

THE GREAT BODY SHOP

Family Bulletin

Brought to you by The Children's Health Market, Inc., P.O. 7294, Wilton, CT 06897 800-782-7077

Lesson One: Feelings And Emotions

During this lesson, students will describe a range of feelings, explain how emotions affect daily functioning and long term health, and explore appropriate ways of expressing these feelings.

Lesson Two: Relationships

Students will explore positive traits for social interactions and set a goal for peer relationships.

Lesson Three: Peer Pressure And Other Influences

In this lesson, students will identify personal responsibilities, behaviors, and consequences in relationships between peers and parents. They will also practice strategies for managing positive and negative peer pressure.

Let's Talk!

Parenting during adolescence is without a doubt a challenge. Additionally, it can be extremely rewarding when healthy lines of communication are established. The American Psychological Association offers these communication tips for parents. For more information, visit their website: <http://www.apa.org>.

- Notice times when your kids are most likely to talk—for example, at bedtime, before dinner, in the car—and be available.
- Start the conversation; it lets your kids know you care about what's happening in their lives.
- Find time each week for a one-on-one activity with each child, and avoid scheduling other activities during that time.
- Learn about your children's interests—for example, favorite music and activities—and show interest in them.

- Initiate conversations by sharing what you have been thinking about rather than beginning a conversation with a question.
- When your children are talking about concerns, stop whatever you are doing and listen.
- Listen to their point of view, even if it's difficult to hear.
- Let them complete their point before you respond.
- Repeat what you heard them say to ensure that you understand them correctly.

Stressed Out?

Stress is something everyone faces. It's a part of life. But when stress from work, school, friends, or family becomes overwhelming - it can become "distress." When a person experiences distress for several days in a row, it begins to take a toll on the body and the mind. High blood pressure, sleepless nights, depression, lowered immune system, anxiety, and moodiness are all reactions to prolonged distress. If you or someone in your family is experiencing this kind of stress, it's time to act. Hold a family meeting and discuss the sources of distress. Practice stress reduction breathing techniques. Make sure you are eating nutritious foods, getting rest, and exercising. Contact a mental health provider for help if it lasts longer than two weeks.

Read All About It:

Sparks: How Parents Can Ignite the Hidden Strengths of Teenagers

by Peter L. Benson (2008)

Grounded in new research with thousands of teenagers and parents, Sparks offers a step-by-step approach to helping teenagers discover their unique gifts, and works for all families, no matter their economic status, parenting situation, or ethnic background.