

Parent Talk

DECEMBER 2023

Managing Seasonal Depression

It's no surprise that the winter months see an increase in depression among kids, teens, and even their parents. From freezing weather to darker days, not every part of the holiday season is festive and fun. Read on for some easy ways you can help your kids (or yourself) manage seasonal depression when it starts to take away your holiday cheer.

Go Outside

While it's tempting to stay inside where it's cozy and warm, getting out during the daylight for at least an hour can greatly improve mood. Both the fresh air and exposure to natural light can act as mood boosters, plus physical activity produces endorphins in the brain. Try working a short walk down the street into your daily routine with your kids. Just be sure to bundle up!



Don't Isolate

When things are dark and cold, it can be easy to fall into a trap of shutting yourself away. This is especially true for teens who may already be experiencing normal mood fluctuations. It's vital that you not let your kids isolate themselves during this period. Loneliness is a huge catalyst for depression. Make sure your kids are still able to meet up with friends or engage in other social activities.

Fix Sleep Cycles

Sleep can be easily disrupted when the seasons change. Between changing the clocks and a decrease in temperature, your established sleep routine over the summer will be shaken up at least a little. Try to prep your kids in advance for these changes and commit to a new routine. The first few weeks may be hard, but really focus on trying to get your family back on a typical 8-hour sleep schedule. Try going to bed earlier than you normally would or make sure you're getting up early if you're sleeping in too late.



Increase Therapy

When seasonal depression gets especially serious, it's never a bad idea to contact your child's therapist or find one if they don't already have one. There are multiple options your therapist can offer you, including additional appointments, different types of therapy or treatment to try, or they may even be able to help you with depression medication. It's important to keep an open line of communication with a therapist during the winter months!

Need more help?

Resources at The Baker Center are just a click away



Therapy & Treatment Services

CENTER FOR EFFECTIVE THERAPY →



Special Education

MANVILLE SCHOOL →



Therapeutic Summer Camp

CAMP BAKER →



College Preparation

NEXT STEP →

Featured Resources



Enjoying the Holidays: How to Manage Vacation Time and Changing Schedules with Kids

Join us on December 28th at 11AM for this FREE webinar. We'll discuss the unique challenges that come with vacation time and changing schedules with kids, and how to manage them effectively. We'll identify skills that you can use at home to help manage the difficulties that you and your kids may face throughout the holiday season and beyond.

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Identifying and Treating Depression in Youth

In this seminar from September 2023, we explore how we can support children and teens by identifying and securing effective treatment for depression.

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Managing Vacation Time: Preparing for a Jolly Holiday Season with Kids

The holiday season can bring many hidden challenges, especially when your kids have vacation days off from school and you may have more travel plans than usual. Here are some tips that you can use to make sure your holiday season is full of cheer even when you're faced with family obstacles.

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