

2007



Get Psyched!

Fall/Winter
Newsletter



Get Psyched! is dedicated to raising awareness about CGC's programs and services, facilitating community education programs led by CGC's professionals and providing financial support for CGC's services. Join us! For more information, please contact Amy Zabin at 203-532-4628.

Holiday Tips from CGC



"Parents should be encouraged to express the importance of family in order to show kids that there are other things besides presents to be thankful for."

Erich Schleifer, Ph.D.

"Try to stick to your child's usual routines, including sleep schedules, snack times, play times, etc. This can help you and your child enjoy the holidays and reduce stress."

Maria Gaudio, M.A.

"Your kids will have fun, you don't need to work on it. Just set the stage, relax, and enjoy them."

Roumen Nikolov, M.D.

"In this season of gift giving, it is important to remember that the gifts we treasure most are often small and simple. What seems to matter most is showing those we care about that we can listen to their needs, to their joys, and to their challenges."

Rachel Alfandre, M.S.W.

"Make sure your kids get plenty of rest. Staying up late can be exciting, but lack of sleep often leads to increased irritability."

Stephanie Hartman, M.S. Ed.

"Parents will want to be sensitive to the added importance their teen may place on getting the gift, card, or call from their friends, or the pain, isolation, and sadness the teen might express when these communications don't come. When the teen is disappointed, parents will want to be careful not to minimize concerns or try to make up for it by offering substitutions. These will likely serve only to further invalidate the teen. Instead, parents might want to try just listening and expressing understanding. The best thing is to be supportive and not negate the teen's sense of loss. Nothing can better facilitate the teen's negotiation of a difficult time than having a strong and secure base created by having loving parents."

Eunice Matthews, Ph.D.

Dr. Weiller's Corner

The holidays are fun and exciting times. Children are thrilled to have a break from school and excited to see friends and relatives. As parents, we want these occasions to be "perfect" times of family closeness and harmony and we spin into feverish activity. But these can also be difficult times for children and parents because they remind us of things that have changed, and this may cause sadness.

Here are some tips to help your children cope with holiday stress:

- Discuss holiday plans well in advance and try to include your children in the planning process.
- Don't promise things you can't produce. For example, don't promise a parent will be home for the holidays if this decision is not in your control.
- Encourage your kids to make presents for special friends and relatives. This helps develop a heightened sense of pride and confidence.
- Structure activities to include cooperation. Kids love to be in the middle of things and participate in the decision making.
- Limit the amount of time kids spend alone watching TV or playing video games.
- Increase the emphasis on giving and being together as the most enjoyable aspect of the season.
- Find individual quiet time with your children. Time alone talking with them while working on something together can be very special.

As a parent, take care of yourself. Remember, if you feel stressed it increases the pressure on your children.



The Child Guidance Center of Southern Connecticut (CGC) is a professionally staffed outpatient mental health center for children and adolescents and their families who experience psychological, behavioral, developmental, social, or family problems. For over fifty years, CGC has been committed to serving the community's mental health needs including preventive educational programs. In 2004, the Child Guidance Center of Southern Connecticut opened the Greenwich community office.

For more information, please contact Dr. Fenia Weiller at (203) 983-5294.

WHERE is the Greenwich Office?

**Child Guidance Center
23 Benedict Place
Greenwich, CT 06830
Dr. Fenia Weiller
(203) 983-5294**

**For more information about the Child Guidance Center please visit:
www.childguidancect.org**