Self-Care for Families

emotional

__ watch a good movie
__ write each other positive notes
__ verbalize and talk about feelings
__ draw self portraits
__ Say "I love you"
__ spend time writing
__ have a sing-a-long
__ tell jokes
__ try a new craft

physical

__ dance party
__ go for a walk
__ family bike ride
__ take a hike
__ play kickball
__ tag
__ roller skating
__ go to the pool
__ jumprope
__ kids yoga
__ wii fit games

spiritual

__ a gratitude list
__ go outside
__ talk about forgiveness
__ write thank you's
__ volunteer
__ spend time outside or with nature
__ practice positive self-talk
__ plant a tree

mental

__ read together
__ draw or write stories
__ kids meditation
__ find shapes in clouds
__ practice belly breaths
__ go on a walk to find new things
__ make vision boards
__ try Headspace for kids
__ create mandalas
__ make mindfulness jars
__ play mind stregth games like memory

practical

__ clean up
__ declutter old toys
__ assign chores
__ make a grocery list together
__ learn about money
__ make a weekly budget check-in
__ make a weekly cleaning check-in
__ homework/study
__ have a morning & night routine

social

__ play in the park
__ call or visit relatives
__ have family dinner
__ play boardgames
__ host a sleepover
__ invite friends over
__ plan a bbq
__ join a team
__ do a neighborhood food drive
__ have talks about friendship and how to be a friend.

just stay curious

NOW ACCEPTING DONATIONS



We are in need of the following:

- → Personal Hygiene products: toothbrushes, toothpaste, deodorant, body wash, feminine products
- → New or gently worn Uniforms
- → Socks & underwear in all sizes

Email KATHY.FAUST@TANGISCHOOLS.ORG to schedule a delivery.

ADHD

Attention Deficit/Hyperactivity Disorder Fact Sheet

Learn about ADHD and what to do if you have concerns.



What is ADHD?

Attention-deficit/hyperactivity disorder (ADHD) is one of the most common neurobehavioral disorders of childhood. It is sometimes referred to as Attention Deficit Disorder (ADD). It is usually first diagnosed in childhood and often lasts into adulthood. Children with ADHD may have trouble paying attention, controlling impulsive behaviors (may act without thinking about what the result will be), or be overly active.

What are some of the signs of ADHD?

Many children have trouble focusing and behaving at one time or another. However, children with ADHD do not just grow out of these behaviors. The symptoms continue and can cause difficulty at school, at home, or with friends.

A child with ADHD might:

- daydream a lot
- forget or lose things
- squirm or fidget
- talk too much
- make careless mistakes or take unnecessary risks
- have a hard time resisting temptation
- have trouble taking turns
- have difficulty getting along with others

Deciding if a child has ADHD is a process with several steps. There is no single test to diagnose ADHD, and many other problems, like anxiety, depression, sleep problems, and certain types of learning disabilities, can have similar symptoms. One step of the process involves having a medical exam, including hearing and vision tests, to rule out other problems with symptoms like ADHD. Another part of the process may include a checklist for rating ADHD symptoms and taking a history of the child from parents, teachers, other caregivers, and sometimes, the child.

What can I do if I think my child may have ADHD?

Talk with your child's doctor or nurse. If you or your doctor has concerns about ADHD, you can take your child to a specialist such as a child psychologist or developmental pediatrician, or you can contact your local early intervention agency (for children under age 3 years) or public school (for children 3 years and older). To make sure your child reaches their full potential, it is very important to get help for ADHD as early as possible. You can contact the Center for Parent Information and Resources http://www.parentcenterhub.org/find-your-center/ to find a Parent Center near you.

CDC sponsors the National Resource Center, a program of CHADD – Children and Adults with Attention-Deficit/ Hyperactivity Disorder. The National Resource Center operates a call center with trained staff to answer questions about ADHD. The number is 1-800-233-4050. Their website has links to information for people with ADHD and their families http://www.help4adhd.org/NRC.aspx.

Additional Information*:* http://www.cdc.gov/adhd 1-800-CDC-INFO (800-232-4636)

Centers for Disease Control and Prevention
National Center on Birth Defects and Developmental Disabilities

Name: _____ Date: _____

COPING STRATEGIES LIST

1. Take deep breaths
2. Do a positive activity
3. Play sports
4. Think of something funny
5. Take a quick walk
6. Practice yoga
7. Stand up and stretch
8. Listen to music
9. Take a time out
10. Slowly count to ten
11. Use positive self-talk
12. Say something kind to yourself
13. Talk to a friend
14. Talk to an adult
15. Close your eyes and relax
16. Say, "I can do this"
17. Visualize your favorite place
18. Think of something happy
19. Think of a pet you love
20. Think about someone you love
21. Get enough sleep
22. Eat a healthy snack
23. Read a good book
24. Set a goal
25. Jog in place
26. Write in a journal
27. Hum your favorite song
28. Doodle on paper
29. Draw a picture
30. Color a coloring page
31. Clean something
32. Meditate
33. Use a stress ball
34. Dance
35. Write a letter
36. Look at pictures you've taken
37. Make a gratitude list
38. List your positive qualities
39. Do something kind
40. Give someone a hug
41. Put a puzzle together
42. Do something you love
43. Build something
44. Play with clay
45. Hug a stuffed animal
46. Rip paper into pieces
47. Play an instrument
48. Watch a good movie
49. Take pictures
50. Garden
51. Write a list
52. Keep a positive attitude
53. Schedule time for yourself
54. Blow bubbles
55. Write a positive note
56. Chew gum
57. Paint your nails
58. Write a story
59. Blog
60. Read a joke book
61. Write a poem
62. Drink cold water

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Name: _____ Date: _____

COPING STRATEGIES LIST

63. Draw cartoons
64. Read a magazine
65. Write a thank you note
66. Count to 100
67. Make a list for the future
68. Read inspirational quotes
69. Compliment yourself
70. Visualize a stop sign
71. Laugh
72. Smile in the mirror
73. Smile at others
74. Do schoolwork
75. Look at animal pictures
76. Hyperfocus on an object
77. Notice 5 things you can see
78. Paint with water colors
79. Use a relaxation app
80. Watch a funny video
81. Drink some tea
82. Cook or bake
83. Plan a fun trip
84. Use an I-statement
85. Identify your emotions
86. Express your feelings to someone
87. Write down your thoughts
88. Identify a positive thought
89. Make your day's schedule
90. List 10 positives about you
91. Ask yourself, "What do I need right now?"
92. Tell someone you are thankful for them
93. Pet an animal
94. Make a list of choices
95. Ask an adult for help
96. Organize something
97. Play a card game
98. Listen to nature sounds
99. Sit and relax all your muscles
100. Ask for a break

CAN YOU THINK OF ANY MORE?

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FUN FAMILY ACTIVITIES



Spice up this holiday break by spending quality time with family using Respectful Ways' *Home Connects* activities. Bounce from one activity to another every day for a fun, festive holiday season! Practice Makes Perfect!



Activities for Younger Children

☐ **Play the Compliment Game!**
First, let's model how to give compliments, then practice giving them to each other. Make sure to share how giving and receiving compliments makes you feel.

☐ **Go on a hike or a walk as a family.**
Sometimes you can find amazing scenery and wildlife right in your neighborhood. Discover the plants and animals that live around you. Collect things in nature and make a collage.

☐ **Ask family members what brings them joy.**
Write down the responses then draw the family, along with the joyful ideas. Title it: Our Family!

☐ **Discuss good foods you like** and help kids plan a healthy and delicious meal. Prepare it together. Share cooking tips while preparing, and talk about the health benefits while eating!

☐ **Create a "Get Along" Family Handshake**
Agree to use it when family members are not getting along. As a family, write a short poem, rap or song to go with it!

