

# Spring Extra Special Newsletter 2022-23

## How Anxiety Affects Teenagers

by Caroline Miller ~ Child Mind Institute

Anxious teens are different from anxious children. When they are younger, kids worry more about things like animals or insects, the dark, monsters, or something bad happening to their parents. But teenagers are more likely to be worried about themselves.

Often this looks like perfectionism. Teens might fear not doing well in school or sports. Or they may be very worried about their bodies. Going through puberty before or after their friends is a big trigger.

Some anxious teens have been struggling for a long time, but it has gotten worse. Other times, kids who were not anxious before will suddenly start being anxious as teens. Social anxiety and panic attacks are two kinds of anxiety that often start in the teenage years.

It can be hard to notice anxiety because teens are good at hiding their feelings. Symptoms also vary from kid to kid. Some teens tend to avoid things. Others are more irritable or lash out at people around them. They might start refusing to go to school or complain a lot about stomachaches and headaches.

Anxiety often leads to depression, too. A life full of avoidance or worry undermines well-being. As anxious kids start doing less and less, their depression grows.

The best treatment for teens with anxiety is cognitive behavioral therapy (CBT). CBT teaches kids how to face their anxiety instead of avoiding it. Then they learn that their anxiety gets smaller over time. Sometimes CBT is also combined with antidepressant medication for kids who are too anxious to do CBT alone.

Be sure to seek professional assistance for your child if he/she shows signs of anxiety!

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**"We become what we think about."**  
Earl Nightingale



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## [Family Café](#)

**The Family Cafe invites you to attend Florida's premier event for people with disabilities, The Annual Family Cafe!**

*The 25th Anniversary Family Cafe is set for June 9-11, 2023 at the [Hyatt Regency Orlando](#) in Orlando, FL.* If you would like to **make a reservation** with the **Hyatt Regency Orlando**, you can call 402-593-5048.

Since 1998, The Annual Family Café has brought Floridians with all types of disabilities together for **three days of information, training, and networking**. With a great range of individual **breakout sessions**, a packed **Exhibit Hall** with dozens of vendors, and a series of special events including **keynote speakers** and **The Governors' Summit on Disabilities**. The Annual Family Café offers attendees exposure to resources on a grand scale, unprecedented access to policy-making officials, and a chance to network with other individuals with disabilities and their families.

The Family Café does everything it can to connect its attendees with the resources it offers at the lowest cost possible. **The Annual Family Café remains a FREE EVENT**, with no registration cost for people with disabilities and their families.

**The registration brochure for the 25th Anniversary Family Cafe is now available!**

[Download the brochure and registration form](#) or visit [FamilyCafe.net](#)

The Registration Brochure includes details about the event and a hard copy registration form. If you attended previously, you likely already received a copy in the mail. We encourage you to **share the registration brochure with families and other interested parties in your community!** If you would like us to mail you additional copies, please contact our office.

[Online registration is now open](#) or visit [FamilyCafe.net](#)

You can also register by mailing or faxing a completed registration form to The Family Cafe office:

**Mailing Address:**

THE FAMILY CAFÉ  
820 E Park Ave. Suite F-100  
Tallahassee, Florida 32301  
Phone: (850) 224-4670  
Toll Free: (888) 309-CAFE  
Email: [info@familycafe.net](mailto:info@familycafe.net)

**Fax: (850) 224-4674**

## The Importance of Reading to Your Child

“Literacy development begins at birth and is closely linked to a baby’s earliest experiences with books and stories. Babies learn language through social literacy experiences - parents interacting with them using books. These experiences also serve to associate books with parental affection, attention, and approval.”

- Association of Library Trustees, Advocates, Friends, and Foundations

“Vocabulary is learned from books more than from normal conversation... or from television exposure.”

- Hart & Risley

**It is very important for parents to read to their children daily.** Children who are read to learn to love books and want to read on their own. Early literacy is rooted in the following six pre-literacy skills which can be practiced at home while parents are reading to their children:

1. Oral language and vocabulary
2. Emergent comprehension
3. Print motivation and awareness (concepts of print)
4. Letter knowledge
5. Phonological awareness
6. Pre-writing

**Children learn to read and write by practicing these skills.** (If you don’t know what these skills are or how to practice with your child, please ask your librarian or an educator.)

### Tips and Strategies for Parents:

#### Read-Alouds should be:

- ❖ An introduction to, or continued re-enforcement of, literacy skills
- ❖ Entertaining
- ❖ An opportunity to develop appropriate social skills
- ❖ A way to demonstrate a love for reading

#### Extend the Story:

- ❖ Ask questions about what happened first, next, last
- ❖ Stop while reading and ask what they think will happen next, then continue reading and discuss what they thought would happen and what the author wrote
- ❖ Help your children act out action or important scenes in the story
- ❖ Teach your children a song or poem that is related to the story
- ❖ Help your children relate the book to their life

### What the Research Says:

#### Conditions that promote a love of reading include:

- ✓ Freedom of choice in reading material
- ✓ Availability of appropriate books and magazines
- ✓ Family members who read aloud
- ✓ Adults and peers who model reading
- ✓ Role models who value reading
- ✓ Sharing and discussing books
- ✓ Owning books

## The Importance of Collaboration

Inclusion requires collaboration between general and special education teachers, paraprofessionals, related service providers, and families. Teachers must work together and share responsibilities for ongoing assessment, instruction, and achievement of all students. Effective teams regularly consult, plan, and problem-solve to analyze the needs of their students. In inclusive schools, family members are viewed as partners in decision-making.

Determining how, when, and where to provide the right type and amount of support involves planning by teams that include general and special education teachers, administrators, and other key staff. Together, they must develop a school-wide schedule based on an analysis of student needs rather than labels. By using a student-centered approach to scheduling, teams ensure that existing school staff and resources are aligned to meet the needs of all students and provide teachers with opportunities for collaboration.

For information about service delivery models and teacher certification requirements, please visit the Florida Department of Education's website at [FLDOE.org](http://FLDOE.org). School leaders can support collaboration by defining and developing each teacher's role in the inclusive classroom. Effective leaders create a culture of trust by providing ongoing, team-focused learning opportunities that support best practices for inclusive education.

The Florida Inclusion Network (FIN) offers many resources to assist parents. Visit the FIN website at [www.FloridaInclusionNetwork.com](http://www.FloridaInclusionNetwork.com) or contact your FIN facilitators, Caren Prichard and Dr. Emily McCann at 850-638-6131 x 2206 or email [caren.prichard@paec.org](mailto:caren.prichard@paec.org) or [emily.mccann@paec.org](mailto:emily.mccann@paec.org).

### Printed by Florida Diagnostic and Learning Resources System (FDLRS)

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FDLRS is funded by the Florida Department of Education, Division of K-12 Public Schools, Bureau of Exceptional Education and Student Services, through Federal assistance under the Individuals with Disabilities Education Act Part B and State General Revenue funds.

