



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: Resilience is the ability to respond to stress, adversity, trauma. It is a skill that develops children to grow. During times of uncertainty, parents can support their children in developing resilience by practicing the the following skills:

Strategy of the Month: Preventing Acting Out can be incredibly challenging. Having children at home during the school day disrupts the routines of the entire family. You can avoid tantruming and acting out by using the following strategies:

RESILIENCE - the process of handling stress and recovering from trauma or adversity.



Skills to Develop Resilience in Children

- **Talking about and labeling emotions** - Children can usually express what they are feeling physically but cannot always name the emotion
- **Making time for relationships**- Take time to play a game or read a book. Open conversations over comforting activities
- **Practicing gratitude** - Spend time each day expressing things that you and your child are thankful for. Include emotional gratitude.
- **Spending time outside and prioritizing exercise** - Research shows that daily exercise releases chemicals into the brain that promote positivity and well-being.
- **Following a healthy diet and trying to sleep well** - Decreasing sugary foods and beverages and getting the right amount of sleep can help to keep your child's brain well rested and ready for new information each day.

Strategies for Preventing Acting Out

- **Convey Understanding** - Validate what your child is feeling about the change in routine. Let them know you understand their feelings
- **Create a Consistent Schedule** - Children like predictability and routine
- **Use a visual reminder** - A picture schedule of the new routine with real photos helps your child see what is coming next and prepares them for the change

- **Taking a break from media** - Avoiding the media hype is essential for decreasing fear and anxiety. Have honest conversations with your child with facts that are age appropriate for them to have.
- **Practicing relaxation and coping skills** - Take a walk, a bath, or simply a seat out in nature.

Resource to Promote Resiliency

- [Fostering Resilience Every Day](#)



- **Extra modeling and practice** - Model and practice the new routine with your child. Provide praise when they meet your expectations.
- **Give advanced warning** - Once you have established your new routine, make sure you let your child know in advance before they are expected to move on or discontinue what they are doing
- **Use a timer** - A visual reminder of how much time they have to complete an activity helps them prepare for the change
- **Give a choice** - Let your child negotiate their time by offering a choice "you can have 5 minutes or 7 minutes before bedtime."
- **Offer a calming activity** - Reading a book, coloring, building with Legos, or doing yoga before or difficult transition can help to relieve anxiety or frustration
- **Expect incremental progress and be patient**

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