

October 2024

The 9-Minute Theory: Transforming Parenting

The 9-Minute Theory, created by Jaak Panksepp, PhD., suggests that parents should focus on three key moments of interaction with their kids during the day:

- The first 3 minutes after they wake up.
- The 3 minutes after they come home from school or daycare.
- The last 3 minutes of the day before they go to sleep.

Although it's known as the 9-minute theory the amount of time you spend is less important than committing to pockets of uninterrupted connection with your child. These moments help create an environment in which children feel safe, loved and valued.

Whether you are interacting with your child during those three times of day or at another time, the most important thing is to be present. Focus on what your child is saying or participate in the activity they would like to do.

No matter what their age, spending quality time with children is not only important to them but will benefit you as well. Meaningful connections have lasting importance on children as they grow into adulthood.

For more ideas about staying connected as a family, please reach out: Aurora EAP at 1-800-236-3231 or www.aurora.org/eap.

Resources:

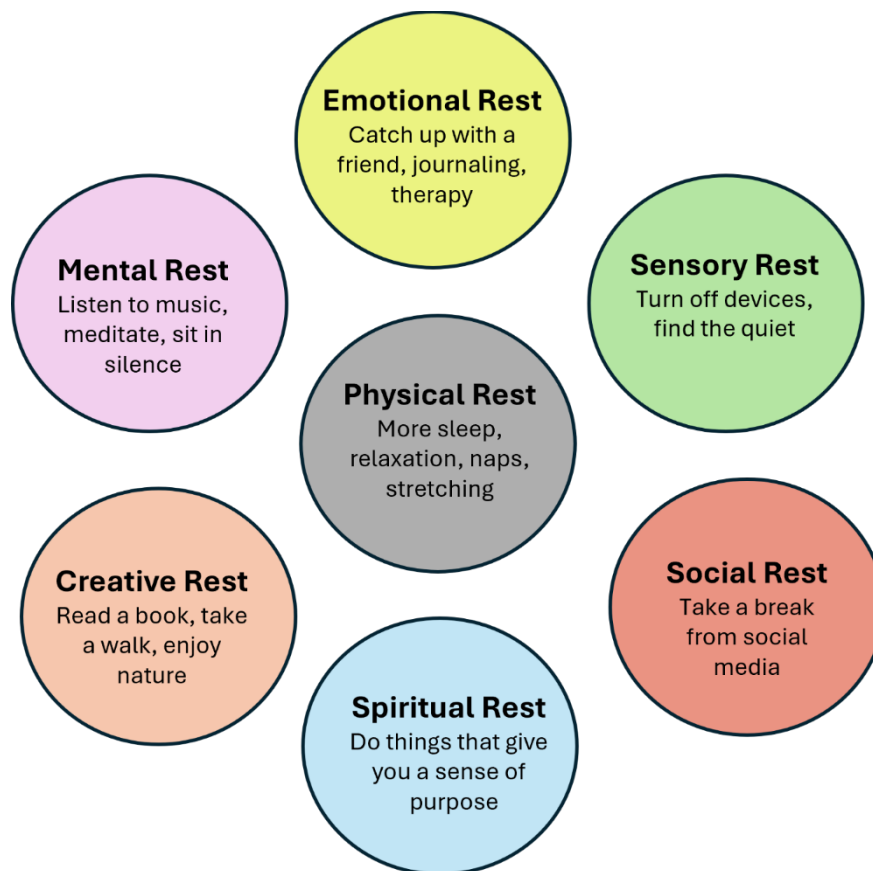
[These are the 9 minutes in your child's day when they need you the most \(yahoo.com\)](http://www.yahoo.com)

Have you Heard of the 9-minute theory? Holly Brenza AAH HealthEnews

November 2024

Beyond Sleep: The 7 Types of Rest You Didn't Know You Needed

Sleep is one way to restore and support mental health. But sleep alone is not effective in managing exhaustion and fatigue. Our minds and bodies need 7 different types of rest to feel refreshed and rejuvenated.



The good news is that rest is something you can practice and improve. Prioritizing rest can help you achieve a healthier work-life balance, improve well-being and increase productivity.

Adapted and resourced from: Dr. Saundra Dalton-Smith, M.D., physician, researcher, and author of the book *Sacred Rest*

Exhaustion and fatigue are concerns for many individuals. If you are struggling the Aurora EAP can help.
Please reach out at 800-236-3231 or visit www.aurora.org/eap.

December 2024

A Month of Kindness in December

December 1	Spread Kindness. Share this calendar with others.	December 17	Offer to teach someone a skill you excel at.
December 2	See how many different people you can smile at today.	December 18	Reconnect with a loved one.
December 3	Support a charity or cause that you really care about.	December 19	Be kind to animals today.
December 4	Buy locally and support shops near you.	December 20/21	Turn off digital devices and spend quality time with yourself, friends or family.
December 5	Send someone a hand-written note.	December 22	Congratulate someone for an achievement that may go unnoticed.
December 6/7	Make a warm meal for someone in need.	December 23	Pay for someone else's coffee.
December 8	Contact an elderly neighbor and brighten their day.	December 24	Buy extra grocery items and donate them to a food bank.
December 9	Give kind comments to as many people as possible today.	December 25	Let someone know how much you appreciate them and why.
December 10	Leave a positive review for someone in the service industry.	December 26	Do something helpful for a friend or family member.
December 11	Be a good listener today.	December 27/28	Send holiday cards or care packages to soldiers.
December 12	Leave positive notes in public places for others to find.	December 29	Contact someone who may be feeling alone or isolated.
December 13/14	Volunteer at a local shelter, food bank, or community organization.	December 30	Practice gratitude. List kind things others have done for you.
December 15	Hold the door open for someone today.	December 31	Plan new acts of kindness to do in 2025.
December 16	Do something nice for yourself.	Brought to you by Aurora EAP (800.236.3231)	