

TEAMWORK:

A QUARTERLY CHILDREN'S CLINIC AND FLEX NEWSLETTER FROM OUR TEAM TO YOURS

IN THIS ISSUE:

- **EXPERIENCE-BASED GIFT IDEAS**
- **MINDFUL SELF-CARE USING WARMTH**
- **HANDHOLD, A NEW WEBSITE FOR FAMILIES IN MASSACHUSETTS**
- **STAFF PICKS**

COLD HANDS, WARM HEARTS

The fourth edition of our **Children's Clinic and Flex Team** newsletter is here right on the heels of a big snowstorm! We've put together some wonderful and seasonally specific resources to hopefully bring some warmth and light into your day.

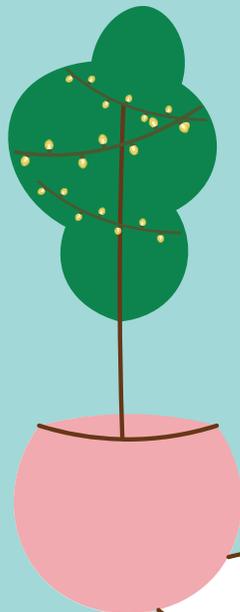
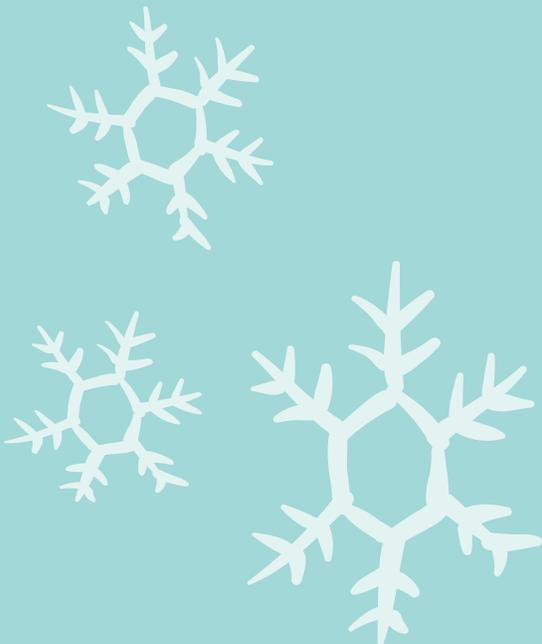
This newsletter has been made possible through our agency partnership with the United Way of Hampshire County.



United Way
of Hampshire County

Happy Holidays
and
Happy New Year

FROM ALL OF US



DO YOU KNOW ABOUT AMAZON SMILE?

Cutchins Programs is currently participating in the AmazonSmile Program- a philanthropic offshoot of Amazon that donates 0.5% of eligible purchases on Amazon to charities chosen by Amazon customers.

There is no extra cost to you, and items on AmazonSmile are the same products on the regular Amazon site.



HOW TO PARTICIPATE

**BY THE WAY:
PARTICIPATION IS
100% VOLUNTARY!**

1. Visit www.smile.amazon.com
2. On the horizontal menu bar at the top of the website, you will select "AmazonSmile" and you will then be directed to choose the charitable organization of your choice
3. Search for "Cutchins Programs for Children and Families" and then hit "select" to set Cutchins as your charitable organization of choice.
4. Products that are eligible for a donation are listed with the AmazonSmile logo

IMPORTANT: When making purchases on Amazon, you must go to www.smile.amazon.com

To set up AmazonSmile on your Amazon shopping app on Android or IOS:

1. Go to settings and select "activate AmazonSmile"
2. Select "Turn on AmazonSmile"
3. You will be prompted through a couple of overview images which you will select through and then it will be activated

EXPERIENCED-BASED GIFT IDEAS

BY ROSE LEE DEL VALLE

Unfortunately, due to Covid-19 and continuing to quarantine, the holiday season is going to look a bit different this year.

For some of us, we might not be able to visit friends and family who live in different states or we might simply want to avoid going out to stores to protect ourselves and those around us.

Fortunately, you can still shop for and send gifts to the people you love without leaving your house. Here are a few gift ideas that are out of the ordinary and can help your loved ones to try new things and break up the feeling of just being stuck at home!

GOLDBELLY MEAL KITS- STARTING AT \$25: GOLDBELLY.COM

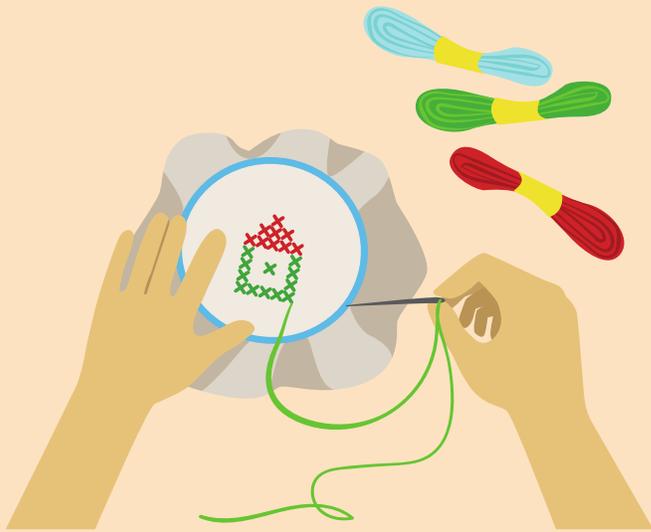
This food delivery service ships meal kits from popular restaurants in major cities nationwide! So if you're not able to travel to your favorite city or have been wanting to try something new, check out this delivery service.

