

OCTOBER 2019, VOL.2

# P.E.P. TALK

POSITIVELY EMPOWERING PARENTS



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## Welcome to PEP talk

WRITTEN BY LINDSAY HILL - CDA

Welcome to PEP Talk - Positively Empowering Parents

The aim of PEP Talk is to talk about relevant topics for parents and caregivers in a way that is meaningful, engaging and empowering.

Speaking from one parent to another, I know first-hand that parenting can be the hardest job on earth. I have 3 children of my own who are in grades 2, 4, and 6. If you are anything like me then I am sure there are some days you feel like you've got a good handle of things and life is going well, and then suddenly you wonder who these children are and what has happened to your polite cherubs you were singing praises to the day before!

Parenting is ever changing and adapting to the social, emotional and physical needs of your growing young people. It is not easy, but you've got this - you can handle what's thrown your way because you have the open-mind to learn, grow and succeed as a parent.

And, if you ever need a sounding board, or someone to chat with - I am here for you and your family. Connect with me at the school or send me an email at [lhill@rockyview.ab.ca](mailto:lhill@rockyview.ab.ca)

# Cold Season...

WRITTEN BY LINDSAY HILL

October is upon us already, where did September go?! Wow! Time sure flies around here. With the changing of the season, we are seeing the young folks; settling into their classrooms, developing solid routines, friendships and connections are forming, and both teachers and students are working hard. The changing weather and close contact with new friends also means it is COLD season... lots of coughs and sniffles at this time of year.

The best and wisest advice to help boost immune systems and protect against such illness has to be: REST, good nutrition, and exercise. In fact, these 3 things will go a LONG way to protecting you and your loved ones from more than just the common cold.

Having a good balance of rest, nutrition and exercise can also help strengthen our mental health as well. When we are well rested the stressors and problems of the day seem much more manageable. Same goes with having a healthy diet - there's a reason why we call people HANGRY when they are hungry... because when we get hungry, we are more likely to get angry and irritable. Exercise, recommended 30 minutes per day, can also have added health benefits of lowering cholesterol, decreasing the chance of diabetes, increasing stamina, lowering symptoms of depression and anxiety, and generally makes us feel good! So, do yourself and your children the favour of going to bed early enough to get a goodnight's sleep. How early? Well, chances are if your child cannot wake on his/her own in the morning then they need more sleep - try having them go to sleep 30 minutes earlier and see if it makes a difference.



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On that note, I highly recommend developing a solid, peaceful bedtime routine. Quiet time, story time, or even nightly meditations can help ease you and your child into a relaxed, ready for sleep kind of state. Check out Jason Stephenson's "Sleep Ezy Tonight," Channel on youtube. He has many lovely children's stories and meditations that help guide kids into relaxation. My 3 children LOVE listening to these guided meditations and it has become part of their bedtime routine... and I can honestly say that they are all usually asleep and snoring before the end of the meditation! There are many other guided meditations for sleep, or bedtime stories available to help ease your child into the quiet, relaxing state necessary for sleep to happen.

Have any questions? Reach out, I'm here to help  
[lhill@rockyview.ab.ca](mailto:lhill@rockyview.ab.ca)