

Hidalgo Health Associates

Your Employee Assistance Program (EAP)

225.927.0160 or 1.800.448.4470 – Toll Free



Helping Kids Avoid Peer Pressure

Help your child explore what it takes to be successful at thwarting peer pressure. With the start of school again, there's no time like the present for this information. Try some fun role plays and skill builders.



Circumventing peer pressure has five key components: 1) **Saying "No"** – Learning how and meaning it. 2) **Situation Avoidance** – Taking action to steer clear of events likely to include peer pressure. 3) **Understanding Consequences** – Accepting that giving in to peer pressure has consequences and effects. 4) **Valuing Self-worth** – Having confidence and valuing self-worth over peer approval. 5) **Resilience** – Learning to recover from disapproval by peers (including bullying, which often accompanies peer pressure) for making the right choice.

Discover: www.yourlifecounts.org/blog/20-ways-avoid-peer-pressure

Pitfalls of Passive Parenting

If your parenting style is too passive, you probably know it and worry about it. Fear of a child's reaction and catering to demands can fuel defiant behavior. Help is available. Get an assessment from your EAP,



and grab this new book, "Discipline with Love and Limits: Practical Solutions to Over 100 Common Childhood Behavior Problems." (July 2019) You can start now to help your child practice self-control, cope with sadness, postpone gratification, and gain critical life skills they need—but don't wait.

Back to School Tip: Create a Family Schedule

School will begin soon.

As your family slowly turns to a new, exciting school year, consider this exercise to establish a schedule by actively having children participate in creating it so they own the need for the transition, understand their responsibilities, and feel empowered by the planning experience. Have a brainstorming session to create a list of tasks and activities to be done in the morning, at midday (if necessary), and during the evening, so a "master schedule" can be created. Spend 20-30 minutes collecting ideas – all ideas are welcome. Suggest times for waking up, going to bed, departing for school, arrival at home, chores, extracurricular activities, breakfast, packing lunches, making beds, brushing teeth, feeding and walking pets, laying out clothes, and bathroom schedule. Everyone gets a copy of the finalized schedule. Bonus: your children will learn about brainstorming and its value years before being taught it in school.



Don't Discourage Mental Health Counseling

How would you react to your loved one desiring mental health counseling? Would you think for a moment his or her getting help reflects negatively on you? Your opinion may weigh heavily, and lack of support could postpone getting help for years. When a loved one asks for help, play a supportive role, be empathetic, and seek guidance from your EAP. Remember that the stigma of seeking mental health counseling is a strong force to overcome, so you can assume your loved one's need is greater than you may perceive.



Reducing Mental Health Problems in College

One in four college students will experience a mental health disorder at some point when faced with the stress of academic and social challenges. The key challenges for college students are health problems, financial stress, relationship issues, and academic pressures. More than 50% of students will struggle with three or more of these stressors at the same time. Talk with your student about mental health and how it is not uncommon to experience emotional stress at school. Communicate regularly—keep an open channel. You will spot issues and problems sooner and be a more effective helper. Show you can listen to your student’s concerns without being judgmental. Be aware of college counseling resources so you can recommend them. If you are a college student with a history of mental health struggles, avoid drug use and have a personal support plan if the going gets tough.

Source: www.brighamandwomens.org [Search “college student mental health”]



Many Benefits of Teaching Kids to Cook

Have fun, promote healthy eating, bond as a family, and boost kids’ self-esteem by exploring what “Kids Cook Monday” is all about. This is a family and social engagement idea that helps children learn important life skills, safety skills, patience, and the satisfaction of serving others by preparing and cooking a family meal. With regular family cooking get-togethers, children learn about recipes, counting, mixing, math, science, measuring, and even how to make adjustments and substitutions and cope with disappointment if things don’t work out quite as planned. Studies show that children who learn to cook are more likely as adults to eat healthier and be less obese while having less stress, better grades, and numerous other payoffs. Learn more about Kids Cook Monday by enjoying the YouTube video below. Then, get ready to add a new dimension to family bonding and fun to your week.

Source: [YouTube.com](https://www.youtube.com) [Search “kids cook Monday”]



Buffering Effects of Cyberbullying

Cyberbullying has been blamed for depression, anxiety, suicidal thinking, and tragically, suicide itself among youth. The social platform most commonly associated with cyberbullying is Instagram. Research shows that the more socially connected young teens are to their parents and the more they engage in school/community events, the more resilient and resistant to the effects of cyberbullying they are. Social connectedness was shown to provide a “buffering” effect among 200 youth considered at risk for bullying. Young teens least likely to be resistant to the emotional anguish of bullying were those teens whose primary strong connections are only with peers or friends. The recommendations: Place high value on developing close relationships with young teens. Reduce screen time, and keep them engaged in school-based/community activities.



Heat Stress on the Job

The Occupational Safety and Health Administration

has no regulations governing labor in the hot sun, but there are guidelines. Heat exposure can lead to fatigue that increases accidents, so be sure to hydrate. OSHA recommends “eight ounces of water every 15 to 20 minutes if you are engaging in moderate work activities for less than two hours. ... Drink sports beverages containing electrolytes if you’re sweating for several hours.” Reduce job strain by using the right tools and getting help carrying heavy items. Look out for each other as coworkers, and know the warning signs of heat-related illness—heavy sweating, dizziness, feeling faint when attempting to stand—and how to treat it. **Learn more at www.osha.gov [search “heat”].**

