

AUGUST 2023



THE ART OF KINSHIP

News, Important Dates, and More!



Thank you to our Sanilac County Caregivers for attending our First Annual Caregiver Picnic on July 13, 2023!

Your support is what made this successful!

Pictured below are our raffle winners for our Caregiver baskets.



**Kinship Winner:
Robert and Bella Gainor**



**Caregiver Winner:
The Cutler Family**

AUGUST IMPORTANT DATES

August 17- Caregiver Picnic (Huron, Sanilac, and Tuscola County)

August 21- Kinship Family Group

NOTE:

Remember, each additional Caregiver event you attend or anytime you check-in with an Advocate after originally signing up, is an entry to win a free tablet!

If you have questions on our Caregiver giveaway please call 989-673-4121.



Refer A Friend

If you know anyone, friend, family member, neighbor, etc., who is going through the same situation as you and could benefit from Kinship or Caregiver Services, please contact our office. If you do, you will be entered into the Caregiver Giveaway for a tablet!

AUGUST 2023

Back to School Tips

Re-establish a routine: Establish back to school routines about a week before school begins. A consistent routine is important for kids. For example, in the evening practice completing homework, playtime, brushing their teeth and taking bath, and reading before bed.

Establish healthy habits: Involve your kids in choosing and preparing healthy lunches and snacks, and maintain regular meal times. Additionally, help them find activities that help them get moving all while having fun!



Schedule family time: To create a more positive atmosphere for your child, it is beneficial to separate school life from family life. For example, schedule fun activities for evenings and weekends like a game night or going for a walk. This can provide a sense of connection and relaxation. Regular check ins with your child can make a big difference as well. For example, it gives your child confidence that you're facing these new challenges together.

Celebrate back to school: If you celebrate going back to school, your kids will see going back to school is exciting and positive. A small celebration with ice cream and back to school pictures is a great way to celebrate!

Talk about first-week jitters: Reassure your child that being nervous or anxious is normal. Let them express their feelings with you, and maybe share them some of your own first day jitter stories. If your child is nervous they are going to be in a new classroom with a new teacher, you could always ask the school to go on a tour and meet the teachers.



Back to School Anxiety

The transition back to class as summer ends can be a stressful time for children and parents. Parents or caregivers may notice their children exhibiting some nervousness about new routines, schoolwork or social interactions. Some of this is a normal part of back-to-school jitters that gradually diminish over a few weeks.

There are several easy ways to tell when a child's anxiety is cause for concern. Red flags that indicate a child's anxiety is causing a great deal of distress include:

- *Tantrums when separating from parents or caregivers to attend school.*
- *Difficulty getting along with family members or friends.*
- *Avoidance of normal activities in and outside of school.*
- *Symptoms such as stomachaches, fatigue, difficulty sleeping alone.*

Anxiety is a normal part of healthy development and can be helpful in some situations. For example, feeling pressure to complete homework by a deadline or to perform well in sports.

Being supportive and listening is beneficial as they head back to school this year.

Kim Reynero

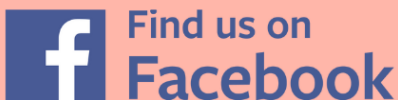
Caregiver Advocate

kimberlyr@hdc-caro.org

Tabitha Andrus

Caregiver Advocate

tabithaa@hdc-caro.org



Find us on Facebook!
@Human Development Commission
Community Action Agency



**Please Join Us
For Our**



1st Annual Caregiver Picnic

PIZZA | BREADSTICKS | SALAD | COOKIES | BOTTLED WATER

**THURSDAY,
AUGUST 17, 2023**

11 a.m. - 3 p.m.

**Must reside in Huron,
Sanilac, or Tuscola County**

**Evergreen Park
4731 N. Van Dyke - Cass City**

**Games, Educational Speaker,
Splash Pad and Prizes**

**Open to
Caregivers
and
their family**

**RSVP NO LATER THAN
AUGUST 14, 2023
BY CONTACTING
1.800.843.6394**