

FAMILY TIMES

ISSUE NO. 1

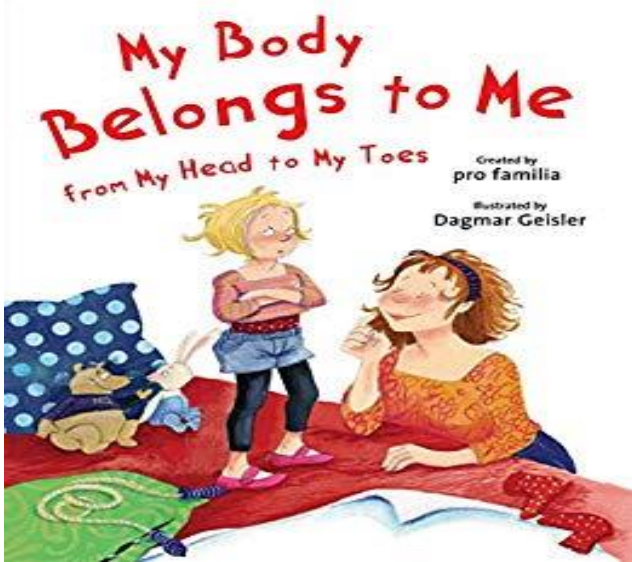


Summer Time Fun and Mental Health

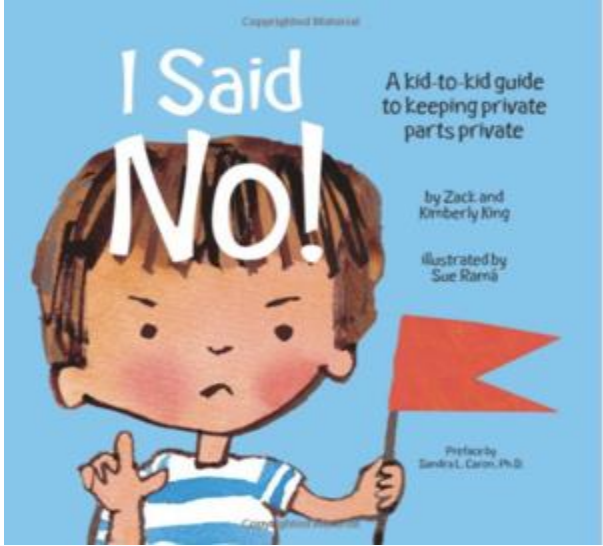


Books to Empower Children to say NO!

MY BODY BELONGS TO ME
BY PRO FAMILIA
AGES 3-6



I SAID NO!
BY ZAC AND KIMBERLY KING
AGES 4-9



Ideas to support your child's mental health this summer.

MAINTAINING A GOOD MENTAL STATE

The Summer has positive effects on mental health. With the days being warmer and longer there are more opportunities to take advantage of the positive impacts that being outside can have on each of us. Use the summer break to build up your child and strengthen your bond with them.

Ideas for being outside:
* Take a walk through a trail/ park. Bring plenty of water. Point out the colors you see, animals, how the sun feels. This is a nice time to open conversation about your surroundings and connect.

* Have a picnic. Bring your favorite snacks, water and a blanket. You may also bring crayons, pencils, and paper to sketch what you see. Take pictures of anything interesting. This can allow your child to open up to you about how they are feeling and build a positive and loving relationship.

HOW TO TALK TO YOUR CHILDREN ABOUT SEXUALITY

Thursday July 28, 2022 | 6:00 pm - 7:30 pm

Talking with our young and grown children about sexuality can be a difficult task. As parents and guardians, we often worry whether talking about it gives permission and whether they can be safe from harm when they are in relationships. This workshop will help you become more comfortable discussing this topic by covering what topics to cover when and the most effective ways to talk about this sensitive topic.

<https://includenyc.org/events/how-to-talk-to-your-children-about-sexuality-3/>

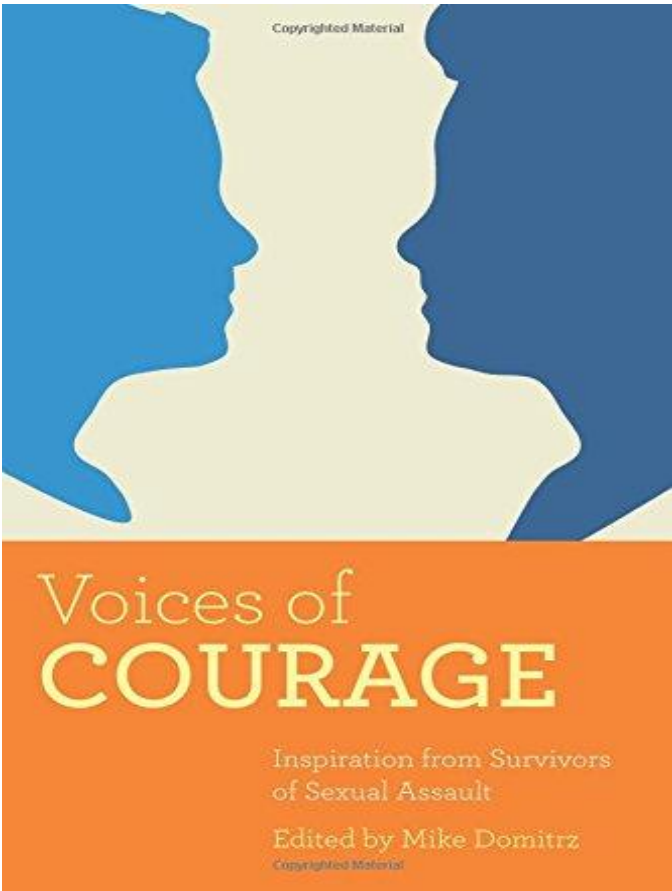
Free Webinar
Copy & Paste link
Registration Required



