

## Wheeling School Based Health Program Newsletter November 2019

### SBH Team

Mary Ann Glusich  
School Nurse

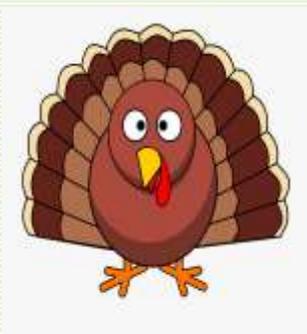
Erin McFarland  
School Counselor

Brenda Orth  
Clerical Assistant

**Leighton:** What sound does a limping turkey make?

**Zach:** I give up!

**Leighton:** "Wobble, wobble!"



**Josh:** What do you get when you cross a turkey with a centipede?

**David:** Tell me.

**Josh:** Drumsticks for everyone on Thanksgiving Day!

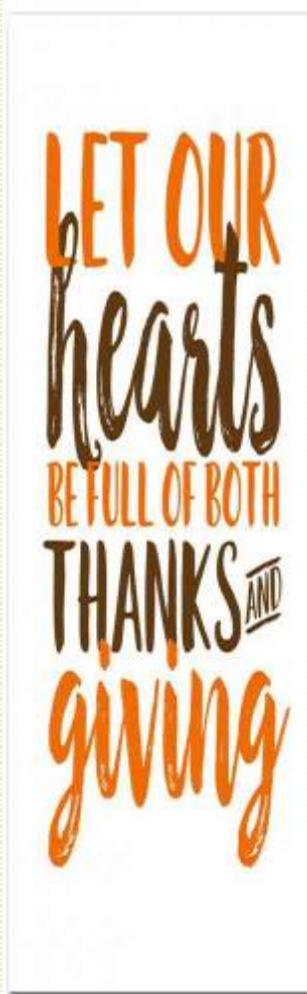


The hustle and bustle of Thanksgiving and Christmas are on our minds. We sure don't want anyone to be sick in bed with the flu. "Every year the one predictable thing I say about flu is that it's not predictable. The good news for everyone though is that there is still time for everybody to get a flu shot," health officer Dr. Amy Person said.

"As the weather gets colder, flu season will be coming. Get your flu shots now, so that you'll be protected no matter when it peaks this year," Person said.

Vaccinations remain at full strength for about six months and will cover an individual for around nine months. This means a shot in September would be at full strength at the region's general peak for the flu around late January through February, while remaining viable well into spring.

Experts are also worried about the effects vaping could have on the lungs-- they say it could mean more cases of the flu. It's not too late to get the flu shot.



## How to Help Your Child Increase Self-Esteem

Self-esteem can come from parents, teachers, and others. The people in our lives can affect how we feel about ourselves. When they focus on what's good about us, we feel good about ourselves. When they are patient when we make mistakes, we learn to accept ourselves. When we have friends and get along, we feel liked. But self-esteem can also come from our inner voice. The things you **say** to yourself play a big part in how you feel about yourself.

Good self-esteem can come from learning to do things. We feel good when we learn to read, add, draw, or build, play a sport, play music, write an essay, ride a bike, set the table, wash the car, help a friend or walk the dog.

To help children to increase their self-esteem, here are some following tips to teach them:

**Be with people who treat you well.** Some people act in ways that tear you down. Others lift you up by what they say and do. Learn to tell the difference. Choose friends who help you feel OK about yourself. Find people you can be yourself with. Be that type of friend for others.

**Say helpful things to yourself.** Tune in to the voice in your head. Is it too critical? Are you too hard on yourself?

**Accept what's not perfect.** It's always good to do the best you can. But when you think you need to be perfect; you can't feel good about anything less. Accept your best.

**Set goals and work toward them.** If you want to feel good about yourself, do things that are good for you. Make a goal. Then make a plan for how to do it. Stick with your plan. Track your progress. Be proud of what you've done so far. Say to yourself, "I've been following my plan to work out every day for 45 minutes. I feel good about it. I know I can keep it up."

**Focus on what goes well.** Are you so used to talking about problems that they're all you see? It's easy to get caught up in what's wrong. But unless you balance it with what's good, it just makes you feel bad.

**Give and help.** Giving is one the best ways to build self-esteem. Tutor a classmate, help clean up your neighborhood, walk for a good cause. Help out at home or at school.



## Good Touch Bad Touch

### **Give Them Ownership of Their Body**

Children at about 18 months can be taught that they own their bodies ('Your body is all yours.') and that no one has a right to touch them unless it's okay with them. At [ages] 2 and 3.25 now, they know that their bodies belong to them and that they can reserve certain parts as 'private.' Even if it's something like holding hands with someone or having a friend hug or kiss them, they know they have the right to say no if they don't like it."

### **Use Appropriate Language**

As soon as a child seems to be curious about their body parts during bath time, parents should teach them the correct names for their anatomy. It really helps them to have the knowledge in case they ever need to talk about anything.

### **Keep Conversation Light and Easy**

One thing that helps is keeping these kinds of conversations serious but still unemotional (almost lighthearted) so that kids feel very comfortable talking about it and asking questions. And try to let these conversations happen naturally and work them into our everyday life. Like talking about it during potty or bath time.

### **Use the Swim Suit Rule**

In Kindergarten classes children are told that if your swimsuit covers it, it's a private area and no one should be seeing or touching that area. Tell a grown-up if someone is touching you in the wrong places because it's a Mommy and Daddy's job to keep you safe. It's a simplified version but easy for younger children to understand."

### **Explain What Safe Touch Is**

**These may be times when parents or doctors might have to perform something they won't like to keep them safe. Give examples like getting a shot at the doctors.**

### **Empower Them to Say NO**

Stress that if someone touches them in a way they don't like to tell that person to stop ... and to ALWAYS tell their parents about it. Keeping the lines of communication open, even with AND especially with, our private areas it's very important.

### **Use Books About Good Touch Bad Touch**

There are a number of great books about this topic on line and in book stores.

### **Don't Force Affection**

Don't force your kids to hug someone if they don't want to. I know that a hug from a loving adult isn't a bad touch, but it can give the child a feeling of control over their own body.

### **Help Your Child Trust Their Feelings**

Kids should be taught that a touch (from anyone) that makes them feel bad or uncomfortable is a bad touch. Kids should be taught to trust their own feelings.

### **Practice or Role Play**

Parents can practice what they should say ('No, I don't like that. STOP!') and do (tell parents or a trusted adult) if they are ever asked to show or are touched in their private areas.