



## Happiness hormones

We spend a lot of time discussing ways to be happier - maintain close friendships, look on the bright side, drink more water. But we don't often think about how we feel happiness. Did you know that the warmth you feel from a long hug is caused by an entirely different chemical sensation than the high you feel after a long run or bike ride?

So then, what's the real cause of our happiness?

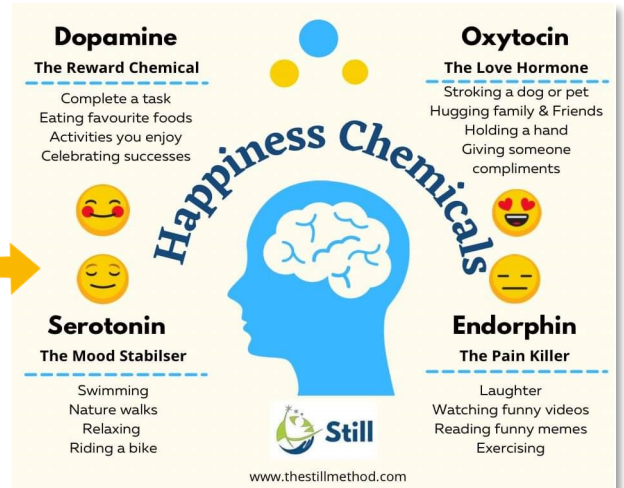
What makes us feel sensations of happiness, closeness, and joy? Brain chemicals!

There are four primary chemicals that can drive the positive emotions you feel throughout the day: dopamine, oxytocin, serotonin, and endorphins (sometimes referred to as D.O.S.E.)

Each of these chemicals plays a huge part in the way our bodies function: physically, mentally, and emotionally. I've only touched the surface, and I really encourage you to learn more on your own. By understanding the role these hormones have, you can better understand how they are affecting you in everyday situations.

The more you know, the more you'll be able to take control of those effects and enjoy a healthier, happier life. Sounds worthwhile, right?

- **Dopamine** - The (good & bad) habit former. An incredible tool when used appropriately!
- **Oxytocin** - The hugging drug or "love hormone." Oxytocin makes us social and builds relationships with trust and loving feelings.
- **Serotonin** - The "leadership hormone." Heavily related to pride, loyalty, and status.
- **Endorphins** - The natural painkiller. The runner's high!



## kid dictionary

### hurry

/ˈhʌrɪ/

verb

1. Lose one or both of your shoes.
2. Play with a toy you never play with.
3. Move as slowly as humanly possible.
4. Get the sudden urge to poop.





## Parent Hack!

1. Order groceries for online pick up/click and collect
  2. Keep that info to yourself
  3. Tell your family you need to go to the supermarket
  4. Instant 2-hour ME time!
- You're welcome :)



## Cake case Tip!



If you're going away on vacation, place a pot on a step stool on your counter your succulents around the step stool, wet & run strings from the pot to the plants (tuck into each pot), fill the pot with water & the water will leach down to the plants.



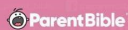
As adults, it would be incredibly hurtful to be ignored or worse, sent away during times of distress.

So why would that ever be "effective discipline" for our toddlers?

You have a

- Newborn – for a month
- Infant – for a year
- Toddler – for 2 years
- Preschooler – for 2 years
- Child – for 5 years
- Preteen – for 3 years
- Teenager – for 5 years

And then they're off. Take care in what you do with those years... they are few, though they seem many.



## Butterfly feeder

Attract butterflies into your garden with this feeder.



Make knots at each end.



1. Make holes with a thumbtack on opposite sides of the rim of a plastic cup. Tie string through the holes.

2. Make a hole in the bottom of the cup using a thumbtack. Push a ballpoint pen into the hole to widen it.



3. Push a small cotton ball into the hole, so half is inside the cup and half is poking out of the bottom.

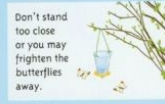


The petals should stick out from the base of the cup.