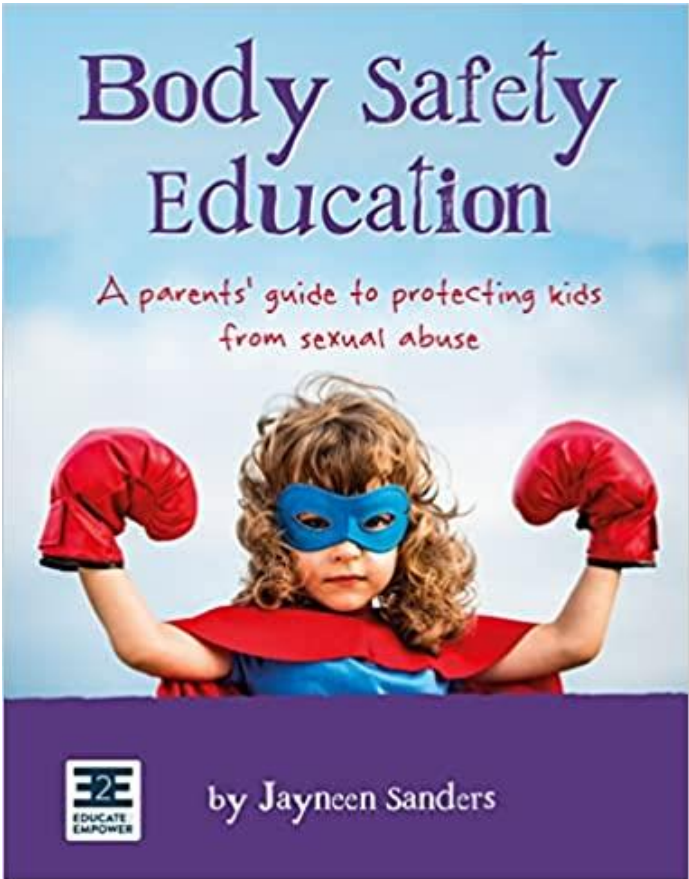
Books to Empower Teens/ Parents

E-Book is provided below

["Voices of Courage: Inspiration from Survivors of Sexual Assault" Edited by Mike Domitrz \(centerforrespect.com\)](#)



Books for Parents



DISCLAIMER: THE PRIMARY PURPOSE OF THIS IS TO PROVIDE INFORMATION AND NOT MEANT TO TREAT OR CURE TRAUMA. THIS INFORMATION IS NOT MEANT AS A SUBSTITUTE FOR THERAPY. IT IS RECOMMENDED THAT YOU SEEK THE ADVICE OF A THERAPIST/ HEALTH CARE PROFESSIONAL AS NEEDED.

SELF- CARE ACTIVITIES

Self-care involves everyday activities that you find relaxing, fun, or energizing. These activities can be:

- Exercise (The benefits of a walk for the brain and body last beyond a whole day, and a new habit starts with five minutes of walking)
- Reading a Book
- Getting Enough Sleep/ Nap
- Get outside (Even if you just sit outside)
- Watch Birds/Animals
- Take a Relaxing Bath
- Walk on a Beach

Create your own list of Self-Care Activities:



www.wihd.org
Christine Cuesta
Victim Advocate

JUST FOR FUN

- **July 27:** Take Your Houseplants for a Walk Day
- **July** - National Watermelon Month
- **July** - ANTI-BOREDOM MONTH
- **July** - National ICE CREAM MONTH
- **July** - National PICNIC MONTH

SELF CARE EXERCISE:

There is no right or wrong way to meditate/ pray. The first step is being comfortable when meditating/ praying. Meditation/ Prayer does not need to be done over a long period of time. You can do it in your chair at work, while waiting in your car to pick up the kids. You can do it anywhere you'd like. You can start for a short period of time and work your way up. A few minutes of meditation is a good start.

<https://youtu.be/nJ5fp7ZNp3g>
Above is the YouTube link to a Guided Meditation.