☐ **Into English and Language Arts?**
Write poems, stories and plays! Take turns reading each other's work. Build a set and costumes then act out the play for friends and family.

☐ **Into Math and Science?**
Build a terrarium. Draw and color geometric designs like mandalas. Go outside at night with an app that identifies stars. Go to NASA's site for tons of fun activities for young kids into astronomy!

Activities for Older Children

☐ **Engage in conversations about future dreams** and plans. Talk about the aspirations you had at their age – and the goals you have today.

☐ Good problem-solvers embrace uncertainty and reframe setbacks as opportunities. **Find a problem** you can solve as a family and focus on developing these mindsets.

☐ **Discuss "Authenticity"** with family members. Discuss how you have remained true to yourself when pressured by peers.

☐ **Turn negativity around in the house!** Keep a "Negativity Jar." If someone says something negative, write it down, cross it out, and then write something positive in its place. At the end of the week, re-examine the cards and talk about the difference it made.

☐ **Foster family connection:** Let children interview elders and ask them what they stood up for when they were young. Find a local issue in your community to work together to solve.

☐ **Establish Phone-Free times** (You too, parents!) Replace that time with family projects, puzzles and activities. Talk to your kids regularly about perception vs. reality in the world of social media.

☐ **Expand Your Friendships:** Share a time when you made a friend with someone who isn't like you. Discuss what you found in common and share what you appreciate that's different.

* *Words in blue are clickable links!*

A TOOLKIT
FROM
THE NAGC

National Alliance for
Grieving Children

RESPONDING TO CHANGE & LOSS

In Support of Children, Teens & Families



National Alliance for
Grieving Children

The experience of change and loss can impact everyone differently and can cause disconnection for families. The NAGC is invested in ensuring everyone has the opportunity to share their feelings and feel validated.

Please use this workbook to process and create space for everyone's emotions and connect your family's stories.

ABOUT THE NAGC

The National Alliance for Grieving Children (NAGC) is a nonprofit organization that raises awareness about the needs of children and teens who are grieving a death and provides education and resources for anyone who supports them. Through the collective voice of our members and partners we educate, advocate and raise awareness about childhood bereavement.

The NAGC is a nationwide network comprised of professionals, institutions and volunteers who promote best practices, educational programming and critical resources to facilitate the mental, emotional and physical health of grieving children and their families.

Our Mission is to raise awareness about the needs of children and teens grieving a death and provide education and resources to anyone who wants to support them.

Our Vision is for no child to have to grieve alone. All bereaved children, no matter where they live or their circumstances, should have the support and resources they need to positively adapt to a loss in their lives.

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How to Support
Your Child or Teen: For Parents/Caregivers

1 Listen to Your Child
It is important for your child to have a safe space to talk and share their feelings. Act as a sounding board and validate your child's feelings. This can help them to create their unique story. This story can even be used as a way for your child to support a friend in the future.

2 Allow Emotional Expression
Allow your child to have a safe space to express their emotions. Your child may experience a wide range of emotions: anger, sadness, pain, shame, guilt, or other powerful emotions. Often, children are not able to verbalize what they are feeling. Avoid minimizing these emotions, telling them how they should feel, or trying to put a positive spin on things.

3 Encourage Coping Skills
You can support your child by helping them find healthy ways to cope with the overwhelming emotion. Try out different activities as a family: deep breathing, yoga, taking breaks, going for walks, gratitude jars, artistic expression, etc. Help your child identify the different activities that work well for them and develop a plan for when these feelings arise.

4 Practice Self-Care
Just like the oxygen mask theory, you must take care of yourself first before you can support your child. Implement healthy coping skills, develop a self-care plan, surround yourself with a support system and express your emotions--this way you can serve as a role model for your child.

5 Understand Grief Comes in Waves
Both you and your child will have easier and harder days, and it is important to give yourself and your child grace to grieve. Be open about it if you are having a difficult day and encourage them to do the same, as this can help prevent misunderstanding.

6 Establish/Maintain Routines
Children need routine and normalcy to feel in control, supported and comforted. Keep limits consistent and clear to provide a safe and secure environment for everyone.

7 Ask for Help
It can be difficult to ask for help. Stay connected with your support system and encourage your child to identify friends and adults that they can go to when they need support. Look for resources in your area that can help your child to build their social support with others who understand what they're going through.

8 Make New Memories
Remind your child that it's okay to be happy and make new memories. Plan family dates: go for walks, visit new places, go to the movies, make new traditions, etc.



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How to Help Yourself: For Children

Here are some ideas of things to do to help yourself feel better when times are Tough!

Move your body

Move your body. Play, run, jump, wiggle, dance, hit a balloon or yell into a pillow.



Recharge

Recharge your strength by getting lots of sleep, good food and water.



Sit and breathe

Take some deep breaths. Try blowing some bubbles, smell the flowers, or just notice how fast you are breathing and try to slow it down. Breathe out a little longer than you breathe in.

Slow down

Try moving with super slow speed for a bit, sit in a quiet space or listen to soft music.

Positive self-talk

Talk kindly to yourself like you would talk to a friend. Examples: "You can do this." "You're doing the best you can." "You will figure this out."



Strength

Do something you're good at, whatever that may be, and celebrate the little things. Examples: Making it to school on time, remembering homework, helping a friend, scoring a goal at soccer.

Find comfort

Choose an object or make something that comforts you. It could be as simple as a stone you find. Keep it with you to feel comforted whenever you need it.

Find support

Look for people you can talk to when you are feeling down. Examples: friend, family member, teacher, coach or counselor.

Get creative

Express yourself through art, writing, drawing, dancing or listening to/playing music.



Allow emotions

Remember that it's OK to feel sad or angry. You do not need to be strong all the time. Crying is OK, especially when you are talking or thinking about your special person.

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How to HELP Yourself: For Teens

Here are some simple things to try to Take Care Of Yourself:

Move your body
Dance, run, play sports, clean, stretch or punch a pillow. A little movement goes a long way.

Recharge your batteries
Try to get plenty of sleep, eat healthy, energizing foods and drink plenty of water.

Remember to breathe
Take some deep breaths. Start by noticing your breath and try to slow it down. Breathe out a little longer than you breathe in.

Slow down
When it feels like everything is moving too fast, take a minute to move slowly, sit in a quiet space or listen to soft music.

Use supportive self-talk
Talk kindly to yourself like you would talk to a friend. Try saying: "you can do this", "you're doing the best you can in this moment", or "you will figure this out".

Identify your strengths
Do something you're good at, whatever that may be, and celebrate small wins. It could be as simple as making it to school on time, remembering homework, helping a friend or scoring a goal at soccer.

Stay connected
Choose an object or make something to remind you of your special person. It may be something of theirs or a special stone you find. Keep it with you to feel connected whenever you need it.

Identify supportive allies
Look for the people in your life you trust who you can talk to and will show up to listen. You may need different people for different needs (someone to talk deeply to, make you laugh, and/or be a cheerleader).

Use creative outlets
Express yourself through art, journaling, drawing, dancing, or listening to/playing music. Remember this is just for you, so don't worry about how it looks or sounds.

Know that being emotional is OK
Sometimes you just need to cry. Don't be afraid to release emotions and let it all out. Find safe ways to do this. Examples: cry with a family member/friend or squeeze a stress ball.

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RAINY DAYS HAPPEN

This activity provides a way to engage in conversation about the different moods they might have and what things might trigger these different moods.

Conversation

What is a mood?
How are moods like the weather?
Do you notice when your moods change? What changes them?
What does a "bad mood" look like to you?
What helps you when you are in a "bad mood"?
How can we help each other if we are having a bad

Instructions:

Just like the weather, moods change. A mood is how a person feels on the inside, like sad, nervous, scared, or happy. You could be having a bunch of happy-go-lucky, fun, sunny days and then all of a sudden a dreary, rainy, feel-bad day can come along.

