



# The Derner Hempstead Child Clinic

Community Based Mental Health Services  
Dr. Nicole Daisy-Etienne, Clinic Director

*April 2020 Newsletter*

*"The irritations of life teach us the most. They allow us to be more tolerant, more peaceful and more compassionate." Ajahn Brahm*

## **In These Uncertain Times...**

Never in our lifetime could we have ever imagined that we would all be quarantined in our homes away from everything that has brought stability in our lives. During this Holy Week, for those who are religious, people of various religious affiliations typically gather in houses of worship for traditional celebrations; but that has all changed. With each passing day of constant shifts and changes to our normal everyday patterns, our anxiety increases. These changes in familiar routines, leave us feeling vulnerable, nervous, fearful and on edge. It is during these uncertain times that we have to shift our focus to those things that we can control that give us joy. Although everything around us has shifted we can still find safety and comfort in our most precious commodities, our loved ones.

Spending quality time with our family and catching up with friends can be a meaningful pastime. Sometimes social media and video games can make us feel miles away from our own children. In these uncertain times, taking a mental health break is crucial. Schools are closed, jobs are shut down and everyone is feeling a little "cabin fever". Family time can be rewarding but being with each other all day every day can also bring its own stressors. Keeping busy helps distract our minds, at least for a few moments, from the stress and sadness that is occurring during these challenging times. Doing things together can be an opportunity for parents to strengthen their relationships with their children.

Food has always been a way for families to come together. Cooking is one of those ways to involve everyone around the kitchen table and have some fun together. Regardless of the age of your children helping hands can participate in a variety of ways. One resource we have found has simple techniques of involving your children to help out with the kitchen at every age below:

"Kids Cooking Activities" <https://www.kids-cooking-activities.com/kids-cooking-lessons.html>

Kids Cooking Activities website shares a variety of menus and techniques to make memories in your kitchen that will last a lifetime. This site full of age appropriate kids cooking lessons has coordinating recipes and age appropriate tasks to help kids learn and experience the lesson topics:

**Assistant Chef - Kids cooking lessons for 3-6 years old** are often short and sweet. They learn about cooking by watching, feeling, smelling, tasting and hands on experiences. Just letting 3-6 years old Help, Help, and Help, even if it's only adding cheese or crushing chips that go on top of a casserole, will teach them a lot.

**Chef in training - kids cooking lessons for 7-11 years old** can get more hands-on experience at this stage and with help they can accomplish a lot. Add more advanced tasks to their repertoire as they improve.

Appropriate activities include:

- Cracking eggs into bowl
- Filling and leveling measuring cups or spoons accurately
- Using a can opener

Now is the time to teach children to:

- Read recipes/labels
- Recognize what cooking tools do
- Microwave use
- Continue learning about kitchen safety
- Help write out shopping lists / menu planning

**Junior Chef - kids cooking lessons for teens 12-15 years old** can do much with little supervision. Now is the time to give them freedom to choose a recipe and follow through with little help. Add more advanced tasks as they improve. Use our plans below for kids cooking ideas but allow them to practice cooking skills often, as well.

**Senior Chef - Kids Cooking Lessons for 16--18 years old** are a great preparation for going to college. Now is the time to teach and reiterate everything they have learned, or should learn, so they won't be eating fast food or TV dinners every night once they leave home. Use these kids cooking ideas but also give them lots of practice cooking each week.

**Follow up with the website for recipes, step by step directions of other great ideas**

<https://www.kids-cooking-activities.com/kids-cooking-lessons.html>

Yvette Jones, MSW

Assistant Director

Derner Hempstead Child Clinic

Frustrated by your child's changing attitude?




**PARENT TO PARENT SUPPORT GROUP**  
Topics discussed will include:

- Coping with Daily Stress & Frustrations
- Communication Problems and Strategies
- Resolving Conflicts



Is your child struggling with schoolwork?  
Let's help them reach their academic potential.



