



NOVEMBER 2020:
VOLUME 1

Rules of Engagement:

- Turn off the Technology
- Practice Active Listening
- Let play guide your discussion
-

Mandala Resource Links

- [Shining Bright Mandala](#)
- [Starling Sweet Mandala](#)
- [Lucky Day Mandala](#)
- [Video: How to Draw a Mandala \(Easy\)](#)



THRIVE IN THE HIVE: PARENT EDITION

Welcome to Thrive in the Hive: Parent Edition! Thrive in the Hive is a monthly mental health newsletter brought to you by **Access Counseling Services!** The goal of this newsletter is to provide you with education, interventions, and self-care tips in order for you and your children to take care of your mental health during a time when stressful changes are happening.

The Importance of Connecting with your kids!

According to Psychology Today, "We need five positive interactions to every negative interaction to keep any relationship healthy. And since we spend so much time guiding – a.k.a. correcting, reminding, scolding, criticizing, nagging, and yelling- it is important to make sure that we spend five times as much time in positive connection".

As adults, many of us have struggled to cope with adjustments relating to COVID-19 in one way or another, and our children are no different. Many aspects of life as they knew it have changed suddenly and it takes time to cope. One way to encourage healthy coping skills is to model them ourselves! Below are a few suggestions of activities that you can do with your children to promote a healthy connection and an open and safe space to talk- all while modeling coping skills.

MANDALAS AND MINDFULNESS

Some of you may or may not know that coloring is a grounding technique that encourages you to decompress and focus on the present! Specifically, coloring pages with patterns, repetition and a low stress, predictable outcome elicit a relaxing response, similar to what you would achieve through mindfulness exercises. Mandalas are a perfect way to do this. You can find many **free** printable mandalas on the



When your children desire to talk to you and share their problems with you, stop everything and listen to them. There is nothing more important than that.

Blazing Books Again

Amy Flora

- PS-1st Grade

Katrina Irons

- 2nd -6th Grade

Elizabeth Barger

- 7th-8th Grade

Sheryl Stenger (A-K)

- 9th-12th Grade

Dara Laforest (L-Z)

- 9th-12th grade

Carrie Long

- 9th-12th Grade

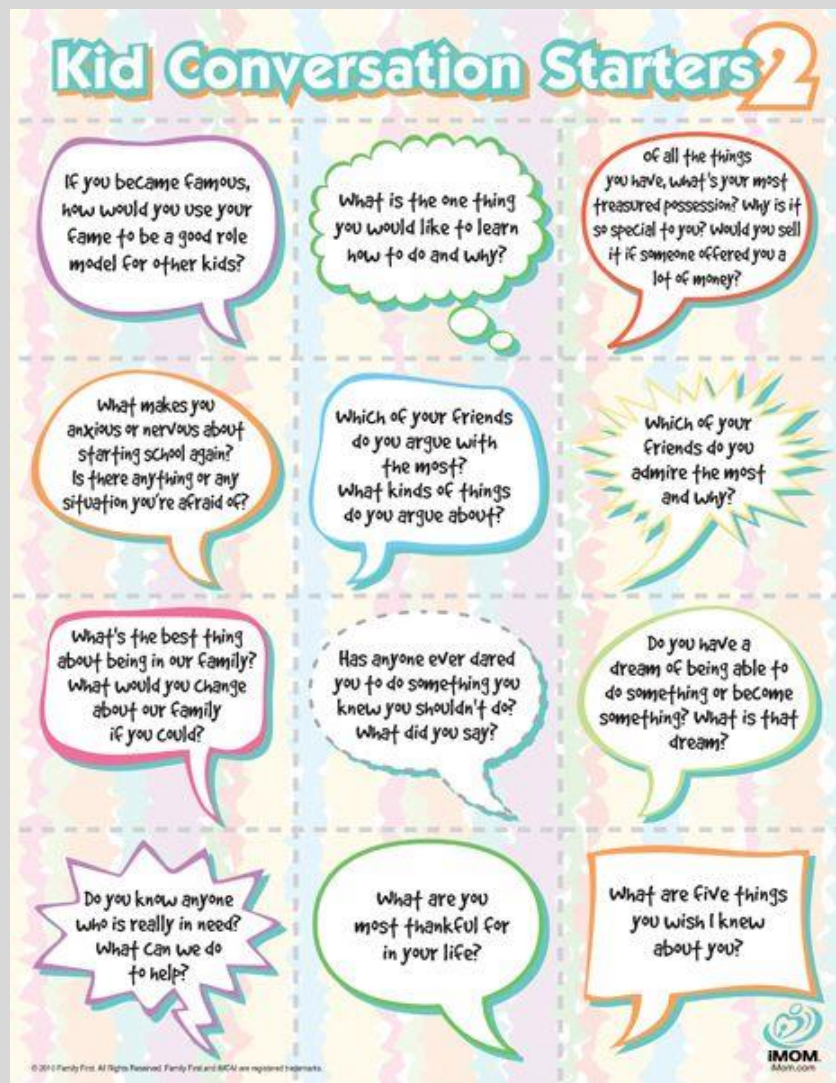
Link: [MLS COUNSELING WEBSITE](#)

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webpages linked to the left of the page or you can work together with your child to draw your own!

Conversation Starters

Sometimes, it's harder than we think to talk to our kids. Here are some suggestions to promote positive discussions while coloring. Remember to utilize open ended questions to elicit more than just one-word responses to get the conversation going!



Thank you for reading this month's edition of **THRIVE IN THE HIVE: Parent Edition** brought to you by **Access Counseling Services** and written by **Monroe's Mental Health Coordinator - Kaitlyn Armstrong, MSW, LSW**. Please feel free to reach out with any questions or additional information regarding the information and resources provided.