



Kids & Families Together

January 2017

Do's and Don'ts When Someone In your House Is Sick

It can be tough to stay well when you're in close quarters with someone battling coughs, fevers, and sniffles. Germs spread more easily in tight spaces and can cause colds and the flu to hang around your house for longer.

You can protect yourself, though, if you know the right (and wrong) ways to deal with someone at home who's under the weather. Give these simple strategies a try.

Do

Wash your hands often. Rub your hands together with soap and water for at least 20 seconds. Don't forget between your fingers and under your nails. And remember to keep your hands away from your nose, mouth, and face.

Sanitize surfaces. Stopping the spread of germs means making sure you clean and disinfect hard surfaces such as countertops, tables, refrigerator handles, doorknobs, and faucets. And don't forget TV remotes, computers, laptops, and phones, too. Some germs can live in these spots for up to 24 hours, so make sure you clean with a disinfectant or disinfect-

ing wipes, or 1/4 cup of bleach mixed in 1 gallon of water.

Steer clear when you can. It can be tough to completely avoid a sick person in your house, especially if you're the one taking care of them. But sometimes the best thing you can do to stay well is to keep your distance. If you can, give the sick person their own room for sleeping and relaxing. Stock it with the items they'll need, like tissues, a trash can, medicine, and bottles of water. And limit their guest list. The only person who should go in and out of the sick room is the person taking care of him.

Pamper your immune system. Your body does a remarkable job protecting you from illnesses most of the time, especially when you keep your immune system in tip-top shape. Keep eating lots of fruits and veggies, and make sure you get plenty of rest. Daily exercise, keeping stress in check, and limiting alcohol also help.

cont. pg 3

Having Faith

Dear Faith,

My Having Faith column this month is going to be about sharing some of what I think matters most in loving emotionally safe relationships as well as ways to build high self-esteem for ourselves as caregivers as well as for our children.

At the core of everything we teach at Kids & Families Together is the importance of creating emotionally safe relationships. This is a relationship where a child knows internally that even on her worst day she is cared about and that she is with someone that is emotionally and physically safe and will help her through any tough time that she is experiencing. Too often, due to our own histories of being

criticized and punished for "bad" behavior, we are quick to notice and speak about the negative behaviors that we experience with our family members, whether it be with our children or with our life partner.

Imagine yourself being a child and arriving home to be greeted by a caregiver whose eyes light up the second you enter the door. You begin to talk about your day and your parent gives you her complete attention. In this moment, you feel safe, important and all is well. In this loving state, you become attuned to the wonders of life and the passion of living and the world becomes a positive place where each person has untold value.

cont. pg 2

Kids & Families Together's mission is to strengthen relationships and provide safe, supportive help and education to keep family members emotionally connected to one another.

IN OUR COMMUNITY

A look at what's happening this month

Jan. 6 — New Year's Dance

Enjoy a semi-formal evening of dancing to music provided by DJ Mark. The tickets available at the Pleasant Valley Senior Center. For more information call (805) 482-4881.

Jan. 7—T.O. Girls Softball Registration

Los Cerritos Fields, 2100 E. Avenida De Los Flores, T.O. Register now for the Thousand Oaks Girls Softball Association recreational season. You can go to one of the walk-up registrations or register online at togsa.org.

Jan. 14 — Cancer Hope Foundations' 5K and 10K Fun Run

Ventura Beach Promenade, Ventura. For more information, call 384-5445.

Jan. 18 — Wellness Fest 2017 in Thousand Oaks

Various vendors will be offering information and demonstrations of service and various health screening. For additional information please call (805) 381-2742.

Jan. 21 — New Hiking Trails

Camarillo Grove Park & Nature Center, 6968 E. Camarillo Springs Road. Ojai Raptor Center show, ribbon cutting, guided hike, native plant sale, crafts, refreshments provided. For more information call 482.1996.

Jan. 28 — BINGO

BINGO at the Goebel Adult Community Center is sponsored by the Goebel Senior Center Commission (GSCC). For more information contact (805) 381-2744.

Keeping up with Kids & Families

There are a number of ways to stay in the loop with what's going on at Kids & Families Together. If you are reading this, you're already on the right path!

You can also "Like" us on Facebook, send us a tweet on Twitter @KandFT, follow us on LinkedIn, check out our calendar on our website, give us a call, or stop by our Center.



Having Faith cont. from pg. 1

A child being focused on with such interest by a parent is a wonderful interaction and display of love. When we give ourselves in this way to a child or to anyone else, we are also giving the gift of love to ourselves, since what we give to others, we strengthen in ourselves.

How many of us, including myself, have had interactions with our child where we barely acknowledge him as he walks in the door and start the conversation by reminding him of his chores and homework to do. Possibly, we are preoccupied with something we are worrying about that has nothing to do with our child but this interaction is still being interpreted by the child as "I don't matter. All she cares about is chores but not about me." Clearly, not the message that any of us want to convey to our children who need to know every day how precious they are to us and how much we value our relationship with each child that is a member of our family. Every individual has unique abilities and challenges and we need to stay focused on the importance of strengthening our relationships. As the parent or caregiver, we need to work on our own triggers and unresolved past issues and get support to be able to keep prioritizing the importance of this emotionally safe relationship, even when our child's behaviors trigger internally our desire to run for the hills!