ESCAPE ROOM SUBSCRIPTION BOX- STARTING AT \$29.99: CRATEJOY.COM (SEARCH ESCAPE THE CRATE)

This bimonthly subscription gives you the thrill of breaking free from your at-home escape room — you just have to solve family-friendly riddles and puzzles to make it possible.



EXPERIENCE-BASED GIFTS



BEGINNER EMBROIDERY KIT- STARTING AT \$11.19: ETSY.COM (SEARCH BEGINNER EMBROIDERY KIT)

Embroidery is an excellent stress reliever, and this beginner kit provides all the tools they'd need to get started. There are six designs to choose from, and you can either send them materials for a single design or pack of three.

PADDYWAX GLOW CANDLE MAKING KIT- STARTING AT \$30: THECANDLEBAR.CO

Who doesn't love candles? Seems like the perfect time to learn how to make your own. Although this kit is easy enough to do on your own, you can also sign up for one of Paddywax's virtual workshops for step-by-step instruction.

ONLINE PLANT WORKSHOP- \$10.00: THESILL.COM

A green thumb isn't natural for everyone, but these classes by The Sill make the impossible possible. Learn everything from how to properly pot a plant to how to best care for popular indoor plants like Fiddle Leaf Figs and Calathea.



EXPERIENCE-BASED GIFTS

KIWICO CRATES- STARTING AT \$19.95 PER MONTH: KIWICO.COM

Perfect for the kid you love who loves to learn, KiwiCo builds age-appropriate educational kits for the mini-scientist, engineer, or creative genius. Crates can be sent every month, every three months, every six months, or annually.

6-MONTH GUITAR CLASS ACCESS- \$49.99: FENDER.COM

Have you ever wanted to learn to play the guitar? Get playing with Fender Play, an online guitar lesson subscription. Start with the basics and then work your way to up full songs, all taught by world-class guitarists.



DATEBOX SUBSCRIPTION- STARTING AT \$39.99: THEHAPPILY.CO/GIFTS

Happily will send you a box full of all the makings for a fun, out-of-the-ordinary date night. Each box comes with all the supplies for a new activity (cake pop decorating, for example), so you can have a fun date night in the safety of your home!

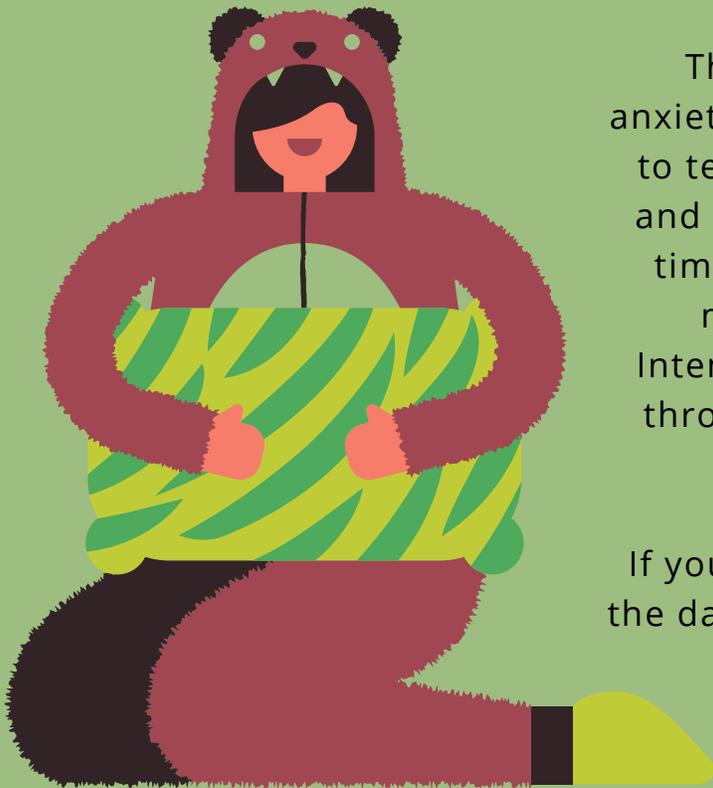
SNACKS FROM AROUND THE WORLD- STARTING AT \$13.75: UNIVERSALYUMS.COM

No matter the country, you'll always find a variety of sweet and savory snacks with unique flavors and spices.



MINDFUL SELF-CARE USING WARMTH

BY BRONWYN MCDANIEL
AND NANCY PIERCE



After a long day of work, school, childcare, whatever it may be, try incorporating warmth into your end of the day relaxation self-care.

