

March 2018

parenting CHRISTIAN kids



**MIFFLIN
PRESBYTERIAN
CHURCH**

Help Children Deal with Stress

POWERSOURCE

ASK GOD:

1. To remind your family members that it is healthy to show your feelings.
2. To help you model positive ways to deal with stress.
3. To give you wisdom in dealing with the stress that your family faces.

What stresses our kids? How do we know they are stressed? How can we help them?

Childhood stress can be present in any setting that requires a child to adapt or change. Stress may be caused by positive changes, such as starting a new activity, but is most commonly linked to negative changes such as an illness or death in the family.

After researching information from the American Academy of Pediatrics, National Association of School Psychologists, Kids Health, Healthy Children.org, Medline and Focus on the Family, it is apparent

that kids stress about many of the same things adults do. They just have not developed the coping mechanisms to work through them.

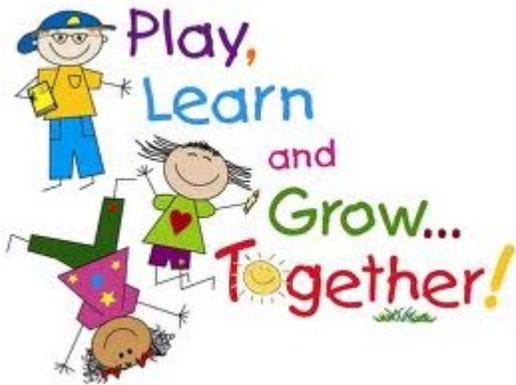
Many stressors involve change—moving, changing schools, illness in the family, death in the family, divorce, or birth of a sibling. There are stressors related to self-esteem—peer pressure, body changes, problems with friends, or thinking a teacher does not like you. Other stressors are schoolwork and grades, juggling responsibilities with extracurricular activities, money concerns, and world news. There are some things that are not a big deal to adults that can cause

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After School @ Mifflin

You have hopefully heard about our new **After School @ Mifflin (AS@M)** program that we plan to open in the fall of 2018. We are very excited about this new ministry, which will offer after-school care but also more enrichment, character-building and service opportunities than what is currently offered in Gahanna. Our motto is “where children are nurtured in body, mind and spirit”.

We are very hopefully that our Mifflin family will want to be involved in this program! Opportunities will include helping the children with homework, crafts, outings, etc., as well as helping with some of the planning.

Currently we are seeking input on our new playground (which will, of course, benefit our Mifflin kids and families, too). If you would like to share your ideas about what kind of playground we should have - or any other aspect of our new program—please talk to Teri Eriksen, Denny Anthony or Kathi Bubb. We welcome your input.

Stress in Children (continued)

significant stress in kids. We need to let our kids know that we understand that they are stressed and not just dismiss their feeling as inappropriate.

How do we know that our kids are stressed? Every child is different and signs may be subtle. Changes in behavior such as mood swings, acting out, becoming withdrawn, or sleep pattern changes may occur. There may be physical effects such as stomachaches or headaches. They may have difficulty concentrating or finishing schoolwork. They may revert to earlier behaviors such as bedwetting, thumb sucking, becoming clingy, or nightmares. They may become aggressive, stubborn, angry or unable to control emotions. They may not want to participate in activities that they used to love to do.

How can we help?

- Proper rest and nutrition can boost coping skills.
- Make time for your kids each day.
- Be a role model- do your best to keep your own stress under control and manage it in healthy ways.
- Listen to your child.

- Be careful about the television programs, books and games that your children watch and participate in.
- Let kids know ahead of time about anticipated changes such as in jobs or moving.
- Encourage physical activity.
- Recognize that their fear is real. As trivial as a fear may seem, it feels real to your child. Don't belittle the fear (monsters in the closet). However, don't cater to fears.

Seek help or advice from a health care provider, counsellor or therapist when signs of stress do not decrease or disappear, when stress is causing serious anxiety, or when the behavior causes significant problems at school or at home.

Some recommended books for young children are:

Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst,
Tear Soup by Pat Schewibert,
Chuck DeKlyen and Taylor Bills,
Dinosaurs Divorce by Marc Brown and Laurene Krasney Brown.

Marquell Segelken, BSN, RNC, RN-BC
Faith Community Nurse
nurse@mifflinpres.org

SCRIPTURE OF THE MONTH

Thy kingdom come, Thy will be done, on earth as it is in heaven.

Matthew 6:10

APRIL CALENDAR

Salad and Spuds Lunch

Sunday, March 11 12:15 pm

Our Mifflin youth will be hosting a fundraising lunch on Sunday, March 11 after the second service (12:15 pm). The menu will be a potato and a salad bar, and entertainment will be offered by youth during the meal. A love donation will be accepted to raise funds for the Mission Trips.

TABLE SHARING

Saturday, March 17 6:00 pm

Join a small group of church folks for dinner on March 17, with childcare provided at the church for FREE!! There are limited slots available, so check out the Info Center for a sign up. (There are other nights available, too, but THIS is the only one with free childcare!)

Palm Sunday Worship

March 25 9:00 and 11:15 am

The children are learning a song during Sunday School that they will be singing during worship. Be sure that they come to Sunday School this month to learn it!

Good Friday Labyrinth Prayer

Walk—March 30 11:00 am-1:00 pm or 5:00 to 7:00 pm.

A labyrinth will be set up in the Fellowship Hall. A labyrinth is not a maze – there is a definite path to follow, allowing time for reflection without worrying where you are going. You will walk at your own pace, but it typically takes 15-20 minutes for the entire process and is appropriate for elementary children through adults.

Easter Party

Saturday, March 31 10:00 am

Our annual Easter Party is so much more than an egg hunt! We will have crafts, snacks (coffee for the parents), games, and the 8th Day Puppets will be performing! Be sure and join us for a great time – children AND their parents or grandparents welcome - and don't forget to bring the Easter baskets for those eggs.

Easter Brunch

Sunday, April 1 10:00 am

No Sunday School that day.

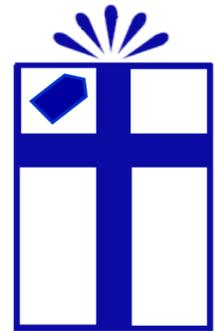
VACATION BIBLE SCHOOL

Save the dates for **Monday, June 4 through Friday, June 8** from 9:00—11:30 am (NOTE CHANGE IN TIMES FROM LAST YEAR!!!) for children age 4 through grade 5 (youth are welcome as helpers).

This year's theme is "Babylon: Daniel's Courage in Captivity", which uses the popular Marketplace format—that means that there are LOTS of volunteer opportunities, with both big and small commitments. We will be

looking for volunteers for decorations, recreation, crafts, snacks, marketplace and group leaders, so let Kathi Bubb know how YOU want to help this year to make another great VBS.

GIFT



Growing in Faith Together

(Event already over!!)

All parents and grandparents are invited to meet together at 10:20 am in the choir room for a **GiFT for Parents Class**. Our Faith Community Nurse Marquell Segelken will be leading us in a conversation about children and stress—what stresses them (some things may surprise you!) and how we can help them deal positively with stress. Be sure to check out her article for a sneak preview!

FUTURE GiFT for Parents

Do you have a topic that you would like to discuss with other Mifflin parents? Better yet, do you have a topic you would like to LEAD? Either way, contact Julie at joswalt@mifflinpres.org with your ideas for future programs for parents in our church.