# Washington State Family to Family Health Information Center

## Newsletter #10 – December 2021

### Quick Tips for the Holidays

### Here are some tips to help with managing the stress and chaos that can come with the Holiday season:

* **Maintain the Routine**: Your routine may be different during the Holidays and overstimulation can result in meltdowns. Keep the same diets and activities as much as possible to avoid added stress.
* **Break the Routine**: Prepare for, and take, breaks from routines to share moments that feel special.
* **Communicate with Family:** Let your family and friends know about your child's needs ahead of time so they don't offer any unsolicited advice.
* **Be with Family:** Get creative to create social contact through media and other means. As families and friends reconnect think on how to provide safe space around your child and vulnerable adults.
* **Handle with Care:** If you travel, make a careful plan for health and safety.
* **A Quiet Place:** Have a quiet place picked out for your child where they can go when feeling overwhelmed.
* **Holiday Shopping:** Keep them busy at the store by getting them involved in the gift giving. Ask them questions like "What would they like? Why? Make a list before you leave to keep the trips short.
* **Gratitude Keeps Giving:** Moments of thankfulness calm the mind.

## December 2021 Calendar

All events are free and on-line

[Guardianships and Trusts](https://www.familyvoicesofwashington.org/event/guardianships-and-trusts/?instance_id=187) – December 7th

[Pediatric Complex Care Seminar: Behavior/Child Mental Health](https://www.lpfch.org/cshcn/join-us/events/pediatric-complex-care-seminar-session-4-behaviorchild-mental-health) – December 9th

[Health Equity and Rare Disorders](https://event.webcasts.com/starthere.jsp?ei=1512682&tp_key=1abf72c5e6&sti=eblast1) – December 9th

[Sharing Down Syndrome in Pierce County](https://www.familyvoicesofwashington.org/event/sharing-down-syndrome-in-pierce-county-parents-night-in/?instance_id=228) – December 10th

[31st Annual Kitsap County Conference for Human Rights](https://www.kitsapgov.com/BOC_p/Pages/Council-for-Human-Rights.aspx) – December 11th

[Creating Connections: Overview of Housing Models](https://www.familyvoicesofwashington.org/event/creating-connections-supported-decision-making/?instance_id=349) – December 12th

[Calling Autistic Parents King County](https://www.familyvoicesofwashington.org/event/calling-autistic-parents/?instance_id=352) – December 12th

[PTI Training: Birth to Three Services](https://wapave.org/event/online-pti-training-esd-114-birth-to-three-services/?instance_id=1438) – December 15th

[STOMP Brunch for Military Families: IEP SMART Goals](https://wapave.org/event/stomp-brunch-and-learn-need-to-know-webinar-series-for-military-families/?instance_id=1447) – December 17th

## All Adults Are Now Eligible for COVID-19 Booster Shots

FDA and CDC are now recommending all adults get COVID-19 booster shots. According to HHS Secretary Xavier: “After thorough review of the data, we are following the science, which shows boosters can help increase people’s protection from COVID-19 and help us reduce infections and severe outcomes. This is especially important ahead of the winter months, where we all spend more time indoors.”

Adults who are already vaccinated can get a booster shot six months after the second dose of either Pfizer or Moderna, or two months after receiving the single dose of Johnson & Johnson. [Washington COVID Vaccine Finder](https://www.covidwa.com/) can help locate the vaccine site nearest you. For more information about the booster shot recommendation, visit the [Washington Department of Health COVID Vaccine](https://www.doh.wa.gov/Emergencies/COVID19/vaccine) website.

Enrollment is Open Until Janurary 15th. Sign up by December 15th for Coverage Starting Janurary 1st, 2022.