



# Stan & Fran's Health Hints



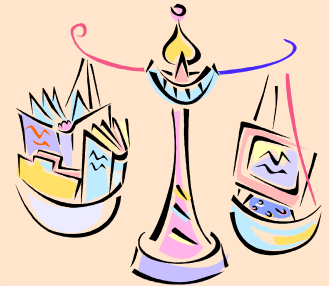
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## Resiliency

Personal resiliency is about our ability to 'bounce back' when we face difficulties. It is about our strengths and assets - those resources, attributes and skills that help us recover from negative events or feelings, cope with challenges, and look after ourselves when things aren't going well. Parents play an important role in helping our children develop assets.

Tips for parents:

- Connect with your child as often as you can.
- Be aware of little chances to connect - during meals and car rides, by helping with homework, watching TV, or doing chores together.
- Listen first... then ask your children how they feel and show acceptance for their feelings.
- Notice their good qualities & show interest in the things that interest them.
- Make sure they get enough rest, a proper diet and exercise, and take good care of yourself too!



When your child is stressed:

- Help them identify the problem that is causing the stress and understand how big the problem is.
- Assist them to figure out a plan, such as listing several actions they can take to help them feel better when they are stressed.
- Make sure they have time to play. Unstructured play and other enjoyable activities help children deal with their stress.
- Ensure that their life is not too busy. Some children need more 'down time' than others.
- Teach them to relax by taking several slow, deep breaths in stressful moments.

For more information about children and resiliency, go to [http://www.psychologyfoundation.org/order\\_worklife.php#KidsCanCope](http://www.psychologyfoundation.org/order_worklife.php#KidsCanCope) and download "Kids Can Cope: Parenting Resilient Children at Home and at School"

\* Content for this topic used with permission from "Kids Can Cope: Parenting Resilient Children at Home and at School" published by the Psychology Foundation of Canada, author John Hoffman

## Hot & Cold Lunches



Keep warm this winter by packing favourite hot foods and drinks to go!



Lunchbox Tips:

- Pack a thermos and reusable containers to help keep our environment healthy.
- On a cold day, fill your thermos with soup, stew, pasta, chilli & rice or hot chocolate made with 2% milk.
- Cut up extra fruit & veggies when you're preparing dinner or cook extra food for lunch the following day.
  - Add colour & crunch to your lunch - pack chopped red & green pepper strips, carrot sticks or try an Asian salad roll.
- Have fun with Kabobs, add roasted meat, cheese, fruit & veggies.



For more Nutrition information: [http://www.interiorhealth.ca/Healthy\\_Eating.aspx](http://www.interiorhealth.ca/Healthy_Eating.aspx)