Throughout the course of a stressful day, anxiety is stored in the muscles and causes them to tense up. Applying warmth to your muscles and body will help signal to your body that it's time to wind down and will help to relax the muscles which will also relax the mind. Intentionally changing your body temperature through touch and taste helps to also change your state of mind.

If you're feeling stressed or tense at the end of the day try using warmth to change your physical and mental state of being.

WARMTH IN A MUG

Take 15-30 minutes to wrap up in a warm fuzzy blanket on the couch and drink a hot drink for the warm tactile and taste sensations to signal relaxation to your body.



BUBBLES!

Take a 15-30 minute warm shower or bath. The warm water will relax your muscles and release stored anxiety and tension.



MORE IDEAS!

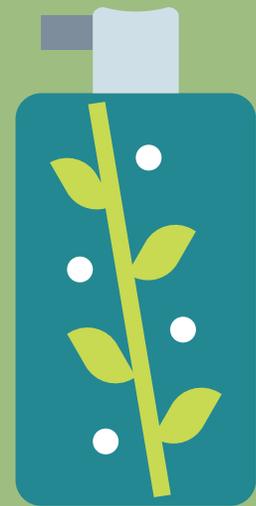


WARM + RELAXING

Read a book or listen to music by the fire or space heater/heat source in your home. You can also use a hot water bottle or electric blanket. If using electric sources of heat, please be mindful of safe use/potential fire hazards. Try to avoid screens and choose calming low tempo music or a book to enjoy while warming up.

HAND MASSAGE

Take your favorite lotion and massage it into your hands. Taking this time to moisturize, massage and take care of yourself during this fall and winter season provides opportunity to reset and experience mindfulness. If safe to do so, warm lotion to a warm (not hot) temperature, or incorporate oils that will warm as you move your hands.



HOT SOCK CRAFT

You can make your own heating pad using rice and a sock! Simply fill a tall sock with 2 cups of rice and tie a knot at the top. Microwave for 1-2 minutes and use as a heat pack. You can also add essential oil to the rice before placing it inside the sock. Please do not use socks made with synthetic materials.



NEW WEBSITE HELPS FAMILIES NAVIGATE THE MENTAL HEALTH SYSTEM IN MASSACHUSETTS

COVID-19 is putting incredible pressure on families. Many families are worried about their child's mental health, but they aren't sure where to turn or how to get started.

HandholdMA.org, a new family friendly website, can help.

The website, created by a team of mental health and child development experts in partnership with parents who have "been there," was designed for parents of school-aged children in Massachusetts.

(continued)

HANDHOLD HAS THREE MAIN SECTIONS:

SHOULD I WORRY?

Helps parents explore if their kid just being a kid, or if their behavior is something to worry about. Parents can learn about signs to look for and get suggestions on what to do next.

Tips, tools, and strategies that have worked for other families, sorted by topic, and picked by Handhold. These are things parents can learn about or do from home.

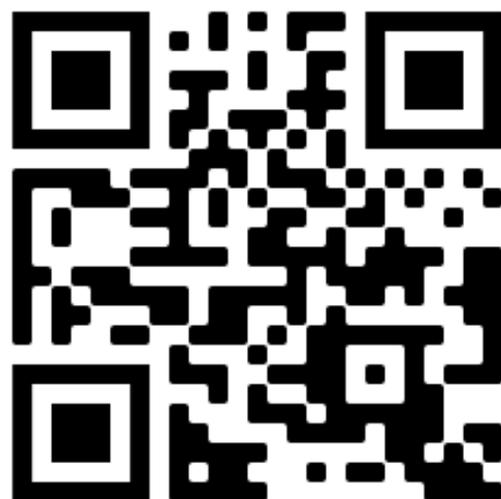
WHAT CAN I DO?

WHO CAN HELP?

Carefully selected community organizations and government resources to help families find the right mental health services.

Whatever steps you decide to take, HandholdMA.org offers a variety of tips, tools, and resources to help you take them with confidence.

SCAN THIS QR CODE TO VISIT [HANDHOLDMA.ORG](https://HandholdMA.org) TODAY!





STAFF PICKS

A round-up of resources and links that we've found helpful lately

Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere by Kira Willey - Binda's Pick

"I especially love the breathing exercise where you imagine holding a warm mug of hot chocolate in your hands, and use your breath to cool it off before taking a delicious sip"

How to Make Paper Snowflakes by ReadsInTrees - Holly's Pick

"Typically the staff would put out a basket of paper snowflakes for the kids to choose from around this time of year. Since we cannot do that this year, I thought they might enjoy making them instead. They are really easy to make and very fun!"

Trans Santa- Sam's Pick

"This instagram account posts pictures of letters submitted by trans youth who are needing some extra support at this time of year. The account provides donors with a simple and safe way to provide the requested gifts, as well as helpful instructions for youth to submit their letters. I loved sending gift cards to transgender youth in different areas of the country."