



Relatively Speaking

A Newsletter for the Kinship Caregiver Support Program
of Spokane County

Seven Simple Tips for Coping With Holiday Stress

By Dianne Grande, Ph.D.

Unrealistic expectations are a major cause of holiday stress. They can be too high, such as imagining the perfect family gathering, just the right gifts, or the most stunning decorations. On the other hand, expectations may be too low. There are those among us who unnecessarily expect the worst, causing them to dread their family time, e.g., "Will the aunt who overindulges in alcohol get drunk and create havoc?" "Will everyone be able to set aside differences and get along for at least one day?" There is also the fear of boredom, especially for teens and young adults likely to get caught in conversations of no interest to them. Sadly, there are many who are grieving over the holidays due to the loss of a loved one or the anniversary of a death that occurred in past holiday seasons. For those grieving, a common expectation is that the holiday just "won't be the same" and instead will be miserable. Of course, it cannot be the same, but it doesn't have to be miserable either.

A change in expectation might make all the difference. The following are seven suggestions intended to help relieve stress due to any of a wide variety of expectations.

1. Remember that most families are far from perfect.

Social scientists have reported that 85 percent of families are dysfunctional in some way, making it the norm to be considered a dysfunctional family. To quote Mary Karr, "I think a dysfunctional family is any family with more than one person in it." Rather than feeling embarrassed by your family's eccentricity, try to embrace it and keep it in perspective. If you have reason to be concerned that the situation will truly get terrible for anyone, try to have a backup plan such as leaving early or separating to take a walk and returning after a break.

2. Focus on doing what you really enjoy; don't try to do everything.

Likely some of your traditions are meaningful and fun, while others are just done because that's the way it's always been. Consider letting go of the routines that don't really add much to your holiday experience and just add to your exhaustion.

3. Take time to relax

Play with your kids, cuddle with the pets, or spend time alone if that's what it takes.

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A constantly busy schedule is not relaxing for most people, so try to plan some down time for yourself.

4. Change it up

Try something new and easier. If you are the host for the holiday, simplify the meal plan or ask everyone to pitch in and contribute something.

A celebration is always better when the hosts are happy too.

5. Practice gratitude

Everyone has someone or something to be grateful for. Try not to take anything for granted. Even if you are missing someone this season, be grateful for the people that are with you.

6. Spread out the family visits

Don't try to visit the whole family on the same day. This can create too much stress for everyone involved, especially if you have young children. I have worked with young couples for whom both sets of parents are divorced. Taking the children to see all of the grandparents can mean four homes to visit, which is about three too many for any one day.

7. Be mindful of what you're celebrating

It might be a holy day, a day off from work, or a chance to see friends and family. Celebrate something, and focus on the people who are with you at this time in your life. Life is very precious and worth celebrating, even with all of its imperfections.

December 18, 2017— Psychology Today



Gentle Reminder

Self-care is not selfish

*We cannot nurture others
from a dry well.*

*We need to take care of
our own needs first*

Then we can give

From our surplus,

Our abundance!



Staff from Safe Families will be at the November 13th Kinship Caregiver Support Group to answer your questions. See page 7 for more information.



KINSHIP

Caregiver Support Program
Providing help to family members
raising their relative's children

Sometimes we need someone to talk to, share your thoughts, or just know we are not alone in our journey.

If you are a relative (grandparent, aunt, uncle, sister, brother, cousin, etc.) raising a relative's child 18 years-old or younger and want to meet other kinship caregivers....let us know!

We have a Kinship Caregiver Support Group just for YOU!

SECOND WEDNESDAY OF THE MONTH*

*dates and times may change. Please call to confirm



LOCATION:

Frontier Behavioral Health Raschko Branch
5125 North Market Street, Spokane

Please call the Kinship Navigator at
509 458-7450, option 4 with questions
Sorry, no childcare provided at this time





PARENTING

The Second Time Around

Are you in Spokane County and providing primary care for a relative child whose own parents are unable to care for them?

Parenting The Second Time Around Workshop

will be coming SOON to the
The Kinship Caregiver Support Program

Topics Include:

- child development
- discipline and guidance
- caring for yourself as a caregiver
- rebuilding a family
- legal issues
- advocacy



For more information or to add your name to our workshop list, please contact the Kinship Navigator at 509 458-7450, option 4.



COATS

4KiDS



Are the children in your care in need of a winter coat? Every year our community comes together to collect, clean and distribute winter coats! All of the coats stay in the communities they are donated in!