4. Cut out petal shapes from colorful plastic bags. Glue them to the cup, around the cotton ball, to make a flower.



5. Put nine tablespoons of water into a container. Stir in a tablespoon of sugar. Pour the mixture into the cup.



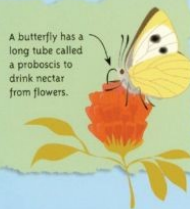
Don't stand too close or you may frighten the butterflies away.

6. Hang the feeder from a branch. Check on it from time to time during the day. Are any butterflies feeding?

### What's going on?

Sugary water is similar to nectar, the sweet liquid that butterflies drink from flowers. The bright petals attract butterflies to the feeder. Then they can suck the sugary water as it soaks through the cotton ball.

A butterfly has a long tube called a proboscis to drink nectar from flowers.



≡ SIMPLE WAYS TO SPEAK ≡

## YOUR CHILD'S LOVE LANGUAGE



use encouraging words and phrases often - call them a loving nickname - write love notes - praise them in front of others - recognize their efforts - speak highly of your child so they can overhear - notice and acknowledge what they like



cook a special meal or treat - help pick outfits - do a chore they would normally do - give a surprise room makeover - help them clean their room - bring them a drink of water - organize their closet - ask how you can help them today - tuck them in at night



give your full, undivided attention - put away screens - run errands together - go on walks - play a game - let them help with special tasks - share stories and feelings - stop what you're doing and make eye contact - one-on-one outings - do projects together



give small, inexpensive rewards for a job well done - leave a gift before bedtime or when they wake up - give smaller 'countdown' gifts leading to a special occasion - keep a treasure chest of trinkets to give at unexpected times - treasure hunts

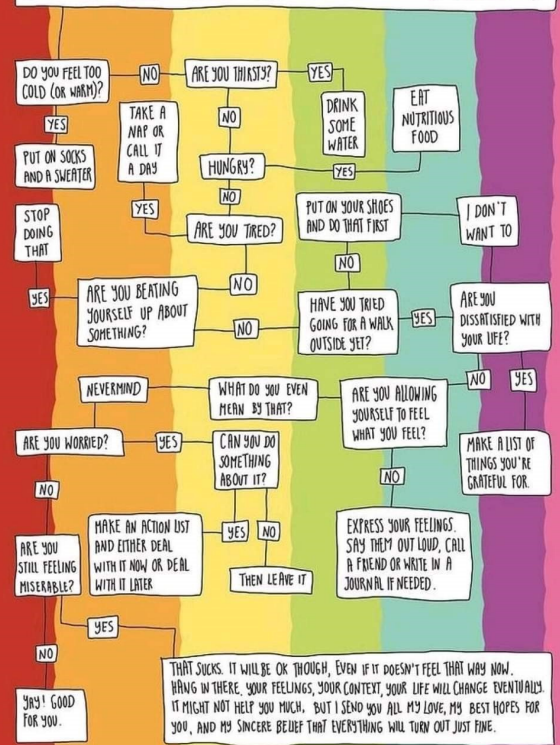


snuggle on the couch - hold hands - give lots of kisses and hugs - high fives - do their hair - pat them on the back - make up hand shakes - cuddle and read together - family group hugs - give sensory gifts like blankets and stuffed animals

BASED ON "THE 5 LOVE LANGUAGES OF CHILDREN" BY DR. GARY CHAPMAN & ROSS CAMPBELL, M.D.

KIDSGUIDE

## I feel miserable. How do I fix it?





Summer offers many opportunities to take a bit of time off from adult responsibilities and bond with your child through playful activities while making memories that will last a lifetime.

## Going out and about

During the school holidays, there may be lots going on in your local area that your family can enjoy, often for free. Check the websites of your local council and tourist information centres for local days out, or scan the local papers and community centres to see what's going on in your area. Visit your local library and look for adverts of events. Many libraries hold events such as story time, and arts and crafts days. Libraries are also a great source of activity in themselves, with plenty of books and computers to keep children busy, plus they often have story time for toddlers and parents.

