



June 22, 2020

CCPS Mental Health Update

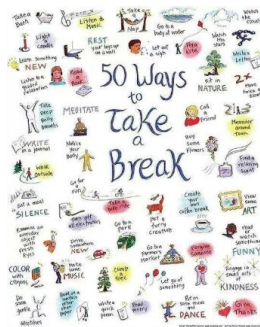
Cecil County Public Schools is committed to empowering our staff and families to meet the social and emotional needs of our students, with a focus on behavioral health and trauma-responsiveness, to assure that every student is ready to learn, achieve success, and experience positive relationships.

Did You Know: **Coping Skills** help children and adults control their thoughts and feelings.

These skills help children and adults regulate their stress response system to rationally respond and cope to stressful situations.

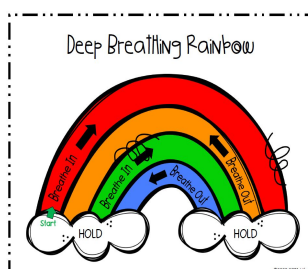
Strategy of the Month: **Tips and Tricks for Parenting During a Crisis**

During this time of uncertainty, children will look to parents for guidance more often. Here are some tips/strategies you can utilize for yourself or your child to help reduce the stress and anxiety.



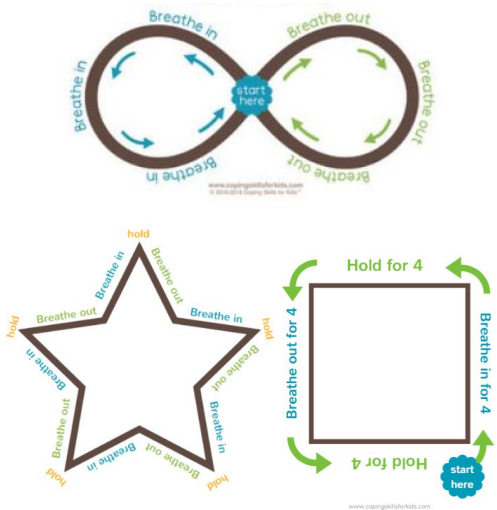
Strategies for Both Parents and Children

- **Deep breathing**- this helps to calm the nervous system. Ideas for deep breathing are balloon breathing, rainbow breathing, lazy 8, star breathing, and square breathing



Stay Calm, Listen, and Offer Reassurance

- **Be a role model**- Children learn from example. They will model your words and actions. Monitor your responses.
- **Be aware of your talk about COVID-19**- Stress levels will increase or decrease based on communication. Be open and honest about what is happening in the world around them, but also listen. Provide children time to draw, write, or speak about their thoughts. Let your child's questions guide the discussion. Respond to these with truth and reassurance.
- **Explain social distancing**- define what social distancing is and why it is important, reassure them of the importance of following these guidelines



- **Focus on the positive**- find the positive in each day even if they are little. This helps to develop a growth-mindset
- **Start a toy rotation**- pick a few toys to leave out for your child to play with. Put the rest away and be sure they are out of sight. After about a week, switch the toys out. This helps reduce the feel of boredom.
- **Engage in a variety of play**- engage your child in either physical or quiet play periodically throughout the day

- **Offer lots of love and affection** during this time. This helps to regulate our stress response system.

If you have a child in need of support and/or resources click on the following link.
[Student Support Request Form](#)

The Maryland Coalition for Families is available to provide the following supports

- Parents and caregivers of children with mental health needs
- Anyone who cares for a loved one struggling with substance use disorder
- Anyone who cares for a loved one struggling with problem gambling

Families and others can reach MCF by:

- Calling our statewide intake line at 410-703-8267
- Emailing info@mdcoalition.org