We live in a world with lots of stress and demands on our daily lives. We all have many moments that we miss opportunities to connect in meaningful ways with people that are important to us but what if we all committed to working on being more attuned and present to our family members and co-workers with the intent of deeply listening to them

cont. pg 3



Starting February 7th – March 28th

Contact Kids & Families Together for more information.

Having Faith cont. from pg. 2

in a way that they feel heard and validated. This means, putting down our phones, facing the person and giving all of our attention in such a way that this person we are with experiences the interaction as though they are the most important person on the planet for this moment in time!

Remember the nursery rhyme we all learned about the little old lady who lived in the shoe that she had so many children she didn't know what to do so basically she abused all her children and sent them to bed! Not exactly the words of the nursery rhyme but the gist of the story that many of us grew up with hearing.

How about a new nursery rhyme to read over and over to ourselves silently and aloud.

A wonderful woman lived in a shoe. She had so many children she knew exactly what to do. She held them, she rocked them, and tucked them in bed. "I love you," "I love you," is what she said.

One great book that I would recommend to get some ideas for new ways of interacting with your child is called, *I Love You Rituals* by Becky A. Bailey, PH.D. Also for more ideas, go to the Theraplay website at www.theraplay.org. If you feel particularly adventuresome, google *ways to have fun with my kids* and see what you can find for yourself on the internet! There are many great ideas for how to be playful and present with our kids. We just have to find them and be willing to implement them into our daily lives.

—Faith

Thank You!

Kids & Families Together would like to thank the wonderful and gracious people and organizations who generously helped us and our families these past few months.

Heart 2 Heart
James Storehouse California
Shelter Care Resources
Ventura Sunrise Optimist Club
Jeni Futvoye
Carrie McAuliffe
Jess Sims
Kaitlyn McKee
Sean McKee
Charli Lingmann
Lennie Vilches
Lizzie Madden
Joy Tanaka
Ventura Sunrise Optimist
Lennie Vilches
Marie Atmore

Kacey and Josh Addison from Vanity on Main, Santa Paula, for their generous Christmas donation of self-care/pampering items

Lynette Hernandez from Trader Joe's in Newbury Park for donating grocery bags used during our annual gift-away.

Heart 2 Heart would like to thank the following for making the Annual Cozy Christmas event a success:

Raising Hope
James' Storehouse
Oaks Christian volunteer crew
Optimist Club
Sharon Cromartie (for knitted blankets)
David and Faith (with their fanciful popcorn machine)
Pattie Hunt and Papa Santa
Rotary Club of Simi Sunrise
Ventura Sunrise Optimist Club

We thank you so very much!

Does and Don'ts cont. from pg 1

What about loading up on vitamin C or other products that claim to boost immunity? There's not much evidence that they work. For example, vitamin C supplements might make a cold shorter and milder after you get one, but they can't keep you from getting sick.

Get a flu shot. It's one of the surest ways to stay well. The vaccine is different every year, so make sure yours is up-to-date.

If you're the one feeling under the weather:

Cough or sneeze into your elbow instead of your hands.

Wash your hands after you touch your mouth and nose, even with a tissue.

Finish any medicine that your doctor prescribes.

Try to steer clear of healthy people in your house, especially if someone has a weak immune system that makes them more likely to get sick.

Don't

Don't share food or drinks, cups, utensils, or towels with people who are sick.

Don't forget to throw out toothbrushes after everyone gets well. Keep a sick person's toothbrush separate from the rest of your family's. They can be a breeding ground for germs.

Don't let anyone share pillows and blankets with the sick person. He should have his own bedding in his own space in the house. Then, once he's better, wash everything he used.

Don't let sick and well children share toys. If it happens, make sure to disinfect the toys in between play times.

Source: WebMD Medical

K&FT Staff Spotlight: Mary Sanchez

Our staff members play a critical role in maintaining the everyday flow of Kids & Families Together. They are kind, nurturing and here to serve their community



1. What is your role at K&FT and how does it impact the organization?

My role at K&FT is to use what I have learned, and continue learning, in order to advocate, support & help families go through a difficult time in their life. By planting seeds we can make a difference.

2. Describe yourself in one sentence.

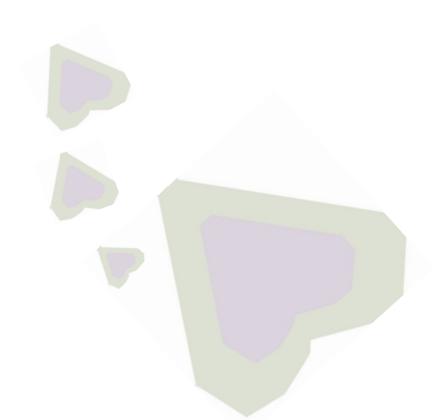
“Stay positive, work hard and make it happen, because doubt kills more dreams than failure ever will” - Unknown

3. What’s something most people don’t know about you?

Favorite Color: PINK
 Favorite Food: Mexican Food & Italian Food
 Love hearing the sound of waves.

4. On a scale of 1 to 10 how “cool” are you? Why?

10 cause I'm a cool mom



Kids & Families Together
 856 E. Thompson Blvd.
 Ventura, CA 93001
www.kidsandfamilies.org
 Visit us on Facebook!

