

March 8, 2012
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Resilient Children & Teens: The Antidote to Stress and Pressure By Barbara J. Green, Ph.D., YHC Medical Director

We know it is unrealistic to envision a life lived free of stress and pressure. The reality of life today mandates that adults take an active role in helping children and adolescents develop the tools and strategies necessary for coping with the different challenges presented by school demands, activities, family life, and peer relationships. By doing so we can reinforce healthy mechanisms which create resiliency. Dr. Robert Brooks, eminent psychologist and prolific writer helps parents and educators understand their power and role in building resiliency in youth. His research and writing describes two complementary approaches and mindsets for

parents and educators toward the goal of building resilient children and teens.

His wisdom about constitutional differences in youngsters from birth gives parents an anchor from which to shape their responses. A very primary starting point, parental empathy, allows children and adolescents to have the experience of someone reflecting what they are feeling and what they might need. From this foundation of connection, adults can identify and reinforce individual "islands of competence", nurture personal responsibility, reinforce the expression of caring for others as well as self,

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Youth Health Connection is hosting 2 Events on 3/27 Both are at Notre Dame Academy-Hingham in the Auditorium

**3:30-5:30 PM for School Staff
7:00-8:30 PM for Parents**

**RSVP:
karin_farrell@sshosp.org**

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Youth Health Connection Upcoming Meetings:

March 12, 2012 from 3:30-5:30 PM School Nurse Advisory Meeting at Linden Ponds, Oakleaf Clubhouse, 2nd Floor Music Room, Hingham MA.
Join us to help begin planning program content for next year!

March 14, 2012 from 8-9:30 AM School Mental Health Advisory Meeting at Hingham High School, Guidance Office, Hingham MA.
Join us to learn more about the Children's Behavioral Health Initiative.

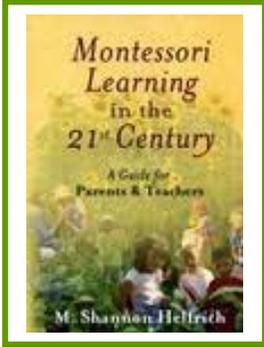
March 28, 2012 from 8:30-10:30 AM Parent Partner Advisory Meeting at Notre Dame Academy, Main St., Hingham, MA.
Join us to learn more about Student's Against Destructive Decisions Mobilizing the Community Program

Tip for Better Living:

"You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so that you know who you are, what you can rise from, how you can still come out from it"

Maya Angelou (b. 1928)
poet, dancer, author, playwright, director

Montessori Education: Innovative Education Celebrates 105 Years!



Why Montessori?

<http://www.inlyschool.org/about-inly/why-montessori.cfm>

The Celebration of International Montessori Week was held from February 27 through March 2, 2012. Dr. Maria Montessori opened the first Children's House in 1907, in a low-income district of Rome. There are Montessori Schools on six continents (every continent except Antarctica.)

The first American Montessori School opened in

1911 in Scarborough, NY. There are now 4,000 certified Montessori Schools in the United States (not every Montessori schools is certified.)

If you would like to learn more about this educational practice you are invited to attend a free event tomorrow morning, March 9, 2012 from 8:45-10:00 AM at Inly School, 46 Watch Hill Dr, Scituate.

Attend the program to hear from Shannon Helfrich, author of the new book *Montessori Learning in the 21st Century* as she discusses how Dr. Montessori's knowledge of how children learn has been validated by neuroscientific research of the 21st century. Or in other words, learn how the brain develops and why interaction with the environment is essential at different developmental stages.

National Poetry Month 2012

By Kim Noble RN, MBA; YHC Program Coordinator

April is National Poetry Month. To help in planning for this event, at home, in school or in your community, the Academy of American Poets has an entire section on their website dedicated to resources for this month long celebration.

There are sections on 30 ways to celebrate, resources for teachers and librarians, a place to sign up for a poem a day and new this year is a

free iPhone app that will allow you to access poems on the go.

Annually, during this month long celebration we are challenged to "keep a poem in your pocket." Visit the website to learn easy ways to incorporate activities on a daily basis during this month long celebration.

This is one more item for your "Stress Prevention Toolkit!"

National Poetry Month

<http://www.poets.org/page.php/prmID/41>



Speakers Available: Concussion Prevention in Sports



Would your school or sports organization like to host a speaker on the topic of concussion?

Dr. Janet Kent and Dr. David Morin, physicians at the **South Shore Hospital's Sports Concussion Program**,

are available to speak at your school or your event.