**PARENT TO PARENT SUPPORT GROUP**  
Explore strategies to help your child stay focused

- Develop self-control
- Manage stress
- Prioritize - first things first



**If you are interested in joining our parent support groups please contact us directly via: [dernerclinic@hempsteadschools.org](mailto:dernerclinic@hempsteadschools.org)**

## **Eating Habits during Stressful Times...**

Challenging unprecedented times, such as these, can evoke overwhelming feelings of anxiety and sadness. Coping with the stress can hamper sleeping and eating habits. Sometimes food is used as a source of comfort. While this “comfort food” provides immediate gratification that we all feel when eating delicious food, it may be accompanied by long term negative effects on our body image and self-esteem. Sometimes, emotional overeating can evoke a cycle of mixed feelings of guilt and disappointment that follow the fleeting moments of joy due to satisfaction of getting immediate gratification after eating food. Some people use the restriction of food to handle their stress during difficult circumstances in which they have little control, since eating habits are something that can be controlled. As parents it is a helpless feeling when our child is sick physically or emotionally. When they are physically sick, we are able to tend to their needs and provide nurturance and support by being attentive to their medical needs. While emotional needs are not tangible, they have just as a profound impact on our health. As parents, we can reduce those feelings of helplessness the same way, by providing nurturance and support and being emotionally attentive.

These decisions about how to cope with the stress can have a profound impact on us. Being mindful of our eating habits and knowing the signs and symptoms of eating disorders can help prevent an eating disorder from developing. Helping our children to be mindful of their own eating habits can be demonstrated as we set the example by engaging in “mindful eating” which is not affected by our emotions. We can help promote awareness of our eating habits by ensuring that food is used as a source of obtaining nutrients and refrain from associating labels to food such as “good or bad,” which is sometimes done when food is used as a “reward.”

There are plenty of other ways to cope with stress and sadness during this challenging time that do not hamper our self-esteem. Increasing our socialization and spending quality time virtually with friends and family are some ways to improve our mood. As we all struggle to cope with this crisis, we are reminded that we are all in this together. Let’s make a concerted effort to remove the stigma that is associated with expressing our emotions and remember that we are all affected by this global pandemic and are feeling some level of anxiety and sadness as a result. Relying on each other for emotional support will get us through this crisis.

**Below is an article from the Child Mind Institute which provides information for parents regarding identifying the signs of an eating disorder and helping children to develop healthy eating habits.**

<https://childmind.org/article/when-to-worry-about-an-eating-disorder/>

**We at DHCC are here to provide support to you during this difficult time. If you think your child is showing signs of an eating disorder or would benefit from additional support to ensure that their eating habits are less impacted by their emotions, please request online individual counseling by notifying your child’s teacher.**

*Nicole Daisy, PhD  
Clinical Psychologist  
Clinical Director  
Derner Hempstead Child Clinic*

## Don't forget to stop by during these pick up times for free meals M-F

- 100 Terrace Ave. **9:50AM to 10:30AM**
- Jackson Main Elementary School  
Location: Corner of Jackson St. & Bennett Ave. **10:35AM to 11:15AM**
- Joseph McNeil Elementary School  
Location: Corner of Franklin St. & Peters Ave. **11:20AM to 12:00PM**

Look for the white food service van at each location during the designated times. Meals will still be distributed at the ABGS Middle School from **10:00AM to 12:00 PM**. Parents please bring a bag with you to carry the meals home.

## Free Resource

The image displays two side-by-side screenshots of the Altice website. Both screenshots show the top navigation bar with the Altice logo, a search icon, and the text 'Free Wi-Fi and Hotspot Offer from Altice' and 'ATUS 17.5'. The left screenshot shows the offer details in English, starting with 'Starting Monday, March 16, 2020, eligible households interested in this solution can call:' followed by two bullet points: '866-200-9522 to enroll in Optimum region' and '888-633-0030 to enroll in Suddenlink region'. The right screenshot shows the same offer in Spanish, starting with 'Comenzando lunes, 16 de marzo del 2020, hogares elegibles que estén interesados en tener servicio de internet WIFI GRATIS durante la pandemia, pueden llamar al:' followed by two bullet points: '866-200-9522 Para inscribir EN EL AREA DE OPTIMUM' and '888-633-0030 Para inscribir EN EL AREA DE SUDDENLINK'.

## Free Wi-Fi Offer

## **Additional Nassau County New York free food pantries**

Nassau County Long Island has several places in the Hempstead area to turn to for free food, hot meals and/or groceries.

**Island Harvest 631-873-4775** - They will begin offering food deliveries to those who make requests.

### **Hempstead Food Share**

The Hempstead Food Share happens every Sunday at 2 pm, and is located directly outside the Hempstead train station (on the north end of W Columbia St, one block east of Main St.). You can access the website for more information at the link below:

<https://communitysolidarity.org/foodshares/hempstead>

### **Iglesia Pentecostal De Hempstead**

Food bank address is - 600 Greenwich Street Hempstead, NY 11550  
Main Phone number - (516)292-1780  
the emergency pantry may have cereal, soup, bananas, baby formula or diapers and much more. Clients range from the elderly to many immigrants who live in Nassau County.