1. Draw a picture of something that makes you feel like a dreary, rainy, feel-bad day.
2. Next, draw what makes you feel better when you are in a "bad mood".



Supplies Needed

Paper
Something to write/draw with (Pen, Pencils, Markers, or Crayons)

Goal

To explore how to manage different moods, just like how we sometimes have to make the most out of rainy days.

Time Needed

Approx. 15-30 mins

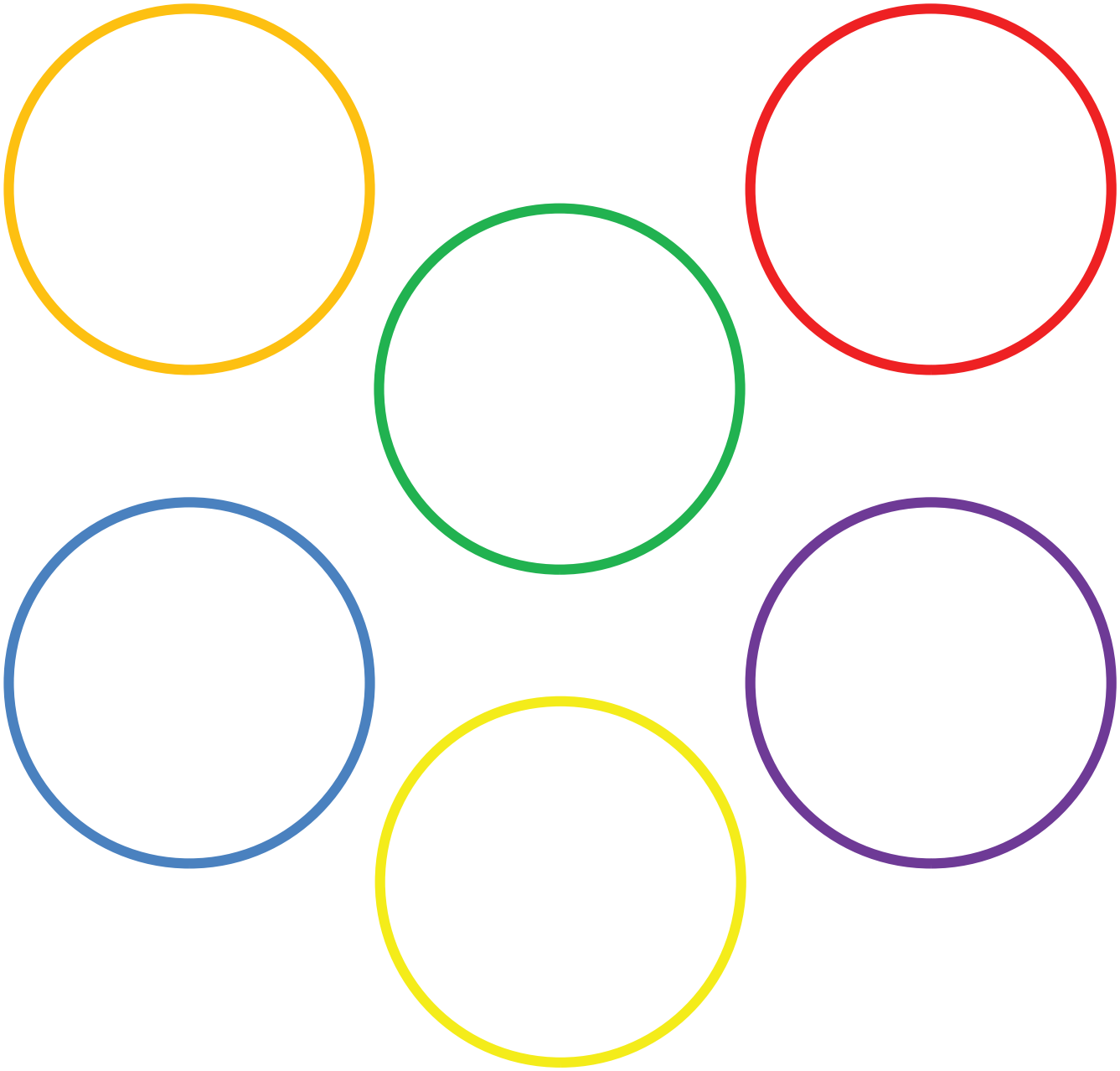
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Adapted from the NAGC's "*When Someone Dies: A Child-Caregiver Activity Book*"

Rainy Days Happen



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Adapted from the NAGC's "*When Someone Dies: A Child-Caregiver Activity Book*"

What Are Your Moods?



Some moods to choose from:

amused - angry - annoyed - ashamed - awkward - bittersweet - blah - bored - calm - cheerful - confused - cranky - depressed - disappointed - energetic - enraged - excited - exhausted - flirty - frustrated - giddy - gloomy - grateful - grumpy -happy - hopeful - indifferent - irritated - jealous - lazy - lonely - loved - mad - moody - nervous - numb - optimistic - peaceful - pessimistic - relaxed - restless - rushed - sad - satisfied - shocked - silly - sleepy - smart - sneaky - stressed - surprised - thankful - touched - uncomfortable - weird

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What Comforts You?

Everyone likes to feel comfortable. But sometimes we have to work to feel comfort. When you are having a rough day what are the things you like to do to comfort yourself? Maybe wrap up in a blanket and watch your favorite movie or spend time with your best friend? Have you ever thought of what comfort feels like, tastes like, or sounds like?

Some people may think comfort feels like a warm hug, the first day of spring, or having lots of energy.

What does comfort feel like to you?

Some people may think comfort tastes like Marshmallows, ices cream, chocolate, or a snow cone.

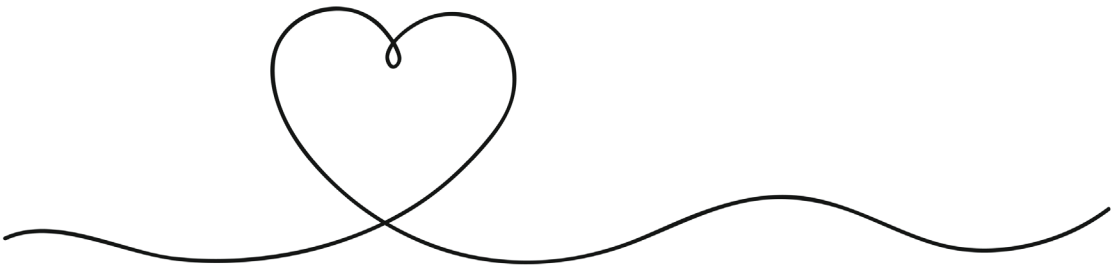
What does comfort taste like to you?

Some people may think comfort sounds like a stream, walks on the sand, music, or the quiet.

What does Comfort sound like to you?

Some people think if comfort could speak it would say everything will be OK. You can do it, I'm here for you.

If comfort could talk, what would it say to you?



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Bringing Your Fears to Light

If you were in a dark room and it scared you, what would you do?

You could turn on the light, so you could see if something were really there. "Shining a light on" (or talking about) scary things might help make them a little less scary.

If something scary were to really happen, how would you react? What would happen next?

Who are your support people?
Do you think these people could help you when you are scared? How could they help?

Conversation

What is something you are scared of?

Do you get scared at bed time? What are some things that scare you at night?

What is something you can do that helps you when you feel afraid?

Share as a family some things you are scared of and find out what makes your family members feel better when they feel scared.

Instructions:

Sometimes children have a difficult time understanding why they are afraid. When asked why, they might simply answer, "because it's dark," or "I'm scared of the closet." You can help your child by further exploring what might be scary to them about these things. This will help "shed a light on their fears."

1. Draw a picture of something that makes you feel scared.
2. Next, draw what makes you feel better.

Supplies Needed

Paper
Something to write/draw with (Pen, Pencils, Markers, or Crayons)

Goal

To explore fears that are "real" and fears that are "not real."