Check to see if your local council swimming pool offers free or reduced-fee entrance in the school holidays.

Museums and galleries often have new exhibitions and events running in the summer. Many art galleries put on special events for children and families - this could be just the thing to stimulate your child's artistic streak.

Check out your local leisure centre - there are plenty of indoor sports and activities they can participate in.



## Staying at home

Of course, on some days, you will find yourselves stuck at home, but that doesn't mean anyone has to be bored. You could take the opportunity to spend some time sharing a favourite game or story with your children or, if you want some more inspiration, try some of these activities.

Arrange a movie day - choose a couple of favourite films, get some popcorn and put your feet up with the kids.

Get cooking - pick a recipe with the kids, go shopping for ingredients and cook something together that you can enjoy eating afterwards. Depending on your child's age and interest, this could be anything from a simple sponge cake to a mushroom stroganoff! Dig out the puzzles, games and books and give them a go. Some good old-fashioned entertainment can be really fun.

Have a look in your cupboards and play dress up with your old clothes. Sort through your clothes together and recycle the ones that you never wear and the stuff your little one's grown out of.

Encourage the kids to put on a play or a magic show. They could even use the dress up clothes and props from around the house. If you have a camera, you can even film it, for great memories.

Build a den with the kids - if the weather is ok, you could even risk doing this outside! All you need is some boxes or sofa cushions, a few blankets, and a bit of imagination.

Create a scrapbook together using photos from your family album, or torn from magazines.



## The great outdoors (and the garden!)

Sunny days are great for simple activities like picnics and ball games. This can be done as close to home as in the back garden!



Organise a treasure hunt around your home and garden with clues and treats for the children to find

Hold your own mini Olympics with games that require little equipment... a sack race with pillowcases, a tug of war with a dressing gown belt! Use your imagination.

If outside is dry, wrap up and go to the park or a nice walk somewhere quiet with the children with a flask of hot chocolate - sure to go down a treat!

If you have a tent, you could arrange a camping trip in your garden with the children for one night!

Kites are great if it is a windy day and they can be bought from bargain shops very cheaply



## Making your own fun

Be creative - make things together like greeting cards or use beads to make some jewellery.

Have an arts and craft day and get some canvas and paints, they can be bought in bargain shops for as little as a pound and use paints or crayons and the kids can hang up their creations in their rooms.



Make a list of your favourite childhood games - old favourites such as hopscotch, putting on a show or marbles won't cost the earth and your children will enjoy you reminiscing!

In the evenings get the kids to design a game that you can make the next day - give them ideas to keep it simple such as a paper boat race in the paddling pool or homemade skittles using a tennis ball and empty toilet rolls.



Yes children love technology—but they also love LEGO, scented markers, handstands, books and muddy puddles. It is all about balance!

Not only are these sweet nature paper dolls beautifully decorated with natural materials, they are also really fun to create.



CD suncatcher!

I used two old CDs and strapped them together using wool. I knotted them so that the CDs could be hung from a tree or fence. Then I decorated it with gems and sparkly bits and pieces.



Twinkles in the sunshine, shimmers in the breeze!

## SETTING UP A DEVICE SAFELY FOR KIDS



ADD SAGE or ROSEMARY to your campfire to help keep mosquitos and other bugs away:



Tip: wrap the herb in aluminum foil... wet it...poke some holes in the foil... it will smoke all night.

"I'm Hungry!" Are your children requesting snacks all day long?

Make a **'Snack attack lunch box'**: Allow children to dip in and out all day long - and when it's gone, it's gone. Responsibility and full bellies! Adults can have one too... happy snacking!



Keep Ants & other Bugs out of the sandbox!

Just mix in a cup of cinnamon!



## GARDEN YOGA FOR KIDS



### Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



### Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



### Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



### Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



### Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.

## EGG-TASTIC POWER PACKS

Charge your batteries with these industrial-strength breakfast bowls!