How Do I Get a Coat?

Coat distribution will begin at the end of October and the beginning of November!

Spokane, WA

Martin Luther King Community Center | East Central

500 S. Stone
Spokane, WA 99202

Dates: Beginning Monday Nov 4th, 10am to 4pm daily

Northeast Community Center

4001 N. Cook Street
Spokane, WA 99207

Dates: Beginning Monday Nov 4th, 10am to 3pm daily

West Central Community Center

1603 N. Belt Street
Spokane, WA 99205

Dates: Nov 4th - 8th | 9:30am - 12pm & 3pm - 6pm | Monday - Friday

Spokane Valley, WA

Valley Partners

10814 E Broadway Ave. Spokane, WA 99206

Dates: Oct 28th - Nov 5th | Mon - Fri | 10am - 4pm

Oct 6th (last day) | 10am - 12pm

Questions? Please email coats4kids@kxly.com for more information.

Resource Information!



Toys For Tots has teamed up with the Marine Corps League to help make Christmas special for kids in our community. We collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to needy children in the community.

Toy request forms are available **ONLINE** at <https://spokane-wa.toysfortots.org> until **DECEMBER 14, 2019**

Please note; due to availability, Toys for Tots only supports toys to children 12 & under at this time.



**TOM'S TURKEY DRIVE
TUESDAY, NOVEMBER 26TH
10:00 AM TO 5:00 PM**

Spokane Veteran's Memorial Arena
720 West Mallon, Spokane

KREM.com for more information

REQUIRED DOCUMENTATION

Recipients must bring documentation to verify **ALL** who live at their address.

ADULTS

(18 yrs. and older)

Bring proof of:

- **Photo ID**
(copies are acceptable)
- **Physical address**
(Examples of acceptable documentation)
 - Pieces of mail sent to your physical address
 - Bills
 - Rental Agreement
 - WA Apple Health Statement

CHILDREN

(17 yrs. and younger)

Bring proof of:

- **Name**
- **Date of Birth or Age**
- **Physical address**
Must match adult in the home
(Examples of acceptable documentation)
 - Letter from school, DSHS or daycare
 - WIC folder with current WIC check enclosed
 - WA Apple Health Statement



DECEMBER 11 – 20

Closed Sunday, December 15
Doors open from 10am -2:30pm

**SPOKANE COUNTY FAIR
& EXPO CENTER**

FAIRGROUNDS LOCATED AT
404 N HAVANA SPOKANE WASHINGTON

*Social Security cards are not acceptable.

*Birth Certificates may only be used to verify date of birth.

Resource Information!



Safe Families
for Children

1-844-244-1769

ewa-safefamilies@olivecrest.org



DO YOU NEED A PLACE FOR YOUR CHILDREN TO STAY?

Are you experiencing a crisis?

Are you feeling stressed and overwhelmed?

Do you need some time to get back on your feet?

Could you use a family and friend support network?

If you said 'yes' to any of these questions...

Safe Families for Children can help!

What *is* Safe Families for Children?

Our compassionate volunteers provide a Safe Home for your Children to stay in, while you work on becoming more stable.

How do you benefit from Safe Families for Children?

- You keep FULL custody of your children
- You can visit with your children
- You can get your children back when you're ready
- You gain a friend and a support network
- Your children will be with a SAFE FAMILY who has been screened, gone through a background check and are fingerprinted

Call our Hotline: 1-844-244-1769

OLIVE CREST
Strong Families, Safe Kids



Kinship Navigator/Kinship Caregiver Support Program

5125 North Market Street

Spokane WA 99217

The Kinship Program is sponsored by:



Are you somebody's hero?

Are you providing primary care for a relative child whose own parents are unable to care for them?

Kinship Navigator/Kinship Caregiver Programs are here to support you!

509-458-7450, option 4

CHANGES IN 2020

Our newsletter, "Relatively Speaking" Will be available in DIGITAL FORMAT beginning in 2020!!

**If you are receiving the paper copy
Please let us know your preference**

**Please email us at:
kinshipcare@fbhwa.org
to get on our digital mailing list
or you can indicate you would still prefer
the paper copy**

THANK YOU!!

Frontier Behavioral Health is committed to the policy that all persons have access to its programs, activities, facilities and employment without regard to race, color, religion, creed, national origin, sex, age, marital status, physical, sensory or mental disability, the use of a trained guide or service dog by a disabled person, or status as a veteran of the Armed Forces of the United States.