Time Needed

Approx. 15-30 mins

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Bring Your Fears to Light

Write down one of your fears and what helps you when you are feeling scared.



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Calming Exercise

There is a very physical component to fear. In fact, this is true of other feelings as well, i.e. sadness, anger, or frustration. This calming exercise teaches children a way to "calm" themselves in a very physical way.

Practice relaxation exercises with your child. Teach them to take their time as they take a deep breath, breathing in the smell of their make-believe flowers, and then blowing out as if they are blowing out candles. Have your child repeat this exercise a few times.

Individuals who participate in this activity will often find themselves calming down and learn a new technique for coping with the difficult emotions that grief might bring.

Supplies Needed

Handout

Goal

To explore ways to physically calm the body .

Time Needed

Varies

Instructions:

Sometimes children have a difficult time understanding why they are afraid. When asked why, they might simply answer, "because it's dark," or "I'm scared of the closet." You can help your child by further exploring what might be scary to them about these things. This will help "shed a light on their fears."

1. In the handout provided, color in the flowers and the candles.
2. Keep breathing in and out a few times and see how your body feels.
3. Next time you get upset remember this exercise to help calm your body down.

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Calming Exercise

Color in the flowers and the candles. Keep breathing in and out a few times and see how your body feels. Next time you get upset remember this exercise to help calm your body down.

Step 1:
Close your eyes and take a deep breath in - just like you are smelling beautiful flowers.

Step 2:
Now blow all the air out - just like you are blowing out birthday candles.





Additional Coloring.



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Adapted from the NAGC's "*When Someone Dies: A Child-Caregiver Activity Book*"

National Alliance for
Grieving Children



Available at amazon

The activities used in this booklet have been adapted from the NAGC's book ***When Someone Dies: A Child-Caregiver Activity Book***.

The activity book targets elementary school aged children and provides valuable information to parents and caregivers about how grief impacts children. Contained within the pages of the book are activities for children designed to help them better express, understand, and cope with their grief. Each page also offers guidance about how adults can connect with their child on the very difficult subjects of death, dying, and bereavement.

ALEX CARES
for Grieving Youth

Special Thanks to Amy Liebman Rapp/Alex Cares for Grieving Youth for supporting this booklet.

Alex Cares for Grieving Youth®, a creator of innovative initiatives and partnerships is a non profit foundation that partners with people and organizations seeking to ignite transformative social change in the fields of childhood bereavement, loss and grief and youth development. We have a demonstrated commitment to diversity, equity and inclusion, especially along lines of race and gender.

Be Internet Smart

Tips to help you be smart online



Tip 1

Be a positive presence online just like IRL (in real life.)

Remember, once something by or about you is online like a photo, comment, or message, it could stay online forever.

Tip 2

Think before you post.

It's important to know when to post nothing at all—not to react to somebody's post, photo, or comment or not to share something that isn't true.

Tip 3

Protect your secrets.

Do not share your address, email, phone number, passwords, usernames or school documents with strangers.

Tip 4

Don't assume that people online will see you the way you think they'll see you.

Different people can see the same information and draw different conclusions from it.

Tip 5

It's always important to respect other people's privacy choices, even if they aren't the choices you'd make yourself.

Different situations call for different responses online and offline.

Be Internet Alert

Tips to help you be alert online



Tip 1

Double check a site for credibility.

Before you click on a link or enter your password on a site you haven't been to before, check that the site's URL matches the product's or company's name and information you're looking for.

Tip 2

Use secure websites.

Make sure a website's URL starts with "https://" with a little green padlock to the left of it.

Example: 

Tip 3

Don't fall for scams.

If the email or site offers something that sounds too good to be true, like a chance to make a lot of money, it's almost always too good to be true. Don't fall for the fake message.

Tip 4

It can happen to anyone.

If you fall for a scam online, tell your parent, teacher, or other trusted adult right away and change your passwords to your accounts immediately.

Tip 5

Attention! Remember that website or ad can't tell if there's anything wrong with your device!

There are scams that may try to trick you into downloading malware or unwanted software by telling you that there's something wrong with your device.

Be Internet Strong

Tips to help you be strong online



Tip 1

Create a strong password.

Choose at least 8 characters and use combinations of letters (uppercase and lowercase), numbers, and symbols.

Tip 2

Switch it up.

Use a different password for each of your important accounts.

Tip 3

Get creative.

Don't use a password that's easy to guess, like your nickname, just the name of your school, favorite basketball team, a string of numbers (like 123456), etc. And definitely don't use the word "password"!

Tip 4

Avoid getting personal.

Don't use personal information (name, address, email, phone number, Social Security number, mother's maiden name, birth dates, etc.), or common words in your password.

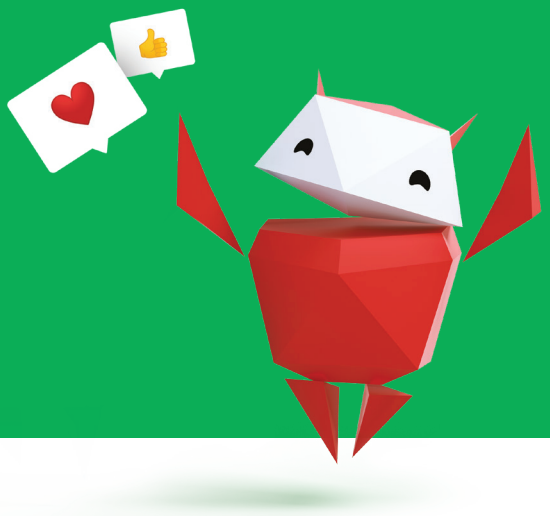
Tip 5

Don't hesitate to change your password.

Immediately change your password if you know or believe it may be known by someone other than a trusted adult.

Be Internet Kind

Tips to help you be kind online



Tip 1

Follow the golden rule!

Treat others how you want to be treated, both online and in real life. Example: Report the harassment. Tell someone who can help, like a parent, teacher, or school counselor.

Tip 2

Be an helper!

A helper combats bad behavior and stands up for kindness and positivity. Example: Report the harassment. Tell someone who can help, like a parent, teacher, or school counselor.

Tip 3



Do simple actions to turn negative interactions into positive ones.

Example: If someone posts something negative online to a friend, get a bunch of friends to create a "pile-on of kindness"—post lots of kind comments about the person being bullied (but nothing mean about the aggressor, because you're setting an example, not retaliating)

Tip 4

Make good decisions when choosing what to say and how to deliver it.

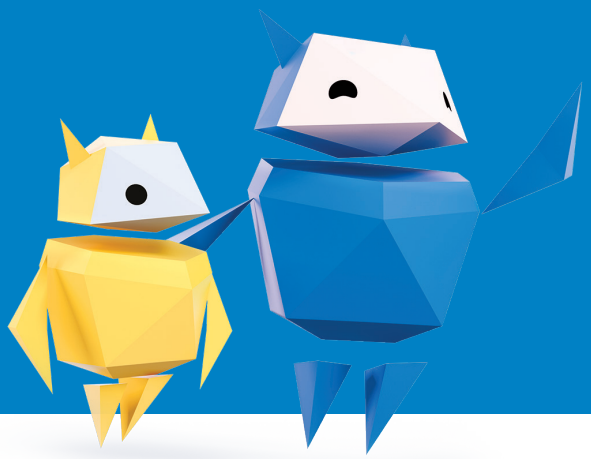
Example: Don't type something online if you wouldn't say it in real life.

Tip 5

Spread kindness online.

Be Internet Brave

Tips to help you be brave online



Tip 1

Found something negative? Say something!

If you come across something that makes you feel uncomfortable or worse, report it - be brave and talk to someone you trust who can help, including a teacher, the principal, or a parent.

