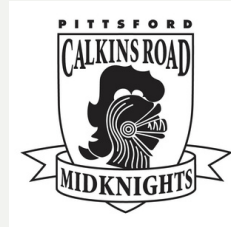


BACK TO SCHOOL

We hope you all have had a great start to the 22-23 school year!

Thanks for taking a look at this newsletter. I hope to send one out each month this school year to share resources related to students' mental health. I hope that you will find these articles, videos, and tips helpful. If you have any feedback, or any topics you'd like to learn more about in this newsletter, please reach out via email.

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Is your child experiencing back to school stress? Here are a few tips:

- Help them develop a regular daily routine that includes time for homework, fun, activities, and plenty of sleep.
- If they are feeling overwhelmed by schoolwork, encourage your child to tackle one small task at a time, with breaks in between (try out a pomodoro timer).
- Talk to your children about how you manage stress and engage in healthy coping skills together, like playing with pets, going for a walk, or writing out a to-do list.



Three Good Things exercise

This is an evidence-based strategy to help foster resilience in children and teens. Encourage your children to write this down and repeat daily.

Towards the end of the day, ideally before bed, ask your child:

What are 3 things that went well today, and what was your role in making them happen?

This helps teens work against their brain's natural inclination to dwell on negative events or thoughts, and also encourages them to remember their ability to control or change things in their lives.

The Center for Parent & Teen

Communication is a wonderful resource created by Dr. Kenneth Ginsburg, a physician, adolescent medicine specialist, and author. Sign up to receive their weekly emails with brief parenting tips.

Here are a few "Parenting in 100 Words" that you might find helpful during this first month of school:

Create an Escape Plan

Frame of Mind Matters

This article about how parents can model healthy emotional expression might help your students as they feel the wide variety of feelings that back-to-school season can bring.