### **Miracle Christian Center**

Hempstead, NY 11550  
Call the center at (516)505-2595

### **Long Island Council Of Churches**

1644 Denton Green  
Hempstead, New York 11550  
Main Phone: (516)868-4989  
They coordinate free food for the low income across all of Nassau County. Other resources can provide clothes, financial assistance for bills, and other emergency and crisis support. They work with a number of charities and non-profits in Nassau County. More on [Long Island Churches](#).

### **Salvation Army in Nassau and Long Island**

Many services are available. There is a free food pantry, Christmas meals and toys from Angel Tree, financial aid, and of course a thrift store. The church - charity helps the low income. They also participate in Meals on Wheels, offer clothes and household goods, and more. Find [Salvation Army locations in Nassau County/](#)

### **South Hempstead Baptist Church**

Phone: 516-481-7090  
Address: 81 Maple Avenue  
Hempstead, NY 11550  
The food pantry is located beside the church on 71 Maple Avenue, Hempstead NY 11550.

For this center, you do not have to schedule an appointment in advance. The food pantry is open most Thursdays from 10 am to 2 pm. When you go, you will be asked to complete a simple form. The form is available in both English and Spanish.

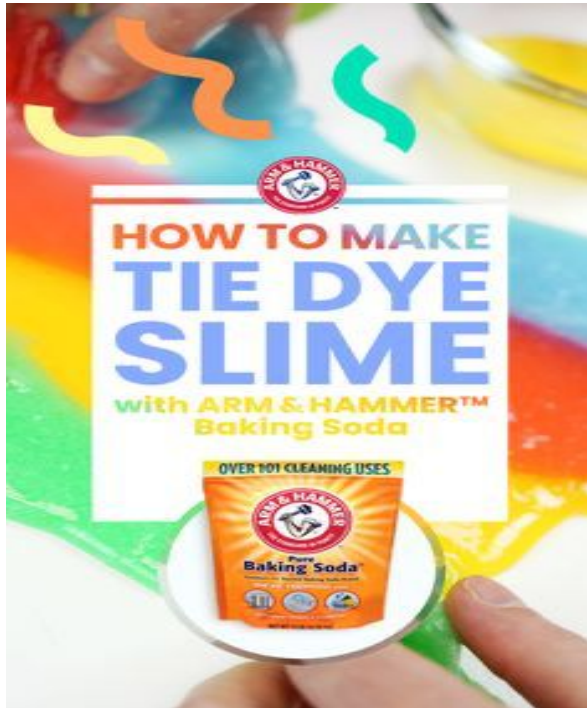
### **St. Martha's**

546 Greengrove Avenue  
Uniondale, NY 11553  
Dial 516-292-1603  
A church run pantry.

### **Union Baptist Church**

24 Rev. Clinton C. Boone Place  
Hempstead, NY 11550  
Dial the office at (516)483-308

## Family fun project - Tie Dye Slime



Peace, love and slime!

Here's a far out idea for craft time: tie dye slime made with ARM & HAMMER™ Baking Soda. Mix and match colors for ooey gooey fun every time!

Click on link:

<https://www.armandhammer.com/articles/7-diy-projects-for-kids?pp=0&epik=dj0yInU9Z0NB5mp3VDBpeV9TTIk0dzAxTHVNMJh0TGc5S3YtM1cmbj1aUzNsa0Vmc1HSkt1VjJtdGJfbIRnJnQ9QUFBQUFGNkNucm8>





## Institute for Parenting Warmline

An Institute for Parenting project supporting young children's social and emotional wellness.

Call the Adelphi Warmline at

**516-515-1948**

with questions regarding babies' and young children's development and wellbeing, especially in times of heightened stress.



We welcome non-emergency calls from parents, caregivers, and educators of young children (ages 0-6). Your call will be returned by an infant and early childhood specialist from the Institute for Parenting at Adelphi University.

LEAVE A MESSAGE  
FRI-MON, WE WILL  
RETURN YOUR CALL  
BY **MONDAY**  
AFTERNOON

CALLS  
RETURNED  
TWICE A WEEK  
**M & Th**

LEAVE A MESSAGE  
TUES-THURS, WE  
WILL RETURN YOUR  
CALL BY **THURSDAY**  
AFTERNOON

[parenting.adelphi.edu](http://parenting.adelphi.edu)  
Warmline 516-515-1948

**ADELPHI**