



FAMILY TIMES

THE MAGIC OF AUTUMN



Halloween Safety

October begins the arrival of the colder months. In the Autumn, we see the color of the leaves change from green to many assorted colors. With the change of climate, we also change the clothes we wear according to the temperature. In Autumn, many people celebrate fall festivals and the day of Halloween. During the Halloween weekend kids celebrate by attending parties or going from door-to-door trick-or-treating. During the Halloween weekend it is recommended that drivers be aware of children trick-or-treating. October 31st is the day people wear costumes and ask for candy. Drivers and pedestrians should stay alert, children may come out from between parked cars and cars may be driving in reverse or texting while driving. It is recommended you drive slow and never text and drive. If a drunk driver is spotted it is best practice to contact law enforcement. Before children leave to trick-or-treat discuss a safety plan, will you check their candy before eaten, should they carry a flashlight or glowstick, should face masks be worn while walking or just while asking for candy? These are all personal decisions you and your children can discuss before starting the night. You may want to discuss with your children which houses to approach and which to stay away from. The general trick-or-treating rule is if the lights are on you may approach the home. If the lights are off, they are not taking part in the Halloween fun or have run out of candy. According to Safe Kids Worldwide, 12% of children 5 years of age or younger are allowed to trick-or-treat alone. Every family and child are different so when deciding if your child is old enough to trick-or-treat ask yourself, how comfortable am I with my child crossing the street alone? It is recommended that children under the age of 12 have an adult present while trick-or-treating. Lastly, there can be risks with your child going door-to-door, it is recommended to speak to your children about the proper way to trick-or-treat. Remind them it is never safe to go into someone's home for candy. If the individual has candy, they should come out to give it to them, but should never go into anyone's home for candy. Safety is a concern many parents have; with a safety plan and a discussion you and your family can be safe on Halloween.

[halloween_safety_tips.pdf \(safekids.org\)](https://www.safekids.org/halloween-safety-tips.pdf)

Book of the Month



BOOK DISCUSSION

The book *Where Hands Go*, allows parents to speak to their children about the dangers of inappropriate touching. This book explains when to say no when unwanted touches happen. It is recommended to start the conversation with explaining which parts of the body are private. Parents can explain the parts covered by a bathing suit are private. It is recommended that parents and children discuss the proper name for each body part. Penis and Vagina are not inappropriate words and parents shouldn't be embarrassed to teach these words to their children.

Tip: After reading or watching- Discuss the song in the book.
"When hands begin to stray then I should run far away."
Hands do not belong under bathing suit areas. This is an unsafe touch, and the child can be encouraged to say NO! and get away from the person doing these touches.

Tip: Discuss how to tell if they are ever uncomfortable. An inappropriate touch can make you feel sad, mad, or confused. If someone makes you feel one of these feelings because of a touch an adult should be notified as soon as possible. Parents should validate their children's feelings and encourage them to trust that feeling.



TEENAGE PROBLEMS

TEENAGE SUICIDE

September 10th was World Suicide Prevention Day, in honor of this it is important to discuss the mental health of teenagers and their mental health needs. Suicide is a concern for all age ranges. It is a reality most parents and caregivers find difficult to think about, but suicide can be prevented. Parents find it difficult to believe their child would consider suicide. According to John Hopkins Medicine, stressful life events combined with normal developmental changes may cause an adolescent to think about suicide. The warning signs of suicide are also many symptoms of depression. Some signs can be withdrawal from friends and family members, loss of interest in usual activities, changes in eating and sleeping habits, acting-out behaviors and running away, and loss of interest in school or schoolwork. * UNICEF estimates that every year, almost 46,000 children and adolescents between the ages of 10 and 19 end their own lives. One death about every eleven minutes stands for a child in unbearable despair. There have been cases where the adolescent commits suicide and family and friends are in shock. They reported the individual being happy, being a good student and aspiring to be something someday, but the adolescent was battling with depression. There has been a link between bullying and suicide; being bullied may provoke suicidal thoughts. Young people may have such a challenging time with feeling rejected and broken down from being bullied that they choose to not live another day.

Check in with your adolescent about how they are doing and how they deal with stressful situations. If they expressed hopelessness, increased anxiety, increased anger or rage, extreme mood swings, follow up with a mental health specialist about these symptoms. Seeking help from a doctor or therapist has been shown to reduce suicide attempts. In seeking therapy, you may reach out to your child’s pediatrician or contact your insurance carrier for a listing of specialists.

If you know someone experiencing difficult thoughts, contact the National Suicide Prevention Lifeline at 988. **If you or a loved one are in immediate danger, call 911.**



BUILDING RELATIONSHIPS



A question many parents have after a sexual assault is, how to reconnect with their child. Reassuring your child that you are ready to listen to them is a good start. Strengthening your communication with them allows the opportunity to reconnect. Your child may be feeling angry, worried, confused and it is important you are patient and supportive. Reminding your child that this was not their fault, and they are not to blame for what happened is helpful in their recovery process. A child may use behaviors to express themselves after the trauma. They may not have the language, teach your child words to express how they feel. You can take this opportunity to show positive ways to express emotion like deep breathing together. Children often mimic their parents and showing them positive coping behaviors will allow them to do the same. Parents should not try to face this alone, seeing a mental health provider is helpful in your child’s recovery and helping them heal. Therapy can help your family with healthier communication, guided by a skilled professional. Remind your child they are strong and will get through this.

THINGS TO KNOW:

Child Victims Act: It allows adult survivors of child sexual abuse in New York State to file a report until the age of 55.

FREE PROGRAMS

REGISTER FOR AN ONLINE CLASS

How to Encourage Self-Control in Tweens & Teens (Ages 11 - 14 Years)- 10/21/2022 1:00 pm - 2:30 pm
[How to Encourage Self-Control in Tweens & Teens \(Ages 11 - 14 Years\) * Casa de los Niños \(casadelosninos.org\)](#)

Sexuality, Personal Space & Respect - 10/27/2022 1:00 pm - 2:30 pm
[Sexuality, Personal Space & Respect * Casa de los Niños \(casadelosninos.org\)](#)

Easy Meditation for Students - ONLINE: Meditate Sun 11/6/22 , 9:45 AM - 10:45 AM EST
[Easy Meditation for Students - ONLINE: Meditate : New York. Tickets, Multiple Dates | Eventbrite https://zoom.us/j/9181716151](#)

Disclaimer: Our primary purpose is to provide you with 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.



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SELF CARE

FAMILY MINDFULNESS

This month we will focus on self-care for you and your child. You may practice a few minutes of mindfulness with your family daily to strengthen your communication and relationship. Parents tend to always think about what they need to do and have a challenging time living in the moment. Take out a couple minutes and meditate with your child. What to do: you can sit or lay down in a quiet space with no distractions. Choose one of the mindfulness activities in the link.

[Family Mindfulness Schedule \(therapistaid.com\)](#)

DAILY AFFIRMATIONS TO YOURSELF:
Setting boundaries is a way of taking care of me.

* Sources: [Teen Suicide | Johns Hopkins Medicine](#)

AUTUMN SELF CARE

selfcarexpress

Go on long nature walks

Stay wrapped up nice and warm

Be mindful of the falling leaves

Drink your favourite warm beverage

Shop cute Autumn outfits

Add more cinnamon to your recipes

Have a cup of positivity-tea

You can do it.

Keep moving forward

You are on the right path

You are stronger than your fears

You are worthy

You are unstoppable

YMHC

YOUTH MENTAL HEALTH CARE