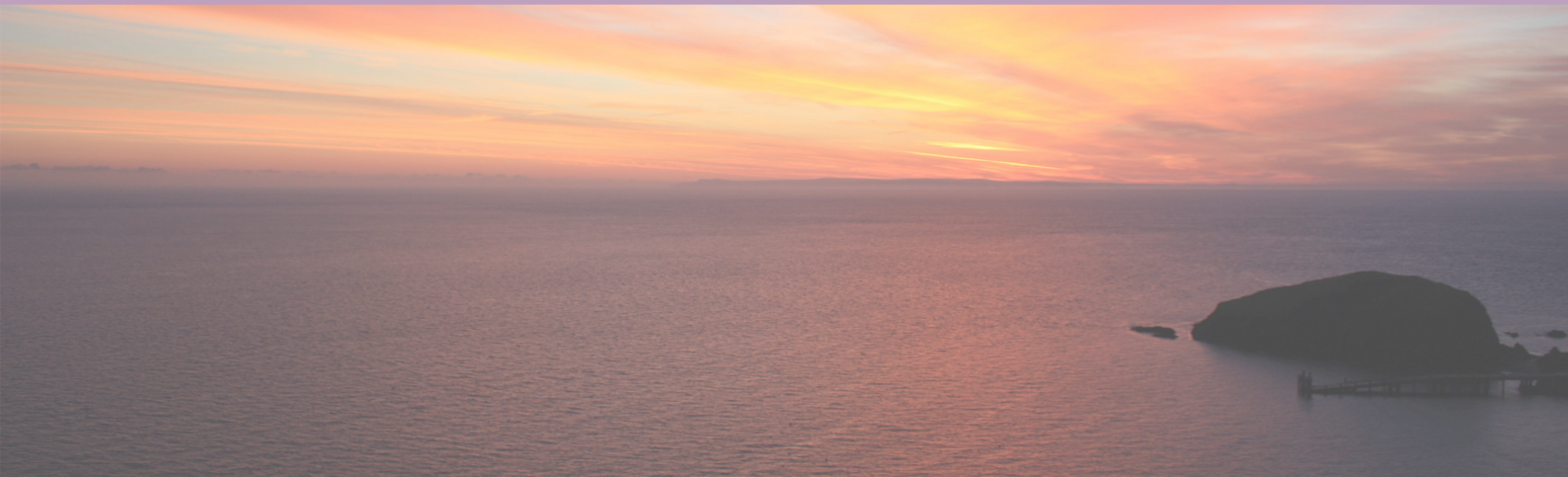


# INPSYNC

*Official Monthly Newsletter of InPsync Psychology*



THIS ISSUE INCLUDES:

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**BOOK ONLINE, NOW  
AVAILABLE...**

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**A NORMAL FEELING-  
CHILD SEPARATION**

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**TALK TIME PROGRAM**

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**TANTRUMS: WHY THEY  
HAPPEN AND HOW TO  
RESPOND**

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**WHAT'S ON THIS  
MONTH?**

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InPsync *Psychology*

*'InPsync with Wellbeing'*

# BOOK YOUR APPOINTMENTS ONLINE... NOW AVAILABLE!



To book your appointment online..

Go to [www.healthkit.com](http://www.healthkit.com) & search for your psychologist by name.



Then...

- Select your preferred location if required (*Brunswick 3056 or Glenroy 3046*)
- Click on the **BOOK NOW** link in the top right hand corner of the page
- Select your preferred date
- A list of all available appointments will be displayed. (*A few things to remember... We are closed on Monday's, Glenroy appointments can only be scheduled for Friday & Brunswick appointments are available Tuesday, Wednesday and Thursday*)
- Choose your preferred time and click on **BOOK NOW**
- Fill in your contact information, ensure the appointment details are correct then click on **BOOK NOW** again to confirm your appointment.
- You will receive a text message to your mobile number with a confirmation code, please enter this into the field.
- Once verified your appointment booking will be **completed**
- You will receive a confirmation email from HealthKit with your appointment request.

If you would like to organise a time that is not available via the online booking system please contact us on 1300 019 230 or alternatively you can email us at [info@insyncpsychology.com.au](mailto:info@insyncpsychology.com.au)

# A NORMAL FEELING

## Taken from KidSpot



It's natural for your young child to feel anxious when you say goodbye.

