



***President's Bulletin – December 2019***  
***Robyn Mehlenbeck, PhD***

As we enter this holiday season, most of us feel increased stress, expectations, maybe some depression if a loved one is no longer with us, anxiety, and the list goes on. We put our smiles on for our colleagues and patients, then let our guard down after hours. The children we treat are no different – they feel the increased stress, the high expectations, the behavior expected in holiday settings, their caregivers disappointment when they can't meet those expectations.

So, how, as DBPeds, can we help ourselves and the families we work with get out of this cycle?

***First, take time to appreciate.*** As our Fall newsletter came out this month, it was with gratitude that I took a few minutes to read the articles and look through the wonderful pictures. Thinking about our annual meeting where we re-connect, work hard, learn lots and play hard, brought a smile to my face. I hope it brought one to yours.

***Second, tell those who are important to you what you appreciate.*** How many of our families come in with all the PROBLEMS going on? How many see the strengths in their children? How can we tell our children and families what we appreciate about them, and encourage them to share what they appreciate about others? What do you appreciate about your colleagues? Tell them!

***Third, take some time to appreciate yourself.*** As providers, we are often the first to take care of everyone else. Taking some time to appreciate your own strengths and tend to yourself can bring dividends to all around you. If needed, find a quiet space for just a few minutes over the holidays, and breathe.

As we get ready to bring in the New Year (and renew your membership: [SDBP Dues Renewal Link](#)), I am grateful that the members of SDBP work together in unbelievable ways. We all appreciate the incredible work that went into the ADHD Complex Clinical Guidelines, which will be published online in January! We appreciate the new membership model and the tremendous work of the Membership Committee in making this happen (and our membership at large for endorsing it!). We appreciate Degnon for all their support and guidance to make SDBP the strongest, most visible it can be. We appreciate the program, research, education, communications, membership, practice issues, past presidents, and advocacy committees, and all our SIGs and Sections – which allow us all to be involved in SDBP in the ways we are most passionate about. Thank you for all you do for our society, for each other and

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for all the kids and families we are passionate about helping.

Last item this month - Supporting SDBP

As you renew your dues and consider end of year giving, we have several options for donations that benefit the society, including the new Workforce Fund! Please consider donating to the fund that you find most meaningful!

**NEW - Workforce Fund**

SDBP has recently identified workforce development as a strategic priority and is committed to help grow the field of developmental and behavioral pediatrics. This includes funding successful programs such as the [Shashaty - Exploring DBP Program for Pediatric Residents](#) as well as new initiatives to promote awareness and advance the field of DBP.

If you have any questions, concerns or need any help in connecting with a work group, please don't hesitate to reach out!

*Warmly,  
Robyn Mehlenbeck  
President, SDBP*

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