

The Family Corner Newsletter



APRIL IS A MONTH TO FOCUS ON ADOLESCENTS, HEALTH AND WELLBEING

Adolescence, a vital stage of growth and development, marks the period of transition from childhood to adulthood. It is characterized by rapid physiological changes and psychosocial maturation.

Adolescence is also the stage when young people extend their relationships beyond parents and family; they are intensely influenced by their peers and the outside world in general.

These are truly the years of creativity, idealism, buoyancy and a spirit of adventure. But these are also the years of experimentation and risk taking, of giving in to negative peer pressure, of taking uninformed decisions on crucial issues, especially those relating to their bodies and their sexuality.

Adolescence is thus a turning point in one's life, a period of increased potential and at the same time, one of greater vulnerability.

Newsletter Highlights

April is a month to focus on adolescents, health and wellbeing

Our children's mental health is important

Common parent - teen conflicts

How can you resolve parent teen conflict?

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Puberty in girls

Hormonal changes in teenagers

Drug and substance abuse

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Laughter therapy programme

OUR CHILDREN'S MENTAL HEALTH IS IMPORTANT

By Dr. Rose Zunga

Mental health refers to your social, emotional and psychological well-being. While our children's mental health can be impacted by some things they can't control (eg family history, life experiences, genes, brain chemistry), we can help them control how well they look after their mental health.

Why take care of your children's mental health?

* Mental health affects how they feel day to day
If they're feeling sad, angry, anxious it's hard for them to focus on their school work and what they are doing in life.

* Mental health affects their relationships
Our children's relationships with family, friends and classmates are all impacted by how they feel. If they're dealing with sadness, anger, anxiety or stress building and maintaining quality relationships is very difficult.

* Mental health affects their success
This talks to success in school, career or achieving goals they have set for themselves. If children are healthy and happy they accomplish more.

Mental Health issues are increasing among children especially adolescents. The increase has been noticed during the pandemic. As parents let's take our children's mental well-being seriously. Below are some activities that we should encourage our children to do to maintain a healthy mental state.

- * participate in sports * talk to friends
- * listen to music * Eat well
- * Breathing exercises * Laugh and smile more
- * Start a to do list * Get involved in group activities
- * Good sleep pattern * Create ME time

Our Children's Health is their Wealth!



COMMON PARENT - TEEN CONFLICTS

Conflict is a normal part of family life and can often escalate during teenage years. About 1 in 5 young people say they are concerned about family conflict, which can arise for many different reasons.

Parents and teenagers inherently have many opportunities to experience conflict with one another.

Adolescence is a time when independence and parental influence clash, since teens are able to think on their own but still live with parents who have rules and expectations for them.

Teenagers don't necessarily hold the same beliefs and values as their parents, and their goal to have fun conflicts with their parents' goal to keep them safe.

Conflict happens when two people disagree based on their own goals, values, or beliefs.

Here's a list of topics that tend to provoke a lot of arguments between parents and teens.

1. **Curfew** is a classic topic for parents and teenagers to argue about. It doesn't really matter what time the curfew is; when kids don't show up at home when they're supposed to, their parents get worried.
2. **Cellphone use** ties into the other sources of conflict, like how they disengage during family meetings or what they surf on the internet.
3. There are many reasons why a parent might not like you to have a **boyfriend or girlfriend** when you're a teenager. Parents probably see their kids as being too young to make a good decision—if they are even old enough to date at all.
4. No one likes to work for free, but occasionally teenagers see **doing chores** as working for free. Their parents are likely providing something tangible as payment that the teenager may not be acknowledging. For example, the parents may be providing food, clothing, shelter, use of a vehicle, etc. But when you are young and self-centered, that's not enough payment for taking out the trash and cleaning your room.
5. **Tattoos, piercings, crazy hairdos, heavy make-up, or short skirts** are easy ways to pick a fight with parents who value traditional looks. It's a bit ironic that many teens want to express their individuality by getting a piercing or a tattoo since there are millions of other teens expressing their individuality in the same way.
6. No parents say that they want their kid to **abuse drugs**. When parents find out that their teen is struggling with substance abuse, it goes against their vision of a bright future for their child.

