



Free Family Fun Night April 10th, 5-7pm Defiance YMCA

Family Fun Night is a free event for families with children age 2-12. This event is hosted by the YMCA, Mercy Health and Holy Cross Catholic School in an effort to promote quality family time. Children must be with a parent/caretaker at all times.

FEATURED ACTIVITIES



SWIMMING

Prizes awarded for best cannon balls!



OPEN GYM

Basketball, Frisbee and more!



FAMILY BINGO

Awesome prizes for the kids!

Registration not required, but appreciated.

All event registrants will be entered to win a certificate for a future youth YMCA class or a youth YMCA membership at the Defiance YMCA. Prizes must be claimed at event entry.

www.defianceholycross.org/familyfun

Managing Family Stress

Jessica M. Kajfasz, Psy.D.

Clinical Psychologist / Behavioral Health Consultant
Mercy Health Defiance Clinic

Stress is a normal part of life. Anything that takes us out of our typical pattern can make us feel stressed, including an argument, a pandemic, or even positive things like a party. Stress is not just for adults; kids experience it too!

Stress is not a weakness or something embarrassing that we need to hide, but it does become risky if it is not addressed and lasts too long. Many parts of our health can be affected, including our immune system, blood pressure, blood sugar, mood, and mental state. There is no single recipe for successfully handling stress. What works will differ by person/family or even by the circumstances we face.

Effective ways of managing stress:

- Learn your individual warning signs. Irritability, tearfulness, forgetfulness, clumsiness, or fatigue are all common examples. (Remember that kids tend to show their stress through behavioral issues more than by stating their emotions.)
- Acknowledge emotions for what they are. If angry, it is okay to admit that and deal with it. Parents can help kids with this by modeling how to provide appropriate emotional responses to situations.
- Family time! Eat dinner together, play a game, read a story, just talk. Specific activities are less important than consistency.
- Remember physical health. Rest, good food, hydration, and regular movement all help. Do avoid using alcohol or drugs.
- Relaxation. Take brief breaks throughout the day to breathe, meditate, stretch, or just be.
- Laughter. We often call it the “best medicine” for a reason, it's effective!
- Keeping in touch with family and friends.
- Consulting with the pros. A trained set of ears, such as a counselor or your physician, can be helpful.

Remember that we are all in this together. Stress is a normal part of life!

**FREE FAMILY
FUN NIGHT
DETAILS ON BACK**

These resources are presented through a partnership by the following:



LeaderinMe® Online

<https://defianceholycross.org/the-leader-in-me/>

You are your child's first and most influential teacher. You can help your son or daughter discover the leader within and prepare for a great life of contribution and service. At the above link you will find practical resources that will help you teach the 7 Habits and other powerful leadership skills, establishing a framework to nurture and develop your child's life-ready leadership skills at home.