**MAKES 4 servings**

**Ingredients**

- 4 slices whole wheat bread
- 5 eggs
- 1 tablespoon water
- 1/2 teaspoon salt
- 1/2 teaspoon butter
- 1/4 cup chunky salsa
- 1/4 cup shredded reduced-fat cheddar cheese (2 ounces)
- 1/2 cup grape tomatoes, each cut in half

**Tools**

Measuring cups, measuring spoons, shredder, cutting board, sharp knife, muffin pan with four 2 1/2-inch muffin cups, hot pads, small bowl, fork, medium nonstick skillet, silicone or wooden spatula

### Let's Make It!

- Turn on the oven to 350°F. To make toast cups, coat the muffin cups with cooking spray. Carefully press each bread slice into a muffin cup. Bake 5 to 10 minutes or until lightly browned and crisp. Turn off oven. Use hot pads to remove muffin pan from oven and set aside.
  - Put eggs into the small bowl and beat with a fork. Add the water and salt. Beat with fork until combined.
  - Put butter in the skillet. Put on burner. Turn burner to medium heat. When butter melts and begins to bubble, add the egg mixture. Cook about 4 minutes or until no liquid remains. Cook eggs in a 45-minute. Using the silicone or wooden spatula, lift about every 10 seconds. Remove from heat. Turn off burner.
  - Slide eggs among toast cups. Top with salsa, cheese, and tomatoes. Serve or 10 minutes.
- PER SERVING: 390 cal., 22 g fat (30% total fat), 277 mg chol., 785 mg sodium, 24 g carbs, 11 g fiber, 15 g pro.
- X1 X1 X3



KNOW IT!  
The average hen in America produces 290 to 300 eggs each year.



The summer holidays offer an opportunity to recharge, but some young people may find themselves struggling without the structure and support network of school.

Dear Mum and Dad,

Please stick with me. 🙏

I can't think clearly right now because there is a rather substantial section of my prefrontal cortex missing. It's a fairly important chunk, something having to do with rational thought.

You see, it won't be fully developed until I'm about 25. And from where I sit, 25 seems a long way off.

It doesn't matter that I'm smart; even a perfect score on my maths test doesn't insulate me from the normal developmental stages that we all go through. Judgement and intelligence are two completely distinct things.

And, the same thing that makes my brain wonderfully flexible, creative and sponge-like also makes me impulsive. Not necessarily reckless or negligent but more impulsive than I will be later in life. Please stick with me.

So when you look at me like I have ten heads after I've done something "stupid" or failed to do something "smart," you're not really helping.

You adults respond to situations with your prefrontal cortex (rationally) but I am more inclined to respond with my amygdala (emotionally).

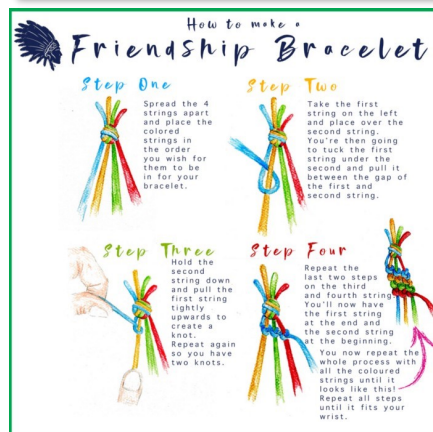
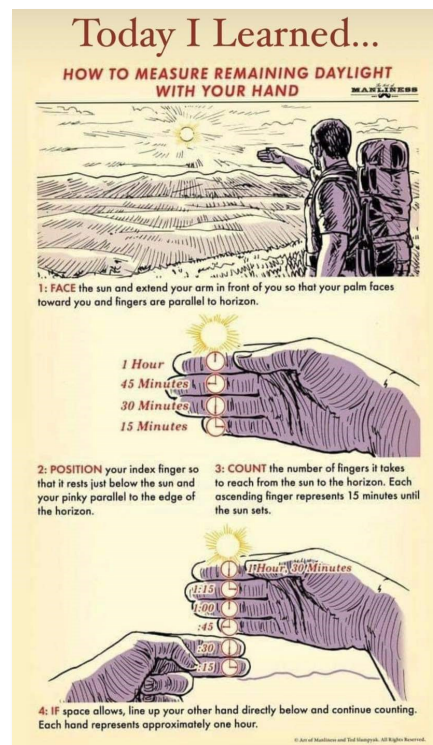
And when you ask, "What were you thinking?" the answer is I wasn't, at least not in the way you are. You can blame me, or you can blame mother nature, but either way, it is what it is.

