



KEEPING UP WITH OPEN DOORS

STAYING CONNECTED VOL. 6

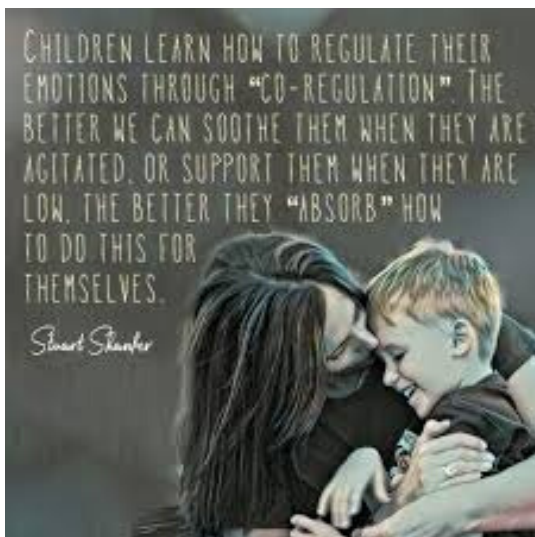
WE ARE HERE FOR YOU

Open Doors for Lanark Children and Youth is continuing to provide service to the children, youth and families of the Lanark County and Smiths Falls area virtually. If you are looking to access mental health support, you can do so by calling

1-877-232-8260

We are currently offering a virtual "walk-in" style counselling service. If you are in need of child/youth mental health support, or parenting support, please contact us. Leave your name and a number that you can be reached at.

Continue to tune into upcoming Facebook Live and Instagram posts and look for newsletters for parenting tips, family activities and ways to stay connected during these uncertain times.



WHAT'S INSIDE

Air Traffic Control: Help
Children Develop "Executive
Function" Abilities

Self-regulation ideas

EXECUTIVE FUNCTION IS LIKE AIR TRAFFIC CONTROL...

BY: ALBRETA FAMILY WELLNESS INITIATIVE

Executive function and self-regulation skills are the mental processes that enable us to plan, focus attention, remember instructions, and juggle multiple tasks. Like all of us, kids have to react to things happening in the world around them while also dealing with worries, temptations, and obligations on their minds.

Read more here:

<https://www.albertafamilywellness.org/what-we-know/air-traffic-control>



Self-regulation ideas

Self-regulation—or the ability to control your own emotions and behaviour—is an essential life skill for kids

The best way to support children in learning these skills is to practice them!

Playing games as a family is a great way to help children learn how to self-regulate in a safe and nurturing environment.

Choose games that require controlling impulses and movements to help kids increase their control over their own thoughts, emotional responses and actions. Games such as Jenga, Simon Says, Operation, Freeze tag and others that require turn-taking and/or concentration and team work. Being there to support and guide them through these games will help them to practice these skills with a caring and nurturing adult.

In supporting teens with self-regulation it is important that you assist your teen in developing their self-regulation muscles. The best way to do this is;

- Watch your reaction – try to remain calm, watch your body language
- Be a coach – use it as an opportunity for teaching
- Be a role model – Teens watch how we self-regulate and pick up cues from there

