

SEPTEMBER 2019, VOL.1

# P.E.P. TALK

POSITIVELY EMPOWERING PARENTS



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## Welcome to PEP talk

*WRITTEN BY LINDSAY HILL - CDA*

Welcome to PEP Talk - where the aim is to always Positively Empower Parents by talking about things that are relevant to them in their journey in this amazingly incredible journey as parents or caregivers.

Speaking from one parent to another, I know first-hand how 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)

# It's going around...

WRITTEN BY LINDSAY HILL

Are you or your children suffering from any of the following symptoms?:

- Irritability
- Restlessness
- Agitation
- Difficulties with emotional regulation (outbursts, tantrums, crying, yelling)
- Increased/decreased appetite
- Overtired (but unable to sleep, or excessive sleep and sleeping in)
- Angry
- Argumentative

If any of the above is ringing true, don't worry - you've come down with a bad case of "back-to-schoolitis." It happens to many at this time of year. And, it's not surprising... there is so much change going on; change in routine, change in bedtime, change in teacher, change in classroom, change in friendships, change in expectations, no wonder you and your children are left exhausted and irritable.



*Routine is key for alleviating many of the problems associated with getting back into the swing of things at school...*

Don't worry there are some things that you can do to alleviate some of the strain and help your family through these difficult transitions:

- Stick to a routine for bedtime - it's the hours before midnight that count, so early to bed is better than sleeping in late
- No screens in the room at bedtime, if they must be in the room, use the dimmer feature to lower the screen light
- Healthy snack right after school -this helps regulate moods
- Cut out pop/cafeine/energy drinks etc. - sugar does not help regulate mood!
- Schedule some 'down time' - it's okay to relax on the weekend, if you've been 'go, go, go' all week.
- Spend time outdoors in nature -that fresh air does wonder for calming the nerves and helping everyone have a good night sleep, not to mention it's a wonderful cure for sibling rivalry - what do you fight about in nature?
- Schedule tech-free time (for example screen free Sunday)
- And finally, simply recognizing that this too shall pass... we will all find our groove, settle into a routine,so don't sweat the small stuff!

Need a sounding board? Reach me @  
lhill@rockyview.ab.ca