Tip 2

Talk it out.

Asking for help when you're not sure what to do is a brave thing to do. If it's to help you or someone heal something hurtful or stop harm from happening, it's both smart and courageous.

Tip 3

Get proof.

Before blocking or reporting inappropriate content, it's always wise to take a screenshot so that you have a record of the situation.

Tip 4

Report and/or block inappropriate content.

Reporting can help the people involved, their community, and the platforms themselves if we use the tools to block and/or report on a site or app.

Tip 5

Don't be afraid!

If you receive a creepy message or comment from a stranger, show a trusted adult, block and report them.

We Can Make a Difference Together

We all have a role to play in promoting positive childhood experiences.

All children deserve to have positive childhood experiences.
These experiences help children have safe, stable, nurturing relationships and environments.

What parents and caregivers can do:

→ **Praise children often**. Praise can build a child's self-esteem and reinforce positive behaviors and interactions.

→ **Establish consistent routines and expectations**. Children feel secure and thrive when their environment is structured and predictable.

→ **Make time for play or meaningful connection**. Building playful learning into everyday moments can help young children develop skills to solve hard problems, collaborate with others, and think critically. For older children, take time to meaningfully connect and support their interests.

Spotlight: Playful Parenting

→ Dedicate 10–15 minutes two to three times a week for child-led play or focused time with your child. Incorporate it in your household routine, for example after dinnertime.

→ For younger children, name the special playtime after the child, e.g., "Roberto's Time."

→ Play with toys your child chooses and can be enjoyed together without distraction from devices or phones.

→ This can be adapted for older children by identifying an ongoing activity you can do together. Select an activity that aligns with your child's interests, even if it's something new or different for you!

What pediatric health care providers can do:

→ **Explore ways to help families address challenges** when they or their children have experienced trauma.

→ **Model positive parenting skills**, such as PRIDE (Praise, Reflect, Imitate, Describe, Enthusiasm) during a clinical visit.

→ **Share tips and use conversation guides with caregivers for promoting healthy mental development** in children, such as emotion coaching, playful parenting, relaxation techniques, and self-care.

Spotlight: Relational Care

→ An approach that fosters strong, trusted, respectful, and supportive relationships with patients and their caregivers.

→ Examples include: "Tell me more about…" and "I can understand why you felt…"

THE AMERICAN ACADEMY OF PEDIATRICS | ADMINISTRATION FOR CHILDREN & FAMILIES | Prevent Child Abuse America | CDC

What educators can do:

- → Create opportunities for students to develop and **practice social and emotional skills**. For example, project-based learning experiences can incorporate communication and critical thinking skills.
- → Implement policies and practices that **foster school connectedness** and improve children's behavioral health. Examples include "Think, Pair, Share" and mindfulness activities.
- → **Invite parents to be involved** in their child's school. Encourage parents to serve as mentors, coaching assistants, monitors, chaperones, and tutors for a variety of school activities.

What community members and other child-serving professionals can do:

- → **Encourage caregiver self-care**, physically and emotionally. Normalize seeking help when needed.
- → **Mentor or volunteer** for summer and after-school programs that promote safe, stable, and nurturing relationships for children.
- → **Ensure parks and green spaces** in your community are safe spaces for children to play.

Spotlight: Socially Connect

- → Think of some acts of service you can do for families in your community, such as dropping off dinner, helping with child care, or going on a walk with them.
- → Support older youth by helping them find and join a group or activity related to something they love like a book club, sports group, or community garden group.
- → Model for children small acts of kindness, such as waving and smiling at people or giving someone a compliment.

Learn more about:

- → Tips for parenting children of all ages: https://www.cdc.gov/parents/index.html
- → Tips for talking to your child about mental health: https://www.acf.hhs.gov/sites/default/files/documents/main/ACF_TipSheet_MentalHealth_FNL_508_0.pdf
- → Trainings for a variety of professionals on preventing adverse childhood experiences: https://vetoviolence.cdc.gov/apps/aces-training/#/
- → Resources that families and communities may be eligible for: www.acf.hhs.gov/toolkit/resource-guides-populations-served-acf-programs
- → Resources to help communities support and strengthen families: https://www.childwelfare.gov/resources/20232024-prevention-resource-guide/
- → Your local chapter of Prevent Child Abuse America: preventchildabuse.org/where-we-work/

Many areas of the federal government, such as the Administration for Children and Families and the Centers for Disease Control and Prevention, work together to support communities in building environments in which children and families can thrive. We partner with other organizations, such as Prevent Child Abuse America and American Academy of Pediatrics, to support programs and practices that promote positive childhood experiences. Together, we all have a role to play in promoting positive childhood experiences.

Learn more about adverse childhood experiences and how to prevent them: www.cdc.gov/violenceprevention/pdf/ACEs-Prevention-Resource_508.pdf

Visit the National Child Abuse Prevention Month Webpage for more resources, publications, and an outreach toolkit: https://www.childwelfare.gov/resources/national-child-abuse-prevention-month-outreach-toolkit/

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Mental Health America

RESOURCE LIST

Below, you'll find a list of resources, including hotlines, partner organizations, and expert information from Mental Health America to help you or a loved one as you work on your mental well-being.

Crisis and Immediate Support Resources

988 Suicide & Crisis Lifeline: The Lifeline provides 24/7, free, and confidential support to people in distress – you don't need to be suicidal to reach out. Call 1-800-273-8255 to be connected with a crisis counselor. Crisis counselors who speak Spanish are available at 1-888-628-9454.

988 Textline: When you text 988, you will complete a short survey letting the crisis counselor know a little about your situation. You will be connected with a trained crisis counselor in a crisis center who will answer the text, provide support, and share resources if needed.

Crisis Text Line: If you prefer texting to talking on the phone, text HELLO to 741-741 to be connected with a crisis counselor who will help you get through your big emotions.

2-1-1: If you need assistance finding food, paying housing bills, accessing free childcare, or other essential services, visit 211.org or dial 211 to speak to someone who can help. Run by the United Way.

BlackLine: BlackLine provides a space for peer support, counseling, witnessing, and affirming the lived experiences of those who are most impacted by systematic oppression with an LGBTQ+ Black femme lens. Call 1-800-604-5841.

Caregiver Help Desk: Contact Caregiver Action Network's Care Support Team by dialing 855-227-3640. Staffed by caregiving experts, the Help Desk helps you find the right information you need to help you navigate your complex caregiving challenges. Caregiving experts are available 8 a.m. – 7 p.m. ET.

Childhelp National Child Abuse Hotline: If you or a child you know is being hurt or doesn't feel safe at home, you can call or text 1-800-4-ACHILD (1-800-422-4453) or start an online chat at childhelp.org to reach a crisis counselor. They can help you figure out next steps to work through what is happening and stay safe.

Disaster Distress Helpline: A crisis line to support individuals when natural or man-made traumatic events occur, such as floods, earthquakes, and terrorist acts. The Helpline will provide information, support, and counseling. Call 1-800-985-5990.

Domestic Violence Hotline: If you're experiencing domestic violence, looking for resources or information, or are questioning unhealthy aspects of your relationship, call 1-800-799-7233 or go to thehotline.org to virtually chat with an advocate.

Naseeha: Naseeha is a Mental Health Helpline that answers calls from around the world from Muslims and non-Muslims. Call 1-866-627-3342 for 24/7 help.

Physician Support Line: The Physician Support Line is available at 1-888-409-0141 every day from 8 a.m. - 1:00 a.m. ET. Physician Support Line is a national, free, and confidential support line service made up of 600+ volunteer psychiatrists to provide peer support for other physicians and American medical students.

Project LETS: Project LETS offers a Trans Lifeline to provide support to individuals in crisis or approaching a crisis without police involvement to prevent ongoing systemic disparities for trans populations. Phone: 877-565-8860.

