

Family Wellness Newsletter...

Happy New Year to all the Early Explorers children, families and staff. I hope your year is starting out well. It is time to bring some emotional wellness information to the readers of this newsletter. What is emotional wellness? It is the way we feel about ourselves - the way our family members interact with one another - it is many types of support from friends and extended family - and obviously it means different things to different people.

So as you start your new year - take an inventory of your emotional wellness. Parents or staff, that are not feeling emotionally well, will have a harder time helping children to achieve emotional wellness.

Start with these questions: How do I feel about my physical wellness? - If not so great, make a plan to improve your physical wellness. Get some exercise, see a doctor, and improve your sleep and eating habits.

How do I feel about my mental wellness? - Do you have friends to talk to? Do you have family members who can help you or support you? - If not, join a group or come to the Parent Socialization Meetings - get to know some new people. Get involved.

Some other ideas:

- Get a hobby or do something you enjoy at least a few times per week.*
- Make time for family fun. Set aside an afternoon or evening for game or activities that you and your children enjoy.*
- Learn something new - there is so much information and it has become so accessible - take a class, read a book, or surf the web.*

Remember - the children are learning from you about how to be an adult. Let's model some great emotional health - so they can have it when they are grown.

*Kim Berdahl, LPC
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