At this point in my life, I get that you love me, but my friends are my everything. Please understand that. Right now I choose my friends, but, don't be fooled, I am watching you. Carefully.

Please stick with me.

Here's what you can do for me:

- 1. Model adulting:** I see all the behaviours that you are modeling and I hear all of the words you say. I may not listen but I do hear you. I seem impervious to your advice, like I'm wearing a Kevlar vest but your actions and words are penetrating. I promise. If you keep showing me the way, I will follow even if I detour many, many times before we reach our destination.
- 2. Let me figure things out for myself:** If you allow me to experience the consequences of my own actions I will learn from them. Please give me a little bit of space and let me know that I can figure things out for myself. The more I do, the more confidence and resilience I will develop.
- 3. Tell me about you:** I want you to tell me all the stories of the crazy things you did as a teen, and what you learned from them. Then give me the space to do the same.
- 4. Help me with perspective:** Keep reminding me of the big picture. I will roll my eyes at you and make all kinds of grunt-like sounds. I will let you know in no uncertain terms that you can't possibly understand any of what I'm going through. But I'm listening. I really am. It's hard for me to see anything beyond the weeds that I am currently mired in. Help me scan out and focus on the long view. Remind me that this moment will pass.
- 5. Keep me safe:** Please remind me that drugs and driving don't mix. Keep telling me that you will bail me out of any dangerous situation, no anger, no lectures, no questions asked. But also let me know over and over and over that you are there to listen, when I need you.
- 6. Be kind:** I will learn kindness from you and if you are relentless in your kindness to me, someday I will imitate that behaviour. Don't ever mock me, please and don't be cruel. Humour me - I think I know everything. You probably did as well at my age. Let it go.
- 7. Show interest in the things I enjoy:** Some days I will choose to share my interests with you, and it will make me feel good if you validate those interests, by at least acting interested. One day when the haze of adolescence lifts, you will find a confident, strong, competent, kind adult where a surly teenager once stood. In the meantime, buckle in for the ride. Love, your teenager. X



Childline have a great mood journal on their website, where teenagers can create a mood journal of their own to boost their mood: <https://www.childline.org.uk/toolbox/mood-journal/>. The mood journal lets you record how you're feeling and why. Or you can just write about what's happening. There are lots of ways to use a journal to cope or feel better:

- 1. Let your feelings out**—Writing about how you're feeling can be a great way to express yourself
- 2. Learn about what makes you feel down or upset**—Writing a little every day about what's happened to make you upset can help you to spot patterns and understand your feelings
- 3. Remind you of things to be proud of**—Try writing down one thing you're glad about each day and record how you feel about it. Writing down when things go well as well, even really small things, can help to remind you of things to be proud of
- 4. Keep track of new things you try**—Any time you try something new to cope or feel better, you can write down how you feel before and after to see whether it's helped.





## WEEKLY WELLBEING CHECK-UP

Try using this list each week to check in with your mental health

### #ADDRESS YOUR STRESS

#### Where's my mental health today?

How do I feel today?

Mentally?

Physically?

#### Looking after my wellbeing

Am I drinking enough water and eating a balanced diet?

How did I sleep last night?

Did I feel rested when I woke up?

Is there anything I can improve?

#### How's my thinking today?

How are my thoughts making me feel?

Am I having unhelpful thoughts?