StrongHearts Native Helpline: Call 1-844-762-8483. The StrongHearts Native Helpline is a confidential and anonymous culturally appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 a.m. - 10 p.m. CT.

Teen Line: The Teen Line provides support, resources, and hope to young people through a hotline of professionally trained teen counselors, and outreach programs that destigmatize and normalize mental health. Call 800-852-8336 nationwide (6 p.m. - 10 p.m. PST) or text TEEN to 839863 (6 p.m. - 10 p.m. PST).

The Trevor Project: The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer and questioning youth. Trained counselors are available 24/7 to youth in crisis, feeling suicidal, or in need of a safe judgment-free person to talk to. Call 1-866- 488-7386, text START to 678-678, or start an online chat at thetrevorproject.org/get-help.

Trans Lifeline: Dial 1-877-565-8860 for US and 877-330-6366 for Canada. Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.

The Partnership for Drug-free Kids Helpline: Call 1-855-378-4373 if you are having difficulty accessing support for your family or a loved one struggling with addiction faces care or treatment challenges. The Partnership for Drug-free Kids' specialists can guide you. Support is available in English and Spanish, from 9 a.m. - midnight ET on weekdays and noon-5 p.m. ET on weekends.

Veterans Crisis Line: This line connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Open 24/7 call, 1-800-273-8255.

Warmlines: Warmlines are staffed by trained peers who have been through their own mental health struggles and know what it's like to need someone to talk to. For more information on warmlines, visit screening.mhanational.org/content/need-talk-someone-warmlines

Your Life, Your Voice Hotline: The Boys Town National Hotline is open 24 hours a day, 365 days a year to support teens and caregivers with a variety of mental health topics such as anxiety, suicidal ideation, and relationships. The hotline is staffed by trained Boys Town counselors and is accredited by the American Association of Suicidology (AAS). Spanish-speaking counselors and translation services for more than 100 languages also are available. The speech- and hearing-impaired can contact this service at hotline@boystown.org. Call 1-800-448-3000 or text VOICE to 20121 to get started.

MHA Resources

Affiliate Network: Mental Health America affiliates provide public education, information and referral, support groups, rehabilitation services as well as socialization and housing services to those confronting mental health problems and their loved ones. Many also provide family advocate services to parents of children with serious emotional disturbances, mentorship or peer support for adults recovering from mental health conditions, and professional education to those working in the mental health field. They serve as local leaders in the support and development of consumer-run initiatives and primary prevention programs, including those in schools. To find the affiliate nearest you, search at arc.mhanational.org/find-affiliate.

MHA's Peer Bridger Program: MHA launched a program providing texting support for people with mental health and addiction needs. The program is free for those living in the United States. The text line operates from 10 a.m. to midnight 12 a.m. ET, Monday through Friday (excluding holidays).

If you're interested in trying our texting line, you can text HELLO to 571-487-7456. If you'd like, you can also share your "name" (real or made up) and what's on your mind. There's no right or wrong way to start.

MHA Screening: Online screening at mhascreening.org is one of the quickest and easiest ways to determine if you're experiencing symptoms of a mental health condition. Our screens are free, confidential, and scientifically validated.

Young Leaders Initiatives: Mental Health America's youth programs empower aspiring and established young advocates to ignite their communities and build a mentally healthy future for all. Through leadership development, policy, and research, we're cultivating the next generation of mental health leaders. Young people power all of our programs, where individuals, initiatives, and knowledge converge to transform youth mental health. We provide young leaders with the tools they need to drive change in their communities. Our programs help young people expand their reach, grow their skills, and get connected to the greater ecosystem of mental health advocacy. Learn more about MHA young leaders at mhanational.org/young-leaders.

Mental Health America

mhanational.org

Contact us
info@mhanational.org

Instagram, Facebook, Threads
@mentalhealthamerica

X/Twitter
@mentalhealtham

Partner Organizations

AAKOMA Project builds the consciousness of youth of color and their caregivers on the recognition and importance of mental health empowers youth and their families to seek help and manage mental health, and influences systems and services to receive and address the needs of youth of color and their families. aakomaproject.org

Alliance for a Healthier Generation works with schools, youth-serving organizations, businesses, communities, and families to promote health equity environments that support whole-child health. These programs and initiatives offer resources, webinars, and learning opportunities for people who have a passion for supporting happy and healthy children. healthiergeneration.org

Anxiety and Depression Association of America (ADAA) is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through the alignment of science, treatment, and education. adaa.org

Asian Counseling and Referral Services (ACRS) promotes social justice and the well-being and empowerment of Asian Americans and Pacific Islanders and other underserved communities – including immigrants, refugees, and American-born – by developing, providing, and advocating for innovative, effective, and efficient community-based multilingual and multicultural services. acrs.org

Asian Mental Health Collective aspires to make mental health services easily available, approachable, and accessible to Asian communities worldwide. asianmhc.org

Black Emotional and Mental Health Collective (BEAM) is a national training, movement-building, and grantmaking institution that is dedicated to the healing, wellness, and liberation of Black and marginalized communities. beam.community

Black Girls Can Heal is an online community and coaching program dedicated to helping women break the cycles of unavailable partnerships, unhealthy relationships, and feeling not enough to provide via evidence-based and real, actionable tools. blackgirlsheal.org

Black Men Heal provides access to mental health treatment, psycho-education, and community resources to men of color. blackmenheal.org

Calathea Wellness helps first-generation Latine professionals embrace their bicultural identity to elevate their confidence, deepen their connections, and amplify their individual and professional fulfillment. calatheawellness.com

Caregiver Action Network (CAN) is the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. Individuals can reach out for guidance and support to their dedicated Caregiver Help Desk. caregiveraction.org

Cook Center for Human Connection brings together the best organizations, programs, and products to prevent suicide, provide mental health support, and enhance human connections essential for people to thrive. cookcenter.org

Estoy Aqui offers innovative training programs to providers in the helping professions who want to learn about the socio-cultural aspects of mental health in Latine and Black communities. estoy-aqui.org

Faces and Voices of Recovery works to change the way addiction and recovery are understood and embraced through advocacy, education, and leadership. facesandvoicesofrecovery.org

Future of SEL helps people develop mindful work habits, make better business decisions, and build positive relationships to retain talent and create well spaces for all so that owners, leaders, and employees are living and leading well. futureofsel.com

Generations United works to improve the lives of children, youth, and older people through intergenerational collaboration, public policies, and programs for the enduring benefit of all. gu.org

Health Equity Collaborative seeks to eliminate health disparities through a holistic and intersectional approach to healthcare. healthequitycollaborative.org

Human Rights Campaign (HRC) is focused on mobilizing those who envision a world strengthened by diversity, where our laws and society treat all people equally, including LGBTQ+ people and those who are multiply marginalized. hrc.org

imi is a series of guides designed with and for LGBTQ+ teens to help explore and affirm their identity. Guides are free, backed by science, and help teens learn practical methods to cope with sexual and gender minority stress in ways that are helpful, relevant, inclusive, and joyful. imi.guide

Inclusive Therapists works to make the process of finding a therapist simpler and safer, centering the needs of BIPOC and LGBTQIA2S+ intersections (QTBIPOC). Their mission prioritizes the voices and expressions of neurodivergent and disabled communities of color. inclusivetherapists.com

Informed Immigrant is a digital hub and offline network offering the most up-to-date and accessible information and guidance for the undocumented immigrant community. informedimmigrant.com

Institute for Muslim Mental Health promotes Muslim Americans' mental health through research, resource development, training, and advocacy. muslimmentalhealth.com

Khalil Center is a psychological and spiritual community wellness center advancing the professional practice of psychology rooted in Islamic principles. khalilcenter.com

The Kids Mental Health Foundation is driven to create a world where mental health is a vital part of growing up, where children's mental health is as important as their physical health, and where we teach grown-ups the skills to help kids face and manage life's challenges through free resources. kidsmentalhealthfoundation.org

