



**Dear Trusted Adults,**

We hope you're having a wonderful holiday season!

Just a quick note to let you know that CTY will be closed this **Sunday, December 29th**, but don't worry —our latest newsletter is out now!

**Be sure to check it out for exciting updates and announcements!**

As we head into the New Year, we want to take a moment to thank you for your continued support.

Wishing you and your loved ones a joyful and prosperous 2024!

**See you and your child/children soon!**

# CTY NEWSLETTER

YOUR MONTHLY NEWSLETTER FOR THE CHILDREN, YOUTH, AND TEENS AT EMMANUEL BAPTIST CHURCH



## GET CONNECTED

**You and your kids matter to us . . . A LOT!**

That's why we want to stay connected with you. Here are 3 ways you can help:

### Check Your Email

Make sure we have your correct email address. We will keep you updated on everything from what your kid is learning at church to any special events coming up. You can always email us. [cenglish@emmanuelbc.org]

### Fill out your 2025 Registration Card

Stay in the loop and this also allow us to contact you in case of an emergency. (This is actually mandatory)

### Meet Your Kid's Small Group Leader

This is the person investing in your kid each week, and they want to get to know you!

## UPCOMING EVENTS

CTY + WOMEN'S MINISTRY

JANUARY 5, 2025

NEW: SUPPORT CTY THROUGH AMAZON.COM

## GENERAL LIST



## JANUARY LIST

Snacks are always welcome! Please bring nut free snacks to Room 120 to support the CTY!

## NEW MONTH: NEW SERIES

### Elementary: Rain or Shine:

When something gets us down, we can rely on God to help us get back up. Then we can face any season of life with resilience.

### Middle: Happily Ever After

+

### High School: The Happy Days

Finding happiness and Jesus in all of your feelings.

WE'RE HERE FOR IT SO THE NEXT GENERATION KNOWS THAT GOD IS WITH THEM EVEN WHEN LIFE IS DIFFICULT.  
SHANE SANCHEZ

## WE ARE LOOKING FOR VOLUNTEERS !

Email: [cenglish@emmanuelbc.org](mailto:cenglish@emmanuelbc.org)

Tel: (408) 272-1360 Ext. 111





# Helping Your Kid Navigate Their 27 Different Emotions

By Holly Crawshaw

Did you know we experience at least 27 different emotions? That's a lot to process, especially for kids who may not yet have the language or context to understand what they're feeling. As parents, you can help them navigate this emotional landscape with a few simple steps:

1. **Recognize the Moment:** Pay attention to changes in behavior like being quieter, eating less, or sleeping more. These may signal an emotional shift.
2. **Remove Them from the Source:** Give them permission to walk away from a situation that's making them upset—sometimes a physical break can help them regain control.
3. **Encourage Breathing:** Deep breaths help calm the body and mind. Teach your child to breathe deeply to restore focus.
4. **Help Them Name It:** Use a feelings chart or sliding scale to help your child label their emotions. Knowing what they feel is the first step to managing it.
5. **Refocus:** Offer a next step to help them deal with their emotion—whether it's redoing a test or planning a future playdate.

The key is to remind your child that all emotions are valid, and that feeling something uncomfortable doesn't mean they're wrong. Reassure them that their feelings are temporary, but your support will always be there.

Find the whole article [here](#)

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