



FAMILY TIMES

FORMING ROUTINES



Healthy Habits for Healthy Growing



THE CHANGING BODY & HOW TO HANDLE IT

As your child is getting older their bodies are changing and growing. For many children this is an embarrassing time and having a safe adult they can speak to makes it easier to handle. Discuss who the adults are in school that your child can speak to, if needed. Changes happen for children during pre-puberty and puberty. The changes that occur in both boys and girls are: skin gets oilier, which may bring acne. Hair grows under the arms, which may bring sweat and odor. Pubic hair grows, which may bring many questions your children are afraid to ask. As these changes start to take place, your child may feel like something is wrong with them. It is important to reassure them that this is normal. Puberty can be confusing for many and could prompt ongoing conversations about the importance of establishing routines.

For example:

- Taking showers regularly
- Brushing teeth daily
- Washing the face daily
- Applying Deodorant or Antiperspirant
- Washing Clothes regularly
- Sleeping well



BOOK DISCUSSION

Tip: Discuss Surprises vs Secrets

Surprise- something exciting that you will eventually know.

Secret- when someone tells you something or does something and says you cannot tell.

Work on examples with your child:

Examples:

Going to Disneyworld. Secret or Surprise?

Gifts for a special occasion. Secret or Surprise?

Someone shows you a photo or movie and tells you, if you tell, you'll get in trouble. Secret or Surprise?

Any kind of touch and says, let's keep this our little secret. Secret or Surprise?

The bus driver gives a gift, but tells you, you can't tell anyone. Secret or Surprise?

A parent is making a special dinner for a family member and said to keep it a secret. Secret or Surprise?

Help children understand the difference between secrets and surprises and let them know to tell a safe adult if someone asks them to keep a secret.

Tip: Discuss When To Tell

What are safe secrets they can keep and unsafe secrets they need to tell to a safe adult?

Parents can begin speaking with their children as soon as they are old enough to understand, safe secrets and unsafe secrets. This topic can be confusing to children and should be an ongoing conversation. Abusers can use secrets as a way to continue abusing children. 90% of children who are victims of sexual abuse know their abuser. * Discuss with your child which are their private parts, and the importance of no one touching them, even if the child knows this person.

Teaching the difference between secrets and surprises

Secrets

- ✗ Makes us nervous, worried, sad, or scared to tell others
- ✗ Meant to exclude people
- ✗ Do not have an end date

Surprises

- ✓ Makes us feel good, happy, and excited,
- ✓ Shared with others
- ✓ Will eventually come out

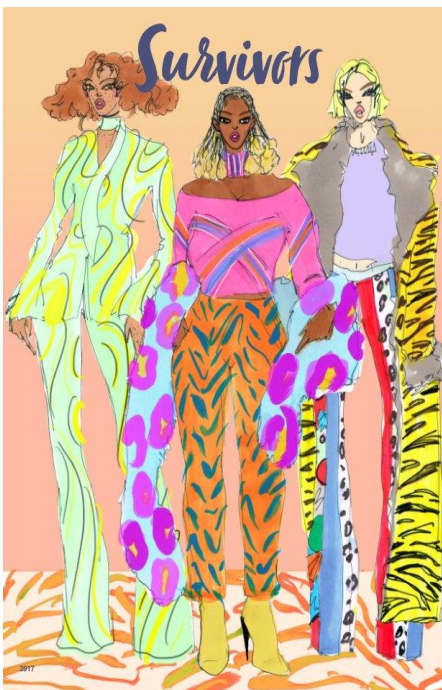
BOOK TO EMPOWER



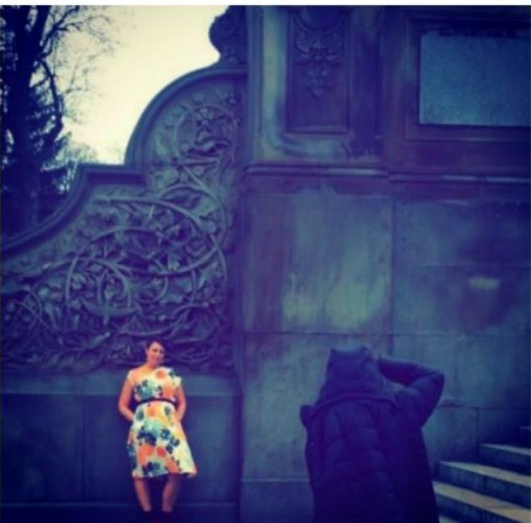
SURVIVORS

Magazine for adolescents and their parents. Empowering survivors to see life after sexual assault. Individuals from different walks of life and the journey from being “victims” to “survivors.”.

[Survivors by Survivors NYC | Blurb Books](#)



“Victims are not victims, not some fragile sorrowful aftermath. Victims are survivors, and survivors are going to be doing a hell of a lot more than surviving.”
- Stanford Rape Survivor Emily Doe



Understanding Bullying

Bullying is when a child or group of children display unwanted aggressive behavior. Bullying can be, but not limited to, hitting, name calling, teasing, breaking of belongings, or spreading gossip. A bully will use physical and/or verbal actions toward someone they are targeting. It is often that the bully will continue this behavior toward their target. Bullying is not a normal part of child development and should be taken serious. Bullying happens while children are in school, before, and afterwards.

Discussing Bullying

Bullying is common in school, online, and outside of school. In 2019, about 1 in 5 high school students reported being bullied on school property in the last year.* Having the conversation of what a bully is and how they can make you feel should begin from a young age. The conversation can begin with an explanation of what a healthy and unhealthy friendship can look like. Discuss with your children what to do if someone is bullying them. Bullying should immediately be reported to an adult, this is not tattling. Explain the difference between telling and tattling. Discuss some safe adults in school the bullying should be reported to.

SELF CARE

SELF CARE FOR CAREGIVERS

Taking care of your needs is necessary and not selfish. Taking time for yourself can improve you and your families’ lives. Quiet time to reflect, alone time to stretch, it can be for 5 minutes dedicated to yourself up to as long as you need. Self-care is you being aware, that like your cell phone, you too need to be charged. The self-care activity we will work on this month is, complimenting yourself. Take 5 minutes to think about what makes you great. Something you have accomplished, a good deed you have done, think of yourself in a positive light. Once you have reflected on this say, good job to yourself. Tell yourself you are smart, beautiful, kind! Thank you for being you!



FREE PROGRAMS

Meditation for Moms

Tue, September 27, 2022
9:00 PM – 9:30 PM
Register at:
<https://www.eventbrite.com/e/meditation-for-moms-tickets-364236680717?aff=ebdssbeditorialcollection>

Mindful Muscle Method Online Class,

Tue, September 27, 2022
6:00 PM – 7:00 PM
<https://us02web.zoom.us/j/85825222770>
Register at:
<https://www.eventbrite.com/e/mindful-muscle-method-online-class-learn-how-to-move-again-pain-free-tickets-363258424727?aff=ebdssbeditorialcollection>

Transformational Yoga For Self-Care

Wed, October 12, 2022
7:00 PM – 8:00 PM
Register at:
<https://www.eventbrite.com/e/transformational-yoga-for-self-care-tickets-331407397447?aff=ebdssbeditorialcollection>

DAILY AFFIRMATIONS TO YOURSELF: I am getting better and better every day.



www.wihd.org
CCuesta@wihd.org
Christine Cuesta
Victim Advocate

Source:
https://www.d2l.org/wp-content/uploads/2017/01/all_statistics_20150619.pdf
<https://www.cdc.gov/violenceprevention/pdf/bullying-factsheet508.pdf>

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