



ISSUE 26 WINTER EDITION

Bringing Out the Best

SUPPORTING THE SOCIAL & EMOTIONAL DEVELOPMENT OF YOUNG CHILDREN IN
GUILFORD COUNTY



Taking care of
yourself is an act of
self-compassion. It's
hard to give your time,
love and generosity, if
you don't rejuvenate
yourself first.



Winter Wellness Tips

Try at least one of these this season.

Manage stress

Find healthy ways to de-stress, such as meditation, deep breathing exercises, or spending time on hobbies.

Stay connected

Make an effort to connect with friends and family through phone calls or video chats to avoid isolation.

Embrace the light

Spend time outdoors to get natural sunlight, which can boost serotonin levels. You can also consider using a light therapy lamp.

Maintain a routine

Stick to a consistent schedule for sleep and meals, even during the holidays, to help you feel more balanced.

BOB

FAVORITE RECIPES



THAT FEED THE SOUL

Hot Cheese Dip

1 Cup - Mayonnaise

1 Cup - Extra Sharp Cheddar Cheese (grated)

½ Cup Finely Chopped Onion

Mix all contents together and bake at 350 degrees for 30 minutes or until bubbly

Serve with Wheat Thins



Mock Pound Cake

2 sticks of butter, melted

3 cups of sugar

3 cups of flour

1 cup of milk

¼ teaspoon of salt

5 eggs

1 teaspoon of baking powder

For Lemon: + 4 tablespoons of flour + 1 teaspoon lemon extract

For Chocolate: + 4 tablespoons of cocoa + 1 teaspoon vanilla extract

Directions:

- Spray tube pan with baking spray (this works best) or use regular non-stick oil spray plus a sprinkling of flour to help prevent sticking.
- Preheat oven to 350 degrees.
- Mix all ingredients with a mixer until blended.
- Bake for 1 hour or until a toothpick comes out clean.



THIS WINTER

CREATE A CALM DOWN SPACE IN YOUR HOME



Families can help children learn how to take a break from activities or interactions that are challenging to them. The calm down area provides a place to let go of strong emotions and begin to feel calm and ready to engage with others again.

Click Here

To download NCPMI Handout on making a calm down area in your home.




Taking a Break: Using a Calm Down Area at Home



A calm down area provides a child a place to calm down and take a break. It is one strategy that might be used when children are feeling anxious, stressed, or overwhelmed. Families can help children learn how to take a break from activities or interactions that are challenging to them. Just like adults, young children might react to stress, frustration, and disappointment by becoming angry, shouting, refusing help from adults, or engaging in other challenging behaviors. Adults might use helpful strategies such as self-talk, deep breathing, or taking a break when they are feeling the need to take a break and calm down. The calm down area provides children with a place to let go of strong emotions and begin to feel calm and ready to engage with others again.

Getting Started

The calm down area or calm down spot does not need to require a lot of space. It might be a chair that your child prefers, a group of toys that your child likes that are in a bedroom, or an area where you place a basket of calming toys. The only requirement is that it is an area that is quiet, away from interactions with others, and soothing for the child.

When you create your calm down area, think of things that your child already uses to calm down. They might be stuffed animals, a favorite pillow, a puzzle, sensory toys, or books. Put those in the calm down spot.

Show your child that you have created a calm down area and let your child know that they can use the area when they need to "feel better." You might explain to your child that sometimes you go to a calm down spot that helps you feel better too. "When I am feeling frustrated with my work, sometimes I lay down on the couch."

Encourage your child to play with what you have put in the spot. You might add a visual that helps the child take deep breaths (e.g., "Tuckers the Turtle...") or a social story like "Tuckers the Turtle..." that might help your child calm down. Encourage your child to go themselves with the calm down area when they are calm. This will give them a chance to explore the items in the calm down area and figure out what is most soothing and calming.

When you think your child might benefit from the calm down area, remind your child that they can go to the calm down area to feel better or guide your child to it by saying, "I am going to help you go to your calm down spot so you can feel better."



A sincere thanks to our 2025
funders!



THE
Cemala
FOUNDATION



as well as The Reich Family Foundation and
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LET'S END THE YEAR STRONG TOGETHER

VISIT OUR WEBSITE FOR
TRAININGS OFFERED THIS
WINTER AND SPRING!



*Wishing you peace, joy, and
a season full of magic.*

WITH LOVE FROM,

BRINGING OUT THE BEST