Latinx Parenting is a bilingual organization rooted in children's rights, social and racial justice, and antiracism, the individual and collective practice of nonviolence and reparenting, intergenerational and ancestral healing, cultural sustenance, and the active decolonization of oppressive practices in our families. latinxparenting.org

Latinx Therapy is a national directory for Latinx Therapists in private practice. Latinx Therapy works to destigmatize mental health in the Latinx community by providing a bilingual podcast, a national directory, and culturally grounded workshops and services. latinxtherapy.com

Mental Health Coalition (MHC) was formed to catalyze like-minded communities to work together to destigmatize mental health and empower access to vital resources and necessary support for all, the MHC connects individuals to a range of different resources from Coalition members. thementalhealthcoalition.org

The Mental Health Collaborative works to build resilient communities through mental health education and awareness, decreasing stigma, and opening the door to conversations about mental health. They train schools, organizations, and communities in mental health literacy – the foundational education that all of us need to promote our best mental health. mentalhealthcollaborative.org

Mixed in America aims to empower the mixed community by facilitating supportive spaces for mixed individuals to explore and unpack their identities. Mixed in America offers services for adults, children, affinity groups, schools, and businesses. Our approach is trauma-informed, holistic, inclusive, and autonomous. mixedinamerica.org

Muslim Wellness Foundation utilizes a holistic and spiritually grounded psychological approach to cultivate honest conversations and experiences wherein radical healing, belonging, and growth can flourish. muslimwellness.com

Mustard Seed Generation exists to eradicate barriers to mental health that increase life dissatisfaction, family dysfunction, and suicide in the Korean American community. We provide culture-specific training to increase the mental health literacy of Korean American churches, families, and youth. mustardseedgeneration.org

Nalgona Positivity Pride is an unconventional eating disorder awareness organization that shines a light on the often-overlooked societal factors that perpetuate unrealistic and oppressive beauty and health standards. NPP offers a vital space for BIPOC individuals to celebrate and embrace their bodies and identities. nalgonapositivitypride.com

National Alliance for Eating Disorders works tirelessly to raise awareness; eliminate secrecy and stigma; promote access to care; and support those susceptible to, currently experiencing, and recovering from eating disorders. allianceforeatingdisorders.com

National Network for Immigrant and Refugee Rights (NNIRR) works to defend and expand the rights of all immigrants and refugees, regardless of immigration status. nnirr.org

National Queer and Trans Therapists of Color advances healing justice by transforming mental health for queer and trans BIPOC individuals. nqttcn.com

National School Boards Association (NSBA) works with and through state association members to advocate for equity and excellence in public education through school board leadership. nsba.org

The National Parent Teacher Association is a network of millions of families, students, teachers, administrators, and business and community leaders devoted to the educational success of children and the promotion of family engagement in schools. pta.org.

Native Hope exists to address the injustice done to Native Americans. We share Native stories, provide educational resources, and assist Native communities. nativehope.org

One Sky Center is a National Resource Center for American Indian and Alaska Native health, education, and research. It is dedicated to quality health care across Indian Country. oneskycenter.org

Project Heal works to break down systemic, health care, and financial barriers to eating disorder healing. Project Heal's goal is to change the system and, in the meantime, provide lifesaving support to people with eating disorders who the system fails. Learn more at theprojectheal.org.

Project LETS builds peer support collectives, leads political education, develops new knowledge and language around mental distress, organizes and advocates for the liberation of our community members globally, and creates innovative, peer-led, alternatives to our current mental health system. projectlets.org

Q Chat Space provides live, chat-based discussion groups for LGBTQ+ and questioning teens ages 13-19. It is not a forum, and there is no video or audio. Everyone is chatting during the same pre-scheduled time. Q Chat Space chats are facilitated by experienced staff and volunteers from youth programs at LGBTQ+ centers across the U.S. Q Chat Space facilitators are not mental health professionals. qchatspace.org.

Radical Mental Health First Aide (RMHFA) is a framework and tool to support you as you make attempts to decenter the medical model from the way you access care, support, love or whatever words you and your community prefer. connectwithoumou.com/radical-mental-health-first-aide

Recovery Dharma Online (RDO) is an independent Recovery Dharma community that works together to host safe, inclusive, and reliable Buddhist-inspired recovery meetings. recoverydharma.online

Rooted in Radiance empowers historically underinvested communities in Washington, D.C. to prioritize their well-being through innovative, culturally tailored wellness programming. We offer on-site and virtual solutions focused on stress reduction, mental health, and holistic wellness, integrating meditation, breathwork, yoga, and mindfulness to support individuals and teams in achieving peak performance and lasting health. rootedinradiance.com

Rural Minds serves as the informed voice for mental health in rural America, and to provide mental health information and resources. ruralminds.org

Teen Talk App is a free, safe, and anonymous space where teens can freely speak to their peers about everyday issues and their overall mental health. Teen Advisors are trained to support their peers through a wide range of experiences, including anxiety, depression, relationships, family issues, school, and more. Teen Advisors are supervised by licensed mental health professionals. teentalkapp.org

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls. therapyforblackgirls.com

Therapy for Black Men wants to break the stigma that asking for help is a sign of weakness. With a rapidly growing directory of 608 therapists and 50 coaches throughout the 50 states thus far, Therapy for Black Men provides judgment-free, multiculturally-competent care to Black men. therapyforblackmen.org

Therapy for Latinx was created to make finding a mental health provider as easy as possible. Search our listings to find therapists that honor who you are, provide services with dignity, and can code-switch like the best of them. therapyforlatinx.com

To Write Love on Her Arms (TWLOHA) is a nonprofit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide. TWLOHA exists to encourage, inform, inspire, and invest directly into treatment and recovery. twloha.com

TrevorSpace is an affirming international community for LGBTQ young people ages 13-24. TrevorSpace helps young people explore their identities, get advice, find support, and make friends in a moderated community intentionally designed for them. trevorspace.org

Well Beings brings together partners from across the country, including youth, families, caregivers, educators, medical and mental health professionals, social service agencies, private foundations, filmmakers, corporations, and media sponsors, to create awareness and resources for better health and well-being. wellbeings.org

WithAll aims to serve millions of people with simple, accessible resources that work to reduce the risk of eating disorders through upstream prevention and help people break through practical barriers in pursuing recovery. withall.org

Yellow Chair Collective (YCC) provides culturally relevant therapy for Asian Americans. YCC doesn't simply view therapy as addressing the problem you're facing or the symptom you're experiencing. YCC takes into account who you are as a person first and what is truly important to you. yellowchaircollective.com

FALL 2024

LA MENTAL HEALTH COALITION

MENTAL HEALTH & ME

LA DEPT. OF ED MONTHLY CALLS

CHILD WELFARE & ATTENDANCE
(8:00 AM - 1st Thursday of the month)

HEALTHY COMMUNITIES - COMMUNITY OF PRACTICE
(2:00 PM - 4th Thursday of the month)
Email Levillia R. Harleaux-Moore Levillia.Moore@la.gov to be added to the call



Supporting Young Minds

Mental Health America's 2024 Supporting Young Minds Guides have been created to empower parents, caregivers, teachers, and others to provide support by fostering nonjudgmental environments where young people feel safe expressing themselves. In them, you will find information about facilitating conversations and validating feelings, creating safe spaces and supportive culture in the classroom, and ways to promote peer support. They have also created resources to help young people support one another and feel empowered to set and achieve goals.

