



# Helping Hands for Families

## Coach Your Child to Use Calming Techniques

Teach your child to stay calm and have positive energy by appealing to one or more of the five senses: sight, sound, touch, smell and taste. Experiment to discover which strategies work best for your child. Encourage your child to notice when they start to feel stressed so they can apply calming techniques at the first signs of stress.



**Sight** - Create a space with comforting items, such as a stuffed animal, soft pillow, or a pleasing picture. Find a safe and quiet spot in nature, perhaps under a tree in the yard. Take a picture of these special places for your child so they can take it along when visiting others or while traveling.



**Sound** - Experiment with music and other sounds that may calm and soothe your child. Birdfeeders and chirping birds, wind chimes near an open window, or the sound of running water may help soothe your child. Humming, laughter or singing a simple song may break the cycle of frustration and negative thinking.



**Touch** - Try rubbing your child's hand gently on smooth or rough textures like stones, tree bark, or running water. The feel of a warm blanket or the cooling temperatures of an icy cold beverage can relax and renew your child's positive energy. Playing with a dog or petting a real or stuffed animal, rubbing a piece of silk or corduroy in the pocket, sitting in someone's lap, rocking, or giving a hand or neck massage may assist in settling down and calming a child.



**Smell** - Our sense of smell is the strongest memory maker. Try lavender scented soap to soothe or citrus scented hand soap to energize. Take a deep breath and smell the fresh grass, earth, freshly cut fruit, or the aroma of spices like mint or cinnamon. Exhale slowly and feel a calmer feeling take over.



**Taste** - Eat slowly and focus on the feeling of the food in your mouth and the taste on your tongue. Slowly drink a refreshing, cold glass of water.



Source: Parenting the Preschooler, UW-Extension  
<http://parenting.uwex.edu/parenting-the-preschooler>

Marquette County  
Family Connections  
Coalition (MCFCC)

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Center & Head Start  
608-296-2141 x 2114

Marquette County  
UW-Extension  
608-297-3141

Family Health WIC  
1-800-942-5330

Marquette County  
Human Services  
608-297-3124

Childcaring, Inc.  
1-800-628-8534

Marquette County  
Economic Support  
608-297-3124

WorkSmart Employment  
& Training Services  
608-355-4806

Westfield School District  
Family/School Liaison  
& Guidance Program  
608-296-2141

Montello School District  
608-297-7617

### Mission

The Marquette County Family Connections Coalition (MCFCC) mission is to link families with community agencies through communication and collaboration.

# Top 10 Reasons to Vaccinate

- 1** Vaccination is the best way to make sure children are protected from preventable diseases.
- 2** Vaccine-preventable diseases, if not prevented, can result in amputation of an arm or leg, paralysis of limbs, hearing loss, convulsions, brain damage, and death.
- 3** Vaccine-preventable diseases, such as measles, mumps, and whooping cough, are still a threat. They continue to infect U.S. children, resulting in hospitalizations and deaths every year.
- 4** If children are not vaccinated, they could easily get one of these diseases from someone who has traveled in another county, or while traveling themselves.
- 5** Outbreaks of preventable diseases occur when lots of parents do not vaccinate their children.
- 6** Vaccination is safe and effective. All vaccines undergo long and careful review by scientists, doctors, and federal government to make sure they are safe.
- 7** Organizations such as the American Academy of Pediatrics, the American Academy of Family Physicians, strongly support protecting children with recommended vaccinations.
- 8** Vaccination protects others you care about, including family members, friends, and grandparents.
- 9** If children are not vaccinated, they can spread disease to other children who are too young to be vaccinated or to people with weakened immune systems, such as transplant recipients and people with cancer. This could result in long-term complications and even death for these vulnerable people.
- 10** We all have a public health commitment to our communities to protect each other and each other's children by vaccinating our own family members.

Technical content reviewed by the Centers for Disease Control and Prevention  
Immunization Action Coalition St. Paul, MN [www.immunize.org](http://www.immunize.org)

## Snack Pizza Recipe 10 servings



### Ingredients:

- 12 ounce can flaky refrigerator biscuits
- 1/3 cup tomato sauce
- 1 teaspoon oregano
- 1/2 cup shredded cheese

### Directions:

1. Pat each biscuit into a 4-inch circle on a greased baking sheet.
2. Mix tomato sauce and oregano, and spoon about 1½ teaspoons on each biscuit round.
3. Sprinkle cheese over tomato sauce.
4. Bake at 400 degrees for 15 minutes or until crust is lightly browned.
5. Refrigerate or freeze extra pizzas.

[http://www.kidsacookin.ksu.edu/Site.aspx?page=Recipe&Recipe\\_id=4341](http://www.kidsacookin.ksu.edu/Site.aspx?page=Recipe&Recipe_id=4341)

## Parents underestimate how much children worry or experience stress.

Helping your child cope with stress will result in short and long term benefits, including:

- \* Improved learning ability.
- \* Increased positive behavior.
- \* Protection from effects of excess stress.
- \* Brain development and self-regulation.

# Be Your Child's Calming Coach