HOW CAN YOU RESOLVE PARENT-TEEN CONFLICT?

Identifying the source of conflict is the first step to resolving the conflict. Here are a few tips for parents and teenagers to use:

- **Focus on common goals:** View each other as allies in the common goals you agree on, which usually include keeping the teen safe and wanting them be successful. Refocus your energy on these goals to keep from always clashing and getting into arguments.
- **Speak thoughtfully:** Use "I statements" to express feelings and make requests. Just say "I feel _____, when I _____." Make simple and specific requests. This is much better than blaming and name-calling, which normally happens when emotions run high.

Stay calm to stay productive.
Don't point fingers (literally or figuratively), and don't try to make a decision while you're still mad.

- **Brainstorm solutions:** List possible solutions to the conflict together. This may seem obvious, but many times a conflict will polarize viewpoints until no compromise or negotiation seems possible. Just start listing creative ideas, whether they seem reasonable or not. Creativity is your friend when solving any problem in life, including conflicts with others.
- **Make a decision together:** It's still a conflict if parents tell their teen that they have to do something "because I said so." It's also still a conflict if the teen just gives in to a threat and the relationship gets damaged. Decide on a solution together when both parties are calm enough to make rational decisions. Don't try this when anyone is angry, though.



PUBERTY IN BOYS



A boy goes through many important changes during puberty. His body beefs up, his voice cracks as it changes, he becomes stronger, and he begins to mature sexually.

Before you know it, your little boy has become a young man.

Some boys mature faster than their peers, and some physical changes may be more gradual than others.

A number of these physical changes are very personal. As a parent, you may not notice them, but your son will. Some of these may be embarrassing experiences for him and he will likely keep much of this private.

Your little boy is growing up and this also means that he may open up to you less often. It's common for teenage boys to become less talkative and withdraw from their parents. Keep the lines of communication open and talk to your son about the changes he's experiencing.

Boys will experience a range of emotions as they go through puberty. At times, they may feel irritable, sad, and even depressed. They may feel many different emotions related to their sexuality, including desire, confusion, and fear. Emotions start to level out by the end of puberty. Your son will likely show more independence from mom and dad and have more interest in developing closer bonds with friends and love interests. Their work and organizational habits may improve, as will their plans for their future.

Stay connected to his interests and talk to him about sports, school, or whatever he enjoys. This will help him feel comfortable about coming to you when he needs to talk about something important.

PUBERTY IN GIRLS



Puberty is a period of change. Understanding what is happening to her body can make your daughter's transition from a girl to a woman a positive one.

School curriculum, media influences, and talking with friends all impact how girls understand their bodies and changing emotions. It's important to be able to separate fact from fiction.

Before your daughter reaches the start of puberty, have an honest conversation about the changes she's about to experience with her body. If you're more comfortable with an expert opinion, make an appointment for the two of you to talk with your family doctor and discuss changes that occur over several years.

The changes associated with puberty can be difficult. Many girls anxiously await the opportunity to wear a bra for the first time or think about becoming a mom in the future.

All other changes, such as your daughter's first period (menstrual cycle) or changes to her size (wider hips) can be scary. Break it down for your daughter by explaining the stages of puberty that will affect her physically and emotionally.

Girls begin puberty at different ages. It can start as early as age 9. By age 15, most girls have fully developed. It's during these years that both her body and her emotions will change.

Puberty is also a time where many young girls will experience a wider range of emotions when they begin puberty. Sometimes it will feel like a "storm" of emotions, ranging from irritability to sadness. Your daughter may also experience confidence issues for the first time in her life.

