

# Muscogee County School District's

## School Social Work Department



### Dates to Remember:

#### January 6

1<sup>st</sup> day back from Winter Break

#### January 12

Report cards go home

#### January 18

Martin Luther King Jr. Day (No School)

Dear Parent,

January is here and with this brings the new beginnings. Another school semester begins and we are so excited to welcome your children back after a joyous and relaxing winter break.

## Building Healthy Self-Esteem in Your Child

As parents, we spend a large amount of our time making sure that our children's daily needs are met, running them from place to place, making sure their homework is complete, their grades are good, they are fed, and the list goes on. However, we as parents know that these are just day to day tasks. The overall big picture of parenting is to raise successful, well adjusted, responsible adults. However, often times we are meeting their physical needs and not thinking of how we are meeting their emotional needs, as this is not something that we see or something that we are reminded of on a daily basis. Raising self-confident children who believe in themselves and are independent is one of our main parenting goals. Below are a few tips to help you on the journey of raising your child's self-image and helping them in the journey of becoming self-efficient adults. By Lauren Penton

- Praise your child when they are doing well, whether it be school or sports. When they struggle with something, make sure to encourage them to work hard and praise small accomplishments they make, while encouraging them to continue to work hard.
- Encourage your child to try new things and don't let him/ her give up when it gets hard.
- Let your child see their failures as a lesson, not a stopping point. Encourage your child by telling them of times that you have failed, but continued to try and eventually succeeded. Your child needs to understand that failing one time does not mean that they are a failure. Sometimes it means you need to try harder or a different way to reach success.
- Don't not pressure your child. Sometimes the pressure and fear of failure will stop your child from trying.
- Allow your child to try new things. Experimenting will cause them to grow and gain self-confidence through their experiences.

The way we  
talk to our  
children  
becomes their  
inner voice.

-PEGGY O'MARA

[www.babysavers.com](http://www.babysavers.com)



Food allergies are a very serious problem that a lot of parents have to worry about. For parents whose children do not have food allergies, it is still important that we educate ourselves on the facts about food allergies so that we make sure our child's friends, relatives, and classmates who may have a food allergy are safe and not at risk of having an allergic reaction. Below is a chart from [www.laurenshope.com](http://www.laurenshope.com) with information regarding food allergies.

lauren's  
HOPE  
WWW.LAURENSHOPE.COM

# THE FACTS ABOUT FOOD ALLERGIES

## MILD SYMPTOMS:

- HIVES (RED, SWOLLEN, ITCHY AREAS ON THE SKIN)
- ECZEMA (A PERSISTENT DRY, ITCHY RASH)
- REDNESS OF THE SKIN OR AROUND THE EYES
- ITCHY MOUTH OR EAR CANAL
- NAUSEA OR VOMITING
- DIARRHEA
- STOMACH PAIN
- NASAL CONGESTION OR A RUNNY NOSE
- SNEEZING
- SLIGHT, DRY COUGH
- ODD TASTE IN MOUTH
- UTERINE CONTRACTIONS

## WHAT ARE THE SYMPTOMS?

## SEVERE SYMPTOMS:

- OBSTRUCTIVE SWELLING OF THE LIPS, TONGUE, AND/OR THROAT
- TROUBLE SWALLOWING
- SHORTNESS OF BREATH OR WHEEZING
- TURNING BLUE
- DROP IN BLOOD PRESSURE (FEELING FAINT, CONFUSED, PASSING OUT)
- LOSS OF CONSCIOUSNESS
- CHEST PAIN
- A WEAK OR "THREAD" PULSE
- SENSE OF "IMPENDING DOOM"

SOMETIMES KIDS HAVE A HARD TIME DESCRIBING THAT THEY'RE HAVING AN ALLERGIC REACTION. YOUNGER CHILDREN MAY PUT THEIR HANDS IN THEIR MOUTHS OR PULL OR SCRATCH AT THEIR TONGUES IN RESPONSE TO A REACTION. ALSO, CHILDREN'S VOICES MAY CHANGE.

## OTHER WAYS A CHILD MIGHT DESCRIBE AN ALLERGIC REACTION:

- |  |  |
|--|--|
| "THIS FOOD IS TOO SPICY."                        | "THERE'S A FROG IN MY THROAT."                               |
| "MY TONGUE IS HOT (OR BURNING)."                 | "THERE'S SOMETHING STUCK IN MY THROAT."                      |
| "IT FEELS LIKE SOMETHING'S POKING MY TONGUE."    | "MY TONGUE FEELS FULL (OR HEAVY)."                           |
| "MY TONGUE (OR MOUTH) IS TINGLING (OR BURNING)." | "MY LIPS FEEL TIGHT."  |
| "MY TONGUE (OR MOUTH) ITCHES."                   | "IT FEELS LIKE THERE ARE BUGS IN THERE." (ITCHY EARS)        |
| "IT (MY TONGUE) FEELS LIKE THERE IS HAIR ON IT." | "IT (MY THROAT) FEELS THICK."                                |
| "MY MOUTH FEELS FUNNY."                          | "IT FEELS LIKE A BUMP IS ON THE BACK OF MY TONGUE (THROAT)." |

"Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel."

~ Eleanor Brown

GREEN MOUNTAIN AT FOX RUN

FITWOMAN.COM

## Finding Balance

The holidays can be a crazy time for us all. This is usually the busiest time of year for many. While family holiday celebrations can be a lot of fun, this can also be an extremely stressful time of years for some. It is important for you to find small bits of time to unplug from others and focus on caring for yourself. Below are a few ways to rejuvenate your spirit. By Lauren Penton

- Are you a member of a church or spiritual service community? Find time to visit your worship community and sit among others to absorb their guidance or any words that may help you obtain peace.
- If you're able, take a mental health day for yourself. Binge on Netflix shows, treat yourself to a pedicure, or get outside. Do something just for yourself and take time to refuel so you can give your children a healthier mother or father.
- If you're crafty, find some Pinterest projects that are simple, yet rewarding. Make a craft or do a small home repair. This is only for those who enjoy being crafty, as this can be a stress reliever and way to free your mind.
- Get up early and watch the sunrise. If you are not able to watch the sunrise, take a moment and watch the sunset. Find peace in small moments by yourself.
- Wait to your kiddos go to sleep and then take a long, hot bath. This is a small way to pamper yourself and give yourself time to unwind from your hectic day.