



REACH Drop-ins Family Newsletter



June 15-21, 2020 Vol.3

Dear Families:

It's been 3 months since I have seen you, I miss you. I miss the kids, I miss talking with the parents, I miss hosting drop ins. As the weeks and months pass and somethings have changed like playgrounds being open, certain businesses reopening, our circle/bubble is getting bigger, somethings have not. I cannot be certain when drop ins will resume and what that is going to look like. As we are getting used to seeing some friends and family virtually, we are missing the human connection like hugs, hand holds and high fives. As human beings, we need that physical connection. Hug your children a little bit longer, hold their hand, cuddle on the couch, read books with them on your lap... It not only reduces stress for them and you but also releases oxytocin, which has many positive effects on the body.

As we also approach Father's Day, I want to take this opportunity to recognize all the dads, grandfathers, uncles, brothers, step dads, foster dads and all who are heroes in our lives. Thank you for all that you do and all who you are.

Take care,
Denise



A Poem for Dads

I drive you nuts
I've turned you gray
I've made you proud
I've spent your pay
I've stressed you out
I've hurt you bad
I've made you laugh
I've sent you mad
I've made you smile
I've made you sob
'Cause I'm your kid
And that's my job!

Daily Activity Ideas on *Early Years in Delta* Facebook Page

I hope you are enjoying my Daily Activity Ideas and Wednesday & Friday Storytimes. As well as Physical Fridays and Snack Sundays.

June 8-14

- Monday June 15 – Father's Day
- Tuesday June 16 – Trains
- Wednesday June 17 - Friends
- Thursday June 18 – 3 Billy Goats Gruff
- Friday June 19 - Recycling
- Saturday June 20 – Boats
- Sunday June 21 – National Indigenous People's Day /
Snack Sunday

Recipe of the week

Kid sized cheese pizza

Ingredients

- 2 tubes (7-1/2 ounces each) refrigerated buttermilk biscuits
- 1 can (8 ounces) tomato sauce
- 1-1/2 teaspoons dried minced onion
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/8 teaspoon garlic powder
- 2 cups shredded part-skim mozzarella cheese

Directions

Roll or pat biscuits into 2-1/2 in. circles. Place on greased baking sheets. In a small bowl, combine the tomato sauce, onion, oregano, basil and garlic powder; spread over the biscuits. Sprinkle with cheese. Bake at 400° for 8-10 minutes or until edges are lightly browned

Four hugs a day, that's the minimum. Four hugs a day, not the maximum... (Charlotte Diamond)

7 Amazing Benefits of Hugging Children*

Hugging provides many benefits to people, but it is particularly important in child development. Let's discover the science behind the benefits of hugging. Hugging makes us feel good, no doubt.

When we are sad or disappointed, a big warm cuddle can alleviate some of the pain. When we are happy, we want to share the joy by giving others a bear hug. So we intuitively know that hugs are good. But there are other benefits besides feeling warm and fuzzy. Turns out there are important scientific reasons why hugs are good for you and your child. A 20 second hug can help your kid grow smarter, healthier, happier, more resilient and closer to you.

Let's look at the science of hugging.

Benefits of Hugging and the Science Behind Hugs

1. Hugs Help Kids Grow Smarter

Human touches are essential to brain growth. A young child needs a lot of different sensory stimulation for normal development. Skin contact, or physical touch such as hugging, is one of the most important stimulation required to grow a healthy brain and a strong body.

2. Hugs Help Kids Grow

Physical contact is also essential to a child's physical growth. One of the reasons why hugging is associated with physical growth is that it triggers the release of oxytocin, also known as the love hormone.

This feel-good hormone has many important effects on our bodies. One of them is growth stimulation. Studies show that hugging can instantly boost the level of oxytocin. When oxytocin is increased, several growth hormones, such as insulin-like growth factor-I (IGF-1) and nerve growth factor (NGF), are increased as well¹⁰. As a result, the nurturing touch of a hug enhances a child's growth.

3. Hugs Keep Kids Healthy

There are many health benefits of hugging. Hugs can promote our health and help us heal.

Oxytocin, released when hugging, is a hormone that has amazing power and provides many benefits to our bodies.

4. Hugs Stop Temper Tantrums

Hugs are good for a child's emotional health. Nothing can calm a tantrum-throwing toddler faster than a great big hug from the parent. Many parents worry that hugging a tantrum-throwing child is rewarding bad behavior with attention. But it is not. Hugging a child is not the same as giving in (which does encourage bad behavior). Hugging without giving in is helping a child learn to self-regulate. Regulating one's emotion is like driving a car. In our body, there are two separate mechanisms that control our emotions. The arousal branch in our nervous system speeds up our emotion, while the calming branch can put a brake to our arousal.

5. Hugs Build Resilience

At birth, a child's nervous system is not mature enough to regulate big emotions by themselves. Toddlers having intense emotions have a hard time stopping because of this. They are not being stubborn or defiant. Hugging a dysregulated child not only helps them regulate, but it also allows them to experience their emotions being regulated. This crucial early life experience is how a child learns to develop self-regulation skills and build resilience. Hugging also helps children become more resilient by reducing the negative impact of conflicts.

6. Hugs Make Happy Kids

Hugs enhance a person's psychological resources. Psychological resources, such as optimism, mastery, and self-esteem, refer to individual differences that are directly predictive of physical and psychological health.

7. Hugs Help Child and Parents Bond

Hugs increase trust. Trust is indispensable in building a strong interpersonal relationship

Oxytocin increases one's willingness to reduce fear, accept risk and trust the others to improve relationships. It also increase a child's attachment security, leading to secure attachment and improved parent-child bonding

Final Thoughts

Hugging has all kinds of benefits. But body autonomy is also important. Teaching kids how to kindly refuse a hug and handle uncomfortable situations is a good lesson for the child, too. Next time, give your child a big gentle cuddle, with permission of course, and give them the amazing benefits of hugging.

*<https://www.parentingforbrain.com/children-hugging/>