Stay connected to your daughter's interests and talk to her about sports, school, or whatever he enjoys. This will help her feel comfortable about coming to you when she needs to talk about something important.



HORMONAL CHANGES IN TEENAGERS

Adolescence can be a risky time. Although all of the changes you experience in puberty are natural and healthy, teens don't always react to these changes in a safe or healthy way.

Teen hormones have an impact not only on their bodies and minds, but also on their behavior. Peer pressure, low self-esteem, and hormonal surges can lead teens to take chances and engage in risky behaviors that could have a negative effect on their future.

As children enter their teenage years, it's important for them to have a support system they can rely on. Parents, siblings, counselors, teachers, and good friends can provide strength and advice as teens navigate this challenging, exciting time in their lives.

Teen hormones affect teenagers' moods, emotions, and impulses as well as their body.

The mood swings that teens experience are caused by fluctuations in estrogen, progesterone, and testosterone—the sex hormones. These same teen hormones will also affect the way they think about dating and sex. Teens become much more interested in sex, sometimes to the point of obsession, as teen hormones kick into gear.

It's hard to feel that your body and mind are being controlled by the forces of nature instead of being directed by your own decisions.

Many adolescents feel that the changes they're experiencing due to teenage hormones are weird, freakish, or unnatural. In fact, almost everything that teens go through during adolescence is a normal part of their development.

Parents might find it hard to remember that, once upon a time, they experienced exactly the same feelings and drives as their teenage children do now.

We've all been there!



ALTHOUGH MOST ADOLESCENTS WHO USE DRUGS DO NOT PROGRESS TO BECOME DRUG ABUSERS, OR DRUG ADDICTS IN ADULTHOOD, DRUG USE IN ADOLESCENCE IS A VERY RISKY PROPOSITION.

DRUG AND SUBSTANCE ABUSE

For many teens, illicit substance use and abuse become part of the landscape of their teenage years. Even small degrees of substance abuse (for example, alcohol, marijuana, and inhalants) can have negative consequences.

One of the most telling signs of a teen's increasing involvement with drugs is when drug use becomes part of the teen's daily life.

Preoccupation with drugs can change the way the teen views their self in unrealistic and inaccurate directions.

Friendship groups may change and relationships with family members can become more distant or conflictual. Persistent patterns of drug use in adolescence are a sign that problems in that teen's environment exist and need to be addressed immediately.

What causes adolescent substance abuse?

There is no single cause of adolescent drug or alcohol problems.

Substance abuse develops over time; it does not start as full-blown abuse or addiction. There are different pathways or routes to the development of a teen's substance abuse problem.

Some of the factors that may place teens at risk for developing substance abuse problems include:

- Insufficient parental supervision and monitoring
- Lack of communication and interaction between parents and kids
- Poorly defined and poorly communicated rules and expectations against substance use
- Inconsistent and excessively severe discipline
- Family conflict
- Favorable parental attitudes toward adolescent alcohol and drug use, and parental alcoholism or drug use

Parents and guardians need to be aware of the power they have to influence the development of their kids throughout the teenage years.

Parents should not be afraid to talk directly to their kids about drug use, even if they have had problems with drugs or alcohol themselves. Parents are encouraged to give clear, no-use messages about smoking, drugs, and alcohol. It is important for kids and teens to understand that the rules and expectations set by parents are based on parental love and concern for their well-being.

MENTAL HEALTH AND FAMILY WELLBEING

Every family is different and every family faces different challenges. But all of us, no matter who it is in the family, need to look after our mental health.

As parents we often worry about how things are affecting our children, but it's just as important that we look after ourselves, too.

And if you feel that everything is getting too much, remember, you're not alone. There's lots of support out there for you, so don't be afraid to ask for help.

Reaching out when feeling sad, irritable or confused, having sleeping disorders, physical reactions and fear of the unknown, will help you to declutter your brain and avoid mental health ailments.

Prolonged distress may result in mental health conditions and long-term repercussions on the functioning and coping capacity of both children and caregivers.

