways to play, it's a great addition to your elementary school game closet!



SATURDAY, FEB 13TH

4PM EST: CAREGIVER SESSION
Facebook LIVE: Identifying Anxiety

SATURDAY, FEB 20TH

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

SATURDAY, FEB 27TH

4PM EST: CAREGIVER SESSION
Facebook LIVE: Coffee & Questions

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 Thriving Play

Positive Affirmation: "This will pass and I will feel happy again."

The Importance of Child Life

EXCITING UPDATES FROM THE A.A.P.

Did you know that the American Academy of Pediatrics fully supports child life services? In fact, they have updated their statement on child life services this year to continue to affirm the important role child life plays in the care of pediatric patients.

What do child life interventions do? "[They] play a major role in calming children's fears and result in higher parent satisfaction"

What can families expect from child life services? *"Improved quality, outcomes, and patient and family experiences as well as decreased costs in pediatric care."*

And how do child life specialists achieve these goals? *"By focusing on promoting optimal development even during stressful events, child life can minimize the negative effects."* [Read the full article here!](#)



Ready to work with a child life specialist? Contact Sarah at hello@thrivingplay.com



Dealing with Shot Pain

NEEDLES DON'T HAVE TO HURT

Vaccines are literal life savers. In the past 60 years, they have eradicated small pox; and polio is close behind. But this doesn't change the fear needles conjure.

Why are needles so scary? Most of the time it's not the object, but the pain it inflicts. Why else would sewing be seen as a relaxing activity?

Which begs the question, how can we make vaccines less painful?

The needle itself can be painful, but it's the medicine that causes the lasting pain.

Using heat to help the muscles absorb the medicine can decrease the pain. And moving the muscle can also achieve the same effect. When it comes to the needle itself, you can use ice to dull the quick pain. Or you can try to confuse the nerve through a counter sensation such as vibrations from [Buzzy Bee 4 Shots](#).

A Soothing Idea - Physical

Be the noodle. Start by tensing all your muscles (uncooked noodle) and then relax your muscles (cooked noodle)

Coffee Pot

KID & TEACHER APPROVED

This is a variation of 20 questions. The leader comes up with a noun (let's say cell phone). Everyone asks yes/no questions about the noun, but they have to substitute the noun for the word "coffee pot".

For example: "Can I play with the coffee pot?" "Yes, I can play with my coffee pot"

"Can I hold the coffee pot in my hand?" "Yes, I can hold the coffeepot in my hand."

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



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