



Wonders & Worries

Professional support for children through a parent's illness.

We will, together.



FALL PARENTING TIP - HOW BUSY IS TOO BUSY?

By Ali Houshmand, MA, LPC, LMFT, Wonders & Worries Child Life Staff

This time of year we celebrate the start of the school year and the return to 'normal' schedules. But parents can also feel overwhelmed by the requirements of children's schoolwork, sports, hobbies and shuttling between extracurricular activities. And families facing a parental illness can feel particularly overwhelmed by the sudden increase in time pressures.

There is nothing wrong with school-aged children participating in multiple activities. Children do well with and enjoy a healthy level of structure in their daily lives. Routines give them a sense of control and consistency that they need to succeed.

So how do parents figure out if a child is too scheduled, too busy, or stretched too thin? There's not a black and white approach, but the important part for parents to determine is whether the activities are enriching the child's life.

[Click here for five ideas to help parents.](#)



RECOMMENDED READING FOR ALL

Here is a link to some of our [recommended book list](#) for children, teens, and parents when facing a serious illness.

The list is broken up by age and circumstance, whether you are looking for a storybook for an 8-year-old impacted by cancer, or you are looking for a 16-year-old who just experienced the death of a parent. Hope this gets you started!



WAYS TO BECOME A PARTNER IN HOPE

CONNECT WITH US

Follow us on [Facebook](#), [Instagram](#), and [Twitter](#) to keep up with what's going on and share about Wonders & Worries with your family and friends. We are here for them, just like we are here for you.

ATTEND OUR EVENTS

Add our upcoming [events](#) to your calendar.

SHARE A MEMORY

Share a current picture and memory about your time at Wonders & Worries by emailing it to Nicole Halder at nicole@wondersandworries.

VOLUNTEER

Interested in [volunteering](#)? Learn about opportunities to help others at Wonders & Worries. We have something for everyone!

LEVERAGE THE HOLIDAYS

Leverage the next birthday or holiday to collect money to support future families of Wonders & Worries. Learn more about this on our [Community Champion page](#)!

PAY IT FORWARD

We rely on the support of businesses and the generosity of donors to be able to offer our services at no cost to families. You can help make a huge difference in the life of the next family in need by making a financial contribution.

No amount is too small to make a difference.

Donate

Visit our [website](#) for more information about **Wonders & Worries' services and resources for parents** or to refer a family.

For more information please contact Nicole Halder at nicole@wondersandworries.org or 512-329-5757, Ext. 120

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