

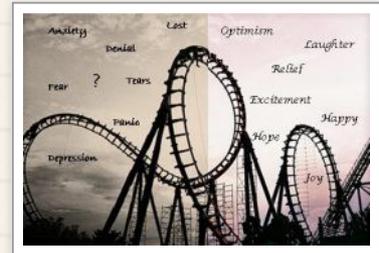
MENTAL HEALTH MINUTE

ASSOCIATED CLINIC OF PSYCHOLOGY

STARTING THE YEAR OFF STRONG!

As we begin another school year, preparing your child will take more than just buying pencils and a backpack. These unknowns are causing stress and anxiety for parents and school-aged children – it's a roller coaster!

Helping children prepare for the unknown is a powerful life skill that not only will help them cope with COVID-19, but other big life-events as well.





PLAN AND PREPARE

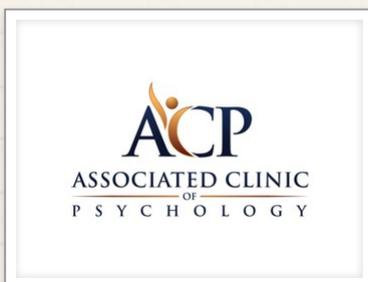
- Even with a new schedule, routine is your child's friend...even on days at home! Check this out for some ideas!
<https://www.facebook.com/1830798057199234/posts/2735732943372403/?extid=fA0qAT8pkmkSEOdgs&d=n>
- They need sleep, time outside, consistent meal times, play and homework routines.
- Set up their school space for at-home day
- Try role playing different scenarios with your children on how to respond to different situations.

TALK ABOUT IT!

- Give them an opportunity to share their feelings
- Check in regularly (ask!) about school work, feelings, social changes, etc. Give them a chance to share their feelings. Listen and hear before giving advice/correction.
- Be honest and upfront — we're in uncharted territory, and no one knows how the school year will progress. Talk about the possible changes they may encounter.
- Manage your own anxiety. Young people are little sponges that soak up all those cues we think they don't notice!

FOSTER RESILIENCE & A POSITIVE MINDSET

- Celebrate small wins and find the silver lining
- Praise effort and adaptability
- Balance the demands of today with hopes and plans for the future
- *I am not afraid of storms, for I am learning to sail my ship. ~ Louisa May Alcott*



HELP IS AVAILABLE

It typically takes a few weeks of adjustment before kids are used to their new routines and schedules. If you notice significant changes in your child's behavior, such as sleep problems, major appetite changes, behavior or mood changes, or anxiety that makes it difficult for them to function, seek out support and consultation.

Associated Clinic of Psychology is here to provide mental health services to students and their families. Consult with your child's school counselor or contact us directly with questions. www.acp-mn.com or 612-455-8643



Distance Learning Survival Guid...

keeplearning.khanacademy.org

Khan Academy has created free distance learning survival guide to help parents support their children in learning from home.

