



Grandparents Corner

December 2015

Holiday Mental Health

Holiday Mental Health Tips:

- Take care of yourself both mentally and physically. Children and adolescents are affected by the emotional well-being of their parent or caregivers. Coping with stress successfully can help children learn how to handle stress better, too.
- Make a plan to focus on one thing at a time. Try a few ideas from “mindfulness” as a strategy to balance the hustle and bustle of things like shopping, cooking, and family get-togethers during the holidays: stop and pay attention to what is happening at the moment, focus your attention on one thing about it, and notice how you are feeling at the time. Withhold immediate judgment, and instead be curious about the experience.
- Give to others by making it an annual holiday tradition to share your time and talents with people who have less than you do. For example, if your child is old enough, encourage them to join you in volunteering to serve a holiday meal at your local food bank or shelter, or sing at a local nursing home. Help your child write a letter to members of the armed forces stationed abroad who can't be home with their own family during the holidays.
- Remember that many children and adults experience a sense of loss, sadness or isolation during the holidays. It is important to be sensitive to these feelings and ask for help for you, your children, family members, or friends if needed.
- Try to keep household routines the same. Stick to your child's usual sleep and mealtime schedules when you can, which may reduce stress and help your family enjoy the holidays.
- Kids still need to brush their teeth twice a day!
- Don't feel pressured to “over-spend on gifts.” Consider making one or two gifts. Help your child make a gift for his or her other parent, grandparents, or other important adults and friends. Chances are, those gifts will be the most treasured ones and will teach your child many important lessons.
- Most important of all, enjoy the holidays for what they are -- time to enjoy with your family. So, be a family, do things together like sledding or playing board games, and spend time visiting with relatives, neighbors, and friends.

Source: American Academy of Pediatrics - www.healthychildren.org

QUICK QUIZ

Bed baths are needed by people who are confined to bed. Baths clean, stimulate, and increase blood flow (circulation) in the skin. If the person in your care has good mobility and is strong enough to get in and out of the tub, he or she may enjoy a tub bath.

1. Bathing is often the most challenging activity for both the person with dementia and the caregiver. T F
2. Water coming from all kinds of unexpected places may result in pain, fatigue, weakness, confusion, and anxiety for the person with Alzheimer's disease.
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3. It is not helpful to talk with the person, tell them what you are going to do next.
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4. It is important to respect the person's dignity by wrapping a towel around them before and after getting out of the shower or tub. T F
5. Avoid scrubbing as the person's skin may be sensitive. T F
6. Falls often occur when people get in or out of the tub. T F
7. For a person with dementia, removing clothes can be frightening or painful.
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8. Towel rods can be used as bathtub aids. T F
9. Always start washing from the cleanest to the dirtiest part of the body. T F
10. Bathing is a good time to check the person for bedsores or rashes.
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KEY: 1. T 2. T 3. F 4. T 5. T 6. T 7. T 8. F 9. T 10. T