Topics which can be covered include: Academic Impact of concussions (perfect for teacher professional days,) Concussion recognition and management (great for

coaches, parents,) or Update on concussion research Concussion prevention in sports

If you would like to book one of the doctors to speak **please call** Laura Halpin at 781-624-8162.

Break Free From Depression: Train the Trainer Event

Are you looking for additions to your school mental health curriculum? If so, you are encouraged to register and attend this **FREE** training day to be held on March 26, 2012. This is a 4-session school-based prevention curriculum developed to address adolescent depression.

This Train the Trainer program will be an interactive format that will

include modeling of curriculum content as well as brainstorming ideas for implementation within your school.

Each attendee will receive a copy of the Break Free From Depression Curriculum Booklet which includes a copy of the DVD and also a CD with related forms.

The program will be held on Monday March 26, 2012 from 8:30 am-3:00 PM at Linden Ponds, Derby Clubhouse, Seasons Catering Room in Hingham.

To attend this event email:
Dr. Vanessa Prosper at Vanessa.Prosp@childrens.harvard.edu

Seating is limited!

March is National Nutrition Month

This year's theme is "Get Your Plate in Shape." The key points for the campaign are for each of us to: fill half our plate with fruits and vegetables, make at least half of our grains whole, switch to fat-free or low-fat milk, vary our sources of protein, cut back on sodium and empty calories, enjoy our foods but be aware of our personal daily calorie limits, cook more often at home and be physically active.

There are many free resources available on the Academy of Nutrition and Dietetics website (formerly The American Dietetic Association,) they include: 20 Ways to Enjoy More Fruits and Vegetables, 25 Healthy Snacks for Kids, Everyday Eating for a Healthier You, Healthy Eating on the Run and Power Up with Breakfast.

There are also links to recipes, classroom activities and on-line interactive games including: Nutrition Sudoku, Rate Your Plate, Word Search, Fact or Fiction and FadDiet Timeline.

To learn more about National Nutrition Month and to see all these resources visit: www.eatright.org



Preventing Injuries to Young Children in the Home

by Kim Noble, RN, MBA; YHC Program Coordinator

According to the U.S. Consumer Product Safety Commission (CPSC), between 2008-2010 there were 22,000 injuries to children younger than 9 years old caused by top-heavy furniture, TV's or appliances. Anchoring

furnishings to walls is not difficult or expensive.

To learn how visit:
<http://www.safekids.org/safety-basics/safety-spotlight/hidden-danger-furniture-tip-overs/>

Also there is a new interactive website to help families identify dangers in the home and learn simple steps to prevent them.

To learn more visit:
<http://www.mysafehome.net/>

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Health Knowledge
and Risk Prevention
through Collaboration,
Respect, Connectedness
and Coalition Building

Youth Health Connection is a community benefits program of South Shore Hospital dedicated to the positive mental health and physical well-being of youth. Our programs collaborate with schools, community health providers, law enforcement officers, state agencies, religious leaders, parents and peer leaders to help young people deal with the various challenges they face and the decisions they must make as they grow and mature. By combining efforts, we can ensure that local youth have access to the health-related knowledge, skills and resources they need to make healthy decisions throughout their lifetime.

Youth Health Connection is a community benefits program of South Shore

To subscribe please visit (scroll to bottom of page)
<http://www.southshorehospital.org/yhc/slideshow/index.html>



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role model how to embrace hope and how to have a belief in their future well being. These are critical elements through which parents can help develop resilience in their children.

For educators it is essential to understand how effective nurturance of motivation, learning and resilience helps create students who are happier, learn more effectively and are better prepared for coping with the challenges of the 21st century. By using a strengths based approach which reinforces motivation, learning, responsibility, and

self discipline, resilience can be fostered and enhanced. Again, starting with an empathic connection and relationship, which engages understanding and positive response to students, educators can forge an active role in ensuring their students have a foundation for the development of resilience and the ability to employ it as a tool in the tool box for coping with stress and pressure.



Youth Health Connection is thrilled to be sponsoring two programs by Dr. Robert Brooks on March 27, 2012.

We want to thank to the Social Service League of Cohasset for their support for this event.

The events will be at Notre Dame Academy in Hingham. The program for school personnel will be from 3:30-5:30 PM and the program for parents/guardians and community members will be from 7:00-8:30 PM.

Buttonwood Books & Toys will attend and Dr. Brooks will be available to sign books. (for more information see flyers attached to email)

Reminder:

Change your clocks this Sunday! Move them ahead one hour. Then get ready to enjoy more daylight hours!

