

# FALL 2021 NEWSLETTER

## UPCOMING DATES WE ARE CLOSED

- **Labor Day**  
Monday September 6th
- **Indigenous Peoples Day**  
Monday October 11th

(No Material Support Pickups)

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## MATERIAL SUPPORT UPDATES

### Switching to Fall/Winter Clothing

We are switching to Fall/Winter clothing which will be available the 1st and 3rd weeks of the month beginning in September. Clothing pick-up dates for September will be:

- Tues. Sep. 7th (**Closed Sep. 6th**)
- Mon. Sep. 20th, Tues. Sep 21st

### Large Items

You are able to request large items such as cribs, car seats, strollers, high chairs, etc. which are available as donations allow. If you have a need please let us know and if we do not have it available we can add you to a wait list. In order to spread our resources to all clients, we will start enforcing our policy that **clients can receive one large item per week**. Thank you for understanding.



## FALL CLASSES AT THE HANNAH CENTER

We have openings for Childbirth Classes and Parenting Classes for September, October, and November.

### Childbirth Class (FREE)

Topics include:

- Healthy Pregnancy**
- Having the Birth You Want**
- Stages of Labor and How to Cope**
- Coaching Techniques**
- Caring for a Newborn**

### Active Parenting Series (FREE)

(for parents of children birth through age 5)

Topics Include:

- Ages and Stages of Development**
- Building a Strong Bond**
- Effective Discipline**
- Choices and Consequences**
- Using Mindfulness to keep your cool**



If you are interested in registering for Parenting or Childbirth Classes or learning more, please call 812-334-0104, or email [kristi@hannahcenter.org](mailto:kristi@hannahcenter.org).

# PARENTING IN A PANDEMIC: TIPS TO KEEP THE CALM AT HOME (FROM AMERICAN ACADEMY OF PEDIATRICS)

## Use Positive Discipline

Everyone is more anxious and worried during the pandemic. Younger children may not have the words to describe their feelings. They're more likely to act out their stress, anxiety or fear through their behavior (which can, in turn, upset parents, particularly if they are already stressed). Older children may be extra irritable as they miss out on normal events they looked forward to and activities they enjoy with their friends.

Some ways you can help your children manage their emotions and behavior:

- **Redirect bad behavior.** Sometimes children misbehave because they are bored or don't know any better. Find something else for them to do.
- **Creative play.** Suggest your children draw pictures of ways your family is staying safe. Make a collage and hang it up to remind everyone. Or, build an indoor fort or castle to keep the germs at bay, bringing in favorite stuffed animals or toys.
- **Direct your attention.** Attention--to reinforce good behaviors and discourage others--is a powerful tool. Notice good behavior and point it out, praising success and good tries. Explaining clear expectations, particularly with older children, can help with this.
- **Use rewards & privileges** to reinforce good behaviors (completing school assignments, chores, getting along with siblings, etc.) that wouldn't normally be given during less stressful times.
- **Know when not to respond.** As long as your child isn't doing something dangerous and gets attention for good behavior, ignoring bad behavior can be an effective way of stopping it.
- **Use time-outs.** This discipline tool works best by warning children they will get a time-out if they don't stop. Remind them what they did wrong in as few words—and with as little emotion—as possible. Then, remove them from the situation for a pre-set length of time (1 minute per year of age is a good guide).
- **Take care of yourself.** Caregivers also should be sure to take care of themselves physically: eat healthy, exercise and get enough sleep. Find ways to decompress and take breaks. If more than one parent is home, take turns watching the children if possible.

**Remember: Reach out to your pediatrician with any concerns you have about your child's behavioral or emotional well-being and managing your family's stress.**

## OUR HOURS/ CONTACTING US

**Pregnancy Testing and Intakes**  
By Appointment Only

**Material Support Pick-up Hours**  
Monday: 1:00pm-4:00pm  
Tuesday: 10:00am-6:00pm  
By Appointment Only

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To schedule a MS pickup appointment, you may call or message us on Facebook.

- Please try to schedule at least one business day in advance.
- We will be moving away from taking requests directly via messenger; a Google Form will be coming soon as a simpler online option. More info TBA.
- When possible, phone calls are preferred especially when making last minute changes to an order.
- Facebook Messages will be checked during business hours: M-F 8am-5PM



808 N. College Ave.  
812-334-0104

[info@hannahcenter.org](mailto:info@hannahcenter.org)  
[www.hannahcenter.org](http://www.hannahcenter.org)



@thehannahcenter