Although it can be difficult, separation anxiety is a normal stage of development. With understanding, patience and coping strategies, it can be relieved and should fade as your child gets older. There's lots of advice out there on how to deal with it – but understanding your child and working on some common sense strategies to deal with it is sometimes the best approach.

### **Try these tips to break the crying at drop-off cycle:**

- Explain beforehand your drop-off procedure so she is completely aware of what will happen. And then tell her when you'll be back, and from where you'll be picking her up.
- Involve your child's class teacher in the process as she will be left with your crying child.
- Don't hang around at school or prolong the goodbyes. You may need to run through the pick-up process again.
- Never sneak out – make sure she knows you've left.
- Try to appear relaxed with a happy or calm expression.
- Set up a reward chart in which your child works towards something special, putting a sticker on each day she separates from you without too much trouble.

### **When it's more than just a phase**

It's worth noting that for some kids, the crying and howling at drop-off can last for weeks and may reappear after school holidays for a few days. This could be a sign of Separation anxiety disorder which is not a normal stage of development, but a problem characterised by extreme distress when a child is away from the primary caregiver. Unlike the occasional worries that children may feel at times of separation, separation anxiety disorder causes fears that limit a child's ability to engage in school life.

Separation anxiety disorder can get in the way of kids' normal activities. Children with this disorder may:

- Refuse to go to school. A child with separation anxiety disorder may have an unreasonable fear of school and will do almost anything to stay home.
- Display reluctance to go to sleep. Anxiety may make these children insomniacs, either because of the fear of being alone or due to nightmares about separation.
- Complain of physical sickness like a headache or stomach ache. At the time of separation, or before, children with this disorder often complain they feel ill.
- Cling to the caregiver. Children with separation problems may shadow you around the house or cling to your arm or leg if you attempt to step out.
- While in most cases worries about separation simply pass as children adapt to school life, if you think your child needs some help dealing with her anxiety, contact us today for further support.

# Tantrums: why they happen and how to respond

## Taken from Raising Children



Tantrums are extremely common in toddlers and preschoolers. They're how young children deal with difficult feelings. It helps to tune in to your child's emotions, and to avoid situations that trigger your child's tantrums.

**What are tantrums?** Tantrums come in all shapes and sizes. They can involve spectacular explosions of anger, frustration and disorganised behaviour – when your child 'loses it'. You might see crying, screaming, stiffening limbs, an arched back, kicking, falling down, flailing about or running away. In some cases, children hold their breath, vomit, break things or get aggressive as part of a tantrum.

**Why tantrums happen** Tantrums are very common in children aged 1-3 years. This is because children's social and emotional skills are only just starting to develop at this age. Children often don't have the words to express big emotions. They want more independence but fear being separated from you. And they're discovering that they can change the way the world works. So tantrums are one of the ways that young children express and manage feelings, and try to understand or change what's going on around them. Older children can have tantrums too. This can be because they haven't learned more appropriate ways to express or manage feelings. Or some older children might be slower than others to develop self-regulation.

For both toddlers and older children, there are things that can make tantrums more likely to happen:

- **Temperament** – this influences how quickly and strongly children react to things like frustrating events. Children who get upset easily might be more likely to have tantrums.

- **Stress, hunger, tiredness and overstimulation** – these can make it harder for children to express and manage feelings and behaviour.

- **Situations** that children just can't cope with – for example, a toddler might have trouble coping if an older child takes a toy away.

- **Strong emotions** – worry, fear, shame and anger can be overwhelming for children.

**What to do about tantrums** There are things you can do to make tantrums less likely to happen:

- **Reduce stress.** Tired, hungry and overstimulated children are more likely to experience tantrums.

- **Tune in to your child's feelings.** If you're aware of your child's feelings, you might be able to sense when big feelings are on the way.

You can talk about what's going on and help your child manage difficult feelings. You might also be able to distract your child.

**-Identify tantrum triggers.** For example, your child might have tantrums when you're shopping. You might be able to plan ahead or change the environment to avoid tantrums. For example, it might help to go shopping after your child has had a nap and a snack.

**-Talk about emotions with your child.** When your child struggles with a difficult feeling, encourage him to name the feeling and what caused it. For example, 'Did you throw your toy because you were cross that it wasn't working? What else could you have done?'