Everyone reacts differently. Some parents may immediately develop a new home routine, some may struggle balancing work and home duties. Some children may experience intense sadness or anger, others may be withdrawn or act as if nothing has occurred.



Being a parent is a daily challenge and faced with the realities of COVID 19, social distancing and self-quarantine, it may be a struggle. For parents, the best way to help their children is to firstly take care of themselves.

Self-care during these times is not selfish because it enables the caregivers to be there for their children as a stable, calm and soothing parent. This way, parents will also be able to better understand their children and help them feel reassured, relaxed and focused.



FIRST AID FOR MENTAL HEALTH PROGRAMME

For Line Managers

Mental health problems have an impact on organisations. It impacts productivity greatly and if not monitored can have disastrous results on the economy.

Depression and anxiety have a significant economic impact, the estimated cost to the global economy is US\$1 trillion per year in lost productivity. For every US\$1 put into scaled up treatment for common mental disorders, there is a return of US\$4 in improved health and productivity.

Organisations that promote mental health and support people with mental disorders are more likely to reduce absenteeism, increase productivity and benefit from associated economic gains. Companies have a responsibility to support individuals with mental health challenges in either continuing or returning to work.

In this course you will get a detailed insight into mental illnesses including their symptoms, causes, treatment options, first aid methods, and self-help strategies. You can use this knowledge to assist individuals to recover from their problems and suffering.

Sometimes a mental illness goes unchecked for years if the person isn't aware of the available options for treatment. They may self-medicate or have a poor coping mechanism. You, as a first aider for mental health, can guide them towards the light of hope and recovery.

WHO has indicated that there is an expected increase in the levels of distress or anxiety, loneliness and depression because of the impact of COVID-19.

Workplaces need to be ahead in planning and preparing their line managers to manage their staff effectively and support them well for business productivity to remain high or improve for the better.



REGISTER TODAY
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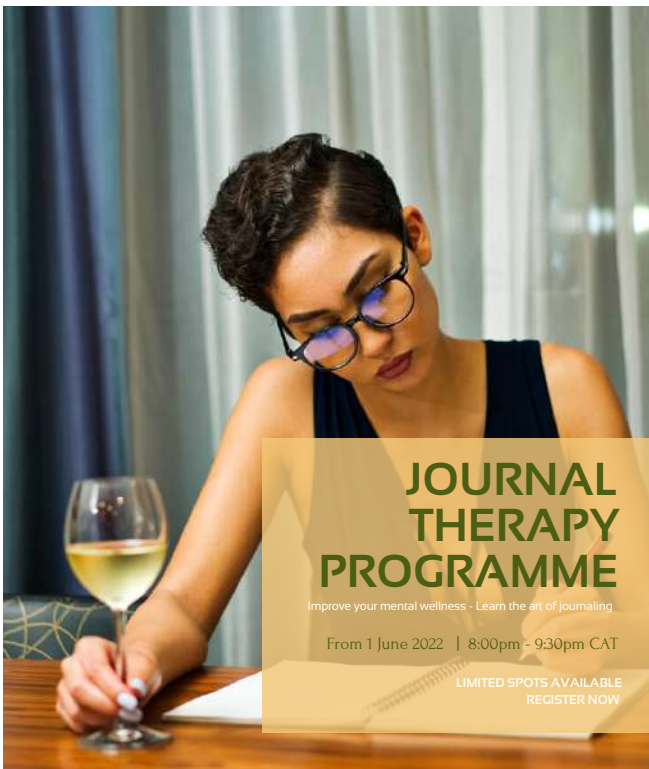
JOURNALING THERAPY PROGRAMME

Journaling Therapy programme is a 6 weeks online programme which is meant to teach you about the ins and outs of journaling as therapy.

The pandemic has caused a lot of isolation ills to humanity. Mental wellness has never been a focal point until now. It is important for you to prioritise yourself and take care of your mental wellness.

