

## **Staff Directory**

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**Jennifer Ensign** ~ 1-866-582-2229, x 111  
Paths to QUALITY Mentor

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Education Coordinator

**Tammy Howard** ~ 1-866-582-2229, x 108  
Inclusion Specialist/  
Paths to QUALITY Mentor

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Paths to QUALITY Mentor

Look for the Big Blue Button on other  
Indiana service websites for your free, 24  
hour child care provider search at  
[www.wdscrr.org](http://www.wdscrr.org)



## **WDS/CCRR Mission**

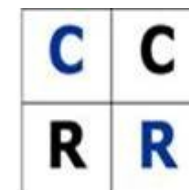
*Workforce Development Services  
Inc. / Child Care Resource and  
Referral program believes in  
improving the quantity, the  
quality and the accessibility of  
child care to meet the needs of  
the culturally diverse children  
and families in Lake, Porter and  
La Porte County communities of  
Northwest Indiana. WDS/CCRR  
supports families, child care  
providers and employers.*



*A project of the  
Indiana Association for Child Care Resource and Referral  
and the Indiana Family and Social Services Administration*

## **Lil' Wonders**

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WDS, Inc.  
Child Care Resource & Referral

*Servicing the Communities of  
Lake, Porter, and La Porte  
Counties*

WDS/CCRR  
P.O. Box 59  
Garv. IN 46402

Toll Free: 1-866-582-2229  
Website: [www.wdscrr.org](http://www.wdscrr.org)

Visit our website for a free,  
24 hour online child care search  
<http://www.wdscrr.org>

# Stress Management For Kids

From the boogy-man for small children to the boogies of exams, stress affects kids of all ages. The first thing a parent can do to help their child manage stress is to build a strong family unit. Include your children in some family discussions and be on the lookout for stress in your kids.

## Recognize Stress in Children

Especially small children with under-developed communications skills may display stress differently than adults. Often kids' stress is internalized and most noticeable in physical symptoms such as frequent flu-like symptoms including headache, stomachache, and even nausea.

Children under stress may regress to behaviors like bedwetting, clinginess, and constant crying. Behavioral symptoms may be extreme at both ends of a behavior spectrum. A normally active child becomes either listless or hyperactive, a usually docile child has fits of anger or a child that "acts out" becomes docile and introspective.

Some signs of stress in kids are easily confused with children's mental disorders. For instance, if schoolwork slides or your child's circle of friends undergoes a drastic change, it isn't a sure sign that your child is on drugs. Situations like these may simply indicate a child's inability to handle a stressful situation

Article source:

[http://EzineArticles.com/?expert=Alex\\_Fir](http://EzineArticles.com/?expert=Alex_Fir)



## Helping Kids Reduce Stress

Children primarily learn by example. Parents can help kids develop skills and child-oriented stress management techniques to help your kids recognize and manage their stressors.

- Eat healthy. A healthy body is better able to withstand stress-induced illness. Schedule regular meals and snack times. Don't allow your child to skip meals.
- Vigorous exercise is a good stress reliever. Just like adults, kids need time to unwind. If your kids are bound to video games, television, or a computer, get them on their feet by providing and encouraging the use of active toys like balls, punch bags, and bikes. If your child presently appears to be stressed, make a point of playing with them. Time spent with your kids is a great vehicle for getting them to open up the lines of communication.
- Be clear in setting rules and consistent with discipline. Kids live in a "black and white" world. Blurred guidelines and inconsistencies are even more confusing for them than for adults.
- Gentle physical touch is a great healer. Sometimes a hug is worth more than a thousand words. Another physical stress reliever can be a gentle massage of your child's neck and shoulders. Like you, your kids can also get knotted up with stress.
- Learn to be a good listener. When your child wants to talk about his or her problems, don't criticize. In addition, it isn't always necessary to give advice. Sometimes kids just need to talk. Encourage them with open-ended questions like, "So what happened next?" or, "How do you feel about that?"

Teach your kids that everyone (including you) makes mistakes. A good start is admitting your mistakes to your children with an I'm sorry or My mistake when you goof-up. Use examples of stress from your childhood. Even if you were unsuccessful in dealing with your situation, you'll teach your kids that you can learn from and even laugh at your own mistakes.

## April is Autism Awareness Month

*What are Autism Spectrum Disorders (ASDs)?*

They are a group of developmental disabilities caused by a problem with the brain. Scientists do not know yet exactly what causes this problem. ASDs can impact a person's functioning at different levels, from mildly to severely.

*What are some of signs of ASDs?*

A child or adult with an ASD might:

- not play "pretend" games (pretend to feed a doll)
- not point at objects to show interest
- not look at objects when another person points at them
- have trouble relating to others or not have an interest in other people at all
- avoid eye contact and want to be alone
- have trouble understanding other people's feelings or talking about their own feelings
- prefer not to be held or cuddled or might cuddle only when they want to
- appear to be unaware when other people talk to them but respond to other sounds

**For more information on ASDs, call  
1-800-CDC-INFO or 1-800-232-4636 or go to  
[www.cdc.gov/actearly](http://www.cdc.gov/actearly)**

**Need Help Paying for Child Care? Call to  
see if you're eligible for the Child Care  
Development Fund/Voucher Program.**

**Lake County - (219) 757-1957**

**Porter County - (219) 531-2595**

**La Porte County - (219) 879-8812**