Sometimes tantrums happen, no matter what you do to avoid them. *Here are some ideas to handle tantrums when they happen:*

**- Stay calm (or pretend to!).** Take a moment for yourself if you need to. If you get angry, it'll make the situation harder for both you and your child. If you need to speak at all, keep your voice calm and level, and act deliberately and slowly.

**-Acknowledge your child's difficult feelings.** For example, 'It's very upsetting when your ice-cream falls out of the cone, isn't it?'. This can help prevent behaviour getting more out of control and gives your child a chance to reset emotions.

**- Wait out the tantrum.** Stay close to your child so she knows you're there. But don't try to reason with her or distract her. It's too late once a tantrum has started.

**- Take charge when you need to.** If the tantrum happens because your child wants something, don't give him what he wants. If your child doesn't want to do something, use your judgment. For example, if your child doesn't want to get out of the bath, it might be safer to pull out the plug than to lift him out.

**-Be consistent and calm** in your approach. If you sometimes give your child what she wants when she has tantrums and you sometimes don't, the problem could get worse.

### **Coping with tantrums**

Dealing with tantrums can be very draining and stressful. *Here are some more ideas for staying calm and keeping things in perspective:*

**- Develop a strategy for tantrums.**

Have a clear plan for how you'll handle a tantrum in whatever situation you're in. Concentrate on putting your plan into action when the tantrum happens

**-Accept** that you can't control your child's emotions or behaviour directly. You can only keep your child safe and guide your child's behaviour so tantrums are less likely to happen in the future.

**-Accept that it takes time** for change to happen. Your child has a lot of growing up to do before tantrums are gone forever.

**-Developing and practising self-regulation** skills is a life-long task. Beware of thinking that your child is doing it on purpose or is trying to get you.



INPSYNC PSYCHOLOGY

# TALK TIME

A PROGRAM FOR 11-14 YR OLD GIRLS

In early teens, young women are presented with a variety of challenges within their lives. This includes difficulties associated with the transition to secondary school, academic pressure to perform, physical development and a variety of new social situations.

Run over six sessions 'Talk Time' has been developed for young women between 11 and 14 years old, addressing; transition from primary to secondary school, self-esteem and resilience.

**When: Wednesday's from 5.00 - 6.15pm for 6 weeks**

**Location: 292 Victoria St, Brunswick**

**Cost: \$300.00**

**Rebate: \$129.90 available through Medicare.**

*For further information or to secure your child's place contact InPsync Psychology on 1300 019 230 or via email [info@inpsyncpsychology.com.au](mailto:info@inpsyncpsychology.com.au)*



## Program Objectives:

- Session One -Introduction
- Session Two - Self Esteem
- Session Three - Self Esteem and Resilience
- Session Four -Friendships and Communication
- Session Five - Coping with Stress and Difficult Feelings
- Session Six - Strengths and Conclusion



InPsync *Psychology*

# WHATS ON IN FEBRUARY?



## OVARIAN CANCER AWARENESS MONTH

February is Ovarian Cancer Awareness Month and is held to raise awareness of the signs and symptoms of ovarian cancer, how many women are affected by the disease each year, the impact it has on these women, the risk factors for ovarian cancer and its diagnosis and treatment.

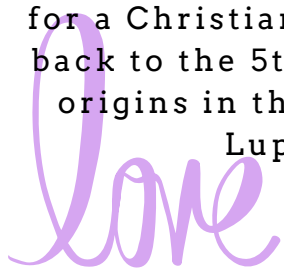


## DON'T WAIT UNTIL IT'S TOO LATE (BOWEL CANCER AWARENESS)

Bowel cancer is Australia's second biggest cancer killer. It affects men and women, young and old and often develops without any warnings signs. If caught early, bowel cancer is one of the most treatable cancers. In advanced cases, the cancer can spread beyond the bowel to other organs, making it harder to treat. This February support Bowel Cancer Australia and make real change happen.

## 14/02 VALENTINES DAY

Each year on February 14th, many people exchange cards, candy, gifts or flowers with their special "valentine." The day of romance we call Valentine's Day is named for a Christian martyr and dates back to the 5th century, but has origins in the Roman holiday Lupercalia.



## 17/02 NATIONAL RANDOM ACTS OF KINDNESS DAY

Observed on February 17th, National Random Acts of Kindness Day has grown in popularity each year. It is celebrated by individuals, groups and organizations nationwide to encourage acts of kindness.