Journal therapy is one method you can use on an ongoing basis but you need to master the skills and techniques of journaling as therapy so that it can be beneficial to you and those around you as you share your experiences.

LIMITED SPOTS AVAILABLE
[CLICK HERE TO REGISTER](#)



JOURNAL THERAPY PROGRAMME

Improve your mental wellness - Learn the art of journaling.

From 1 June 2022 | 8:00pm - 9:30pm CAT

LIMITED SPOTS AVAILABLE
REGISTER NOW

LAUGHTER THERAPY PROGRAMME

The programme was designed to help you understand the benefits of laughter especially for mental wellness. The programme considers social aspects of laughter, it discusses why people laugh, the history of laughter, possible reasons for humour and theories that support humour.

This programme will help you to understand laughter as a natural behaviour that can help you maintain your mental wellness.

Laughter is a universal human language. A smile and laugh are understood by everyone and also by plenty of animals. We don't learn to laugh, it is innate. A smile occurs before any other communication in the youngest babies.

LIMITED SPOTS AVAILABLE
[CLICK HERE TO REGISTER](#)



CENTRE FOR FAMILY DEVELOPMENT PRESENTS

LAUGHTER THERAPY PROGRAMME

8:00- 9:30 PM CAT
FROM 10 MAY 2022

LIMITED SPOTS AVAILABLE

CENTRE FOR FAMILY DEVELOPMENT



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GIRLS AND BOYS BOOTCAMP

A PROGRAM TO HELP BOYS AND GIRLS TO
TRANSITION FROM TEENAGEHOOD TO
ADULTHOOD

FOR MORE INFORMATION SEND AN EMAIL TO
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Easter is upon us & that means family, fun, and great food!

All my family and friends know how much I love cook and baking! And since there's no better time to cook than the holidays, I thought I'd share my favourite Easter recipes.



ORANGE-ROASTED CHICKEN

Ingredients:

- 7 oranges
- 1.5 - 1.8kg whole chicken
- 1 teaspoon kosher salt
- ½ teaspoon freshly cracked black pepper
- 4 strips bacon
- 12 fresh sage leaves
- ⅓ cup pure maple syrup
- ¼ cup dry sherry
- 1 tablespoon extra virgin olive oil
- 3 cloves garlic, minced

Directions:

- Preheat oven to 450°F. Halve all seven oranges. Thinly slice four halves into half-moons; set all aside.
- Rinse chicken body cavity; pat dry. Season inside and outside of chicken with salt and black pepper.
- Lay bacon lengthwise on chicken breast; tuck six sage leaves and all orange slices under bacon.
- For vinaigrette: In a small bowl juice four orange halves. Whisk in maple syrup, sherry, oil and garlic; set aside.
- Place remaining five orange halves around chicken. Chop remaining sage leaves; sprinkle over oranges.
- Roast chicken 20 minutes. Spoon half the vinaigrette over chicken.
- Reduce heat to 350°F; cover chicken with foil. Roast 50 to 60 minutes, spooning remaining vinaigrette over chicken every 15 minutes.
- Remove; set aside foil. Roast 10 minutes more or until a meat thermometer inserted into thigh registers at least 170°F.
- Cover with foil; let stand 10 minutes. To serve, squeeze one roasted orange half over chicken.



CEDAR REST BOUTIQUE HOTEL

We have spacious, well-appointed rooms that overlook our sparkling pool, rolling lawns, and Bar Area. Cedar Rest is the choice of discerning travellers and locals alike.

5-Star Customer Service Experience

Our staff are friendly, gracious and trained to pamper our guests needs. Enjoy fresh cooked, hot to order breakfast each morning as part of your stay.

Newly Refurbished Luxury
Home Away From Home

Where to find us

Just 20 minutes from Sandton's city buzz, close to all major highways and around the corner from Fourways Mall and Montecasino, an exclusive lodging experience awaits you.



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