

5 Healing Gestures

Want to protect children from the effects of violence, abuse, neglect, hunger and other traumas?

These simple practices or Healing Gestures, can help children thrive.

1. **Celebrate.** As influential adults, you can help children celebrate with “put-ups” and “not put-downs.” A cheer, a clap, a smile, a kind greeting or a statement that acknowledges them are simple expressions that can heal minds, change minds, and help children thrive.
2. **Comfort.** Studies show that adults who provide consistent emotional and physical support can buffer the “fight or flight” stress response in children. Teaching them how to manage their emotions and calm themselves down, helping them connect their words to feelings, and practicing relaxation and emotional regulation skills can also help.
3. **Listen.** To listen is a gesture we practice every day. For all children, especially those who have experienced traumatic stress and violence, a patient and receptive adult who listens can help them feel safe and valued.
4. **Collaborate.** Through everyday interactions, you can teach children the skills to collaborate and resolve problems by modeling cooperative relationships, helping them build trust, and encouraging them to express their opinions and ask for help when needed.
5. **Inspire.** Think back to when you were a child. Do you recall a glimmering moment when your spirit soared in response to words an adult said to you? When their words elevated your sense of self and inspired you to do something big? So inspire the children in your life, and give them their own glimmering moments to remember.

From the Changing Minds Now campaign. U.S. Department of Justice and Futures Without Violence.
www.changingmindsnow.org.

Wishing you joy and good health,
Mary Bohlen RN
SJParishNurse@comcast.net

Blood pressure readings have resumed. See us in the Infant & Toddler Room in the rear of church on the 1st and 3rd full weekends of every month September – May. The service is free of charge and currently is limited to those Masses that have a volunteer to perform readings. If you are trained in taking blood pressures and would like to offer your services, please contact Mary Bohlen using the e-mail address listed above - we'd love to have you on the team!