For free resources on spotting and challenging unhelpful thoughts, visit [getselfhelp.co.uk](http://getselfhelp.co.uk) or [moodgym.com.au](http://moodgym.com.au)

#### My Stress Container

How full is my container?

Am I using helpful coping strategies?

Are they working?

Learn about your Stress Container at [mhfaengland.org/mhfa-centre/campaigns/mhaw2018](http://mhfaengland.org/mhfa-centre/campaigns/mhaw2018)

There are simple steps you can take to #AddressYourStress. Check out our resources at [mhfaengland.org](http://mhfaengland.org)

## How to have a SLOW parenting summer:

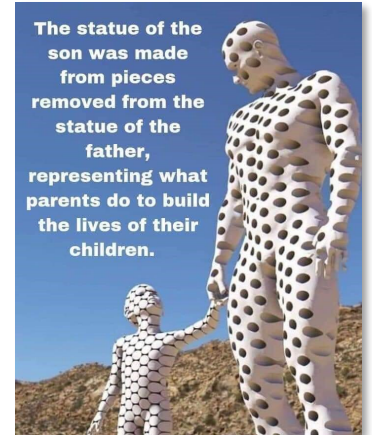
# SLOW

**Summer:**  
Sprinkler run, bubbles, pool time, pajama day, picnics, outdoor concert, playdates, lemonade, & popsicles.

**Love:**  
Family time, connecting, taking care of others, being grateful, giving back.

**Outside:**  
Biking, hiking, swimming, reading, fishing & playing.

**Wonder:**  
Ask a question. Explore. Create. Do.



## My Whole Self MOT

### #MyWholeSelf

There are simple steps you can take to look after your whole self. Use this MOT to check in on your own and others' mental health and wellbeing.

#### How's my mental health today?

How do I feel today?

Mentally?

Physically?

#### My Stress Container

How full is my container?

Am I using helpful coping strategies?

Am they working?

Learn about your Stress Container here.

#### My mental health journey

Our mental health is part of the wider journey of our lives. Learn more.

#### What can I do to look after my whole self?

Write down a few things that you can do to improve your wellbeing. Check in next week to see how you are doing.

Looking after my wellbeing

How did I sleep last night?

Am I eating a balanced diet and drinking enough water?

For tips on supporting your mental health, especially when working from home, look at our [guidance](#).

Join the campaign for workplace culture change. Check out our resources at [mhfaengland.org](http://mhfaengland.org)



## KIDS EAT FOR FREE OR LESS DURING SUMMER 2022



- MORRISONS**  
Spend £4.99 to get a free kids meal after 3pm daily, normally all day during half term.
- ASDA CAFE**  
Kids eat for £1 every day with NO need for a paying adult from 25th July - 4th Sept, 2022.
- DUNELM**  
One free mini main, two snacks and a drink for every £4 spent in the in-store cafe.
- YO!** Kids eat free from 3pm-5:30pm Mon-Thurs for every £10 spent on food.
- BEEFEATER & BREWERS FAYRE**  
Free breakfast for two children under 16 with every paying adult.
- HUNGRY HORSE**  
Free kids breakfast with an adults breakfast from 9am-12pm daily.
- IKEA**  
Get TWO kids hot meals, fruit, drink and jelly for £5 in their Swedish restaurants (subject to availability).
- BELLA ITALIA**  
Kids eat for £1 with each adult meal from 4-6pm on Mon-Thurs.
- DOBBIES**  
Kids eat free with an adult main meal.
- TABLE TABLE**  
Two children under 16 get a free breakfast with one paying adult every day.
- CAFE ROUGE**  
Kids eat for £1 with an adult meal excluding Saturday.
- MORE TO COME!!**  
M&S, TESCO and more expected soon, see websites for latest information.



"Which is more important," asked Big Panda, "the journey or the destination?"

"The company." said Tiny Dragon.

To contact the BB4K team, please email us at [BB4K@pactcharity.org](mailto:BB4K@pactcharity.org) or find out more about us here on our website: [pactcharity.org/bb4k](http://pactcharity.org/bb4k)