SCHOOL-BASED MENTAL HEALTH RESOURCES

LMHC's School-Based work group created a resource drive to share helpful information and resources to make your job a little easier! Check out the "Happening Now" folder to learn about current events, initiatives, and CEU's each month. Want to join the monthly call? Email Sherrard Crespo screspo@vialink.org

YOUTH MENTAL HEALTH SURVEY

HTTPS://FORMS.GLE/TEMPZMHETNDO2J4W6

VIA LINK
LISTENING • UNDERSTANDING • CONNECTING

RESOURCES

DATA DASHBOARD NOW AVAILABLE!

LOUISIANA 24/7 PARENTLINE
833-LA-CHILD OR
TEXT 225-424-1533

STATEWIDE SUICIDE PREVENTION TRAINING DATABASE

FALL 2024

LA MENTAL HEALTH COALITION



SCAN ME

Share your opinion about child abuse and neglect prevention! Scan above or click here: bit.ly/LACaucus24

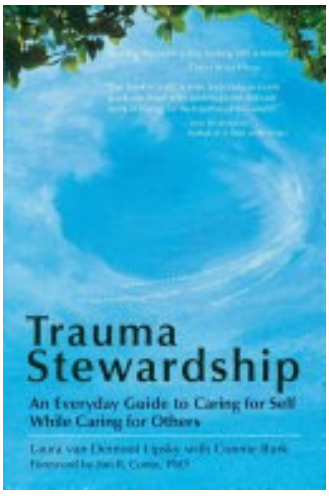
SELFCARE FOR EDUCATORS

Educators are the backbone of our schools, and their well-being directly impacts the success of their students! In the midst of managing classrooms, supporting students, and navigating ever-changing demands, it's easy for school staff to overlook their own mental health. However, prioritizing self-care is essential. By taking time to recharge, set boundaries, and seek support when needed, educators not only improve their own well-being but also create a healthier learning environment for their students. When teachers are at their best, students thrive. **Remember: self care isn't a luxury—it's a necessity for both you and those you teach!**

NCTSN The National Child Traumatic Stress Network

National Child Traumatic Stress Network
Self Care for Educators Handout





WISE
MedStar Georgetown Center for Wellbeing in School Environments

WISE Educator Wellbeing Resources

Social Emotional *Workshop*

In-depth resources that are flexible, evidence-based, and engaging



Hi there! My name is Laura. I am a school psychologist and educational consultant in New York City. During my career, I have also been a Special Education Director and a Director at a camp for children with Autism. Before I knew what to call it, social and emotional learning was my passion. It seems like without that, not much else works very well, amirite? I am truly grateful for the opportunity to share that passion and knowledge with countless professionals and students. What a gift.

My store is dedicated to in-depth, evidence based resources that school counselors, psychologists and teachers can use flexibly to engage some of our neediest students.

Did we just become best friends?

Please, and I mean please, **contact me** with questions or suggestions. I love hearing what you loved or less than loved about a resource, what you are struggling with in your practice, or if you want to grab coffee on a trip to New York. Suggestions are handled quickly, and you will be able to redownload any future revisions.

Catch a **typo or mistake**? Definitely email me and be kindly rewarded with a freebie from my store. I want a perfect resource as much as you do.

Do you have pictures of my **resources in action**? Send them to me. I love to shout out your pictures on social media.

To cement our new friendship, I am always looking for people to **test out new products**. Reach out to join the crew.

-laura

Social Emotional Workshop © 2018

Mindful Minutes

What's Included

The Toolbox Freebie

Mindful Poses
- Superhero Pose
- Swaying Tree Pose

Mindful Breathing
- Beginning Mindful Breathing
- Rainbow Breathing
- 3 - 4 - 6 Breathing
- Starfish Breathing
- Chocolate Chip Cookie Breathing
- Pinwheel Breathing (requires a pinwheel or other object that spins or moves easily when blown on).

Body Scan
- Jellyfish
- Log

Mindful Activities
- Jumping Jacks
- Balloon Bounce

Senses
- Touchy Feely - requires familiar objects students can hold in their hands.
- Sounds - you can use any nature sounds available via streaming. Rain is a good one.
- Taste Test - Have students try different foods, new and familiar. They describe the texture and flavor.

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Mindful Minutes

Incorporate Daily Mindfulness Exercises

Mindfulness is being aware of yourself and your environment in the present moment. It is not clearing your mind all thoughts.

Mindfulness has been shown to be effective in improving emotion regulation, anxiety, anger, stress, and attention when implemented regularly. It can be taught to young students through adults.

This resource provides a number of mindfulness exercises you can incorporate into your daily routine. It fits perfectly at the beginning of the day, before an activity that requires focus or following a transition.

Core mindfulness exercises include breathing, body scan, heartbeat awareness, and posing. All of these are easy to do in a classroom at student desks.

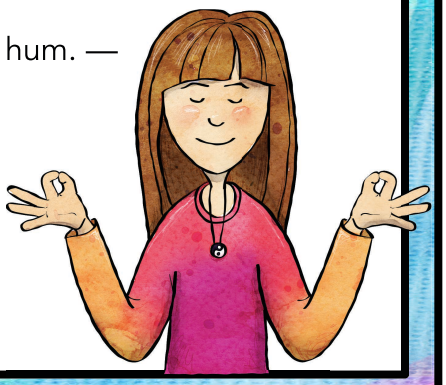
When introducing mindfulness to students, make sure they are in a calm state the first time and never use it as a disciplinary tool. Emphasize to them that during mindful minutes we let thoughts come and go without judgement. Students will often have persistent thoughts. During mindfulness, they want to let those thoughts pass and bring focus back to their breath or their heartbeat or whichever mindful minute they are doing.

Social Emotional Workshop © 2018

Beginning Mindful Minute

Get your body still, close your eyes, sit tall, relax your hands in your lap. Pay attention to our beginning bell until the sound is completely gone.

— Ring a bell or use another lingering noise. You can even hum. —



When you can no longer hear the sound, place your hand on your stomach. Feel your breathing. In and out, in and out.

— In a calm voice, remind students to breath in and out, feel their breath. Ring bell to end the minute. —

Superhero Mindful Pose

Stand up. Feet shoulder width apart. Shoulders back. Chest out. Hands on hips.

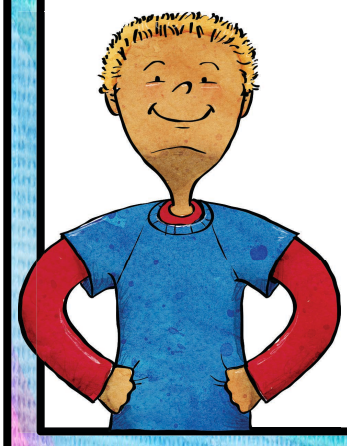
Breath in deep. Let your breath fill up your chest. Stand tall and proud.

Breathe out slowly. Let your chest come back down inch by inch. Keep your spine straight and your stomach flat.

—

Complete 5 more times. Bring focus to the breath and focus on letting your chest slowly rise and fall with your breath.

—



Quiet Tree Pose

Stand tall with your feet together. Let your hands hang down at your side. Close your eyes and keep your head facing straight ahead.

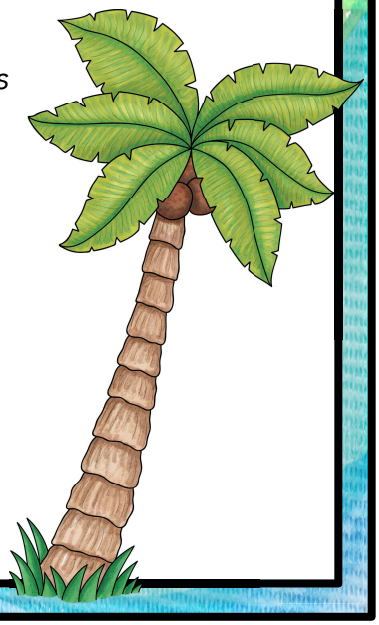
Imagine you are a tall, palm tree near the beach on a small island.

Your feet are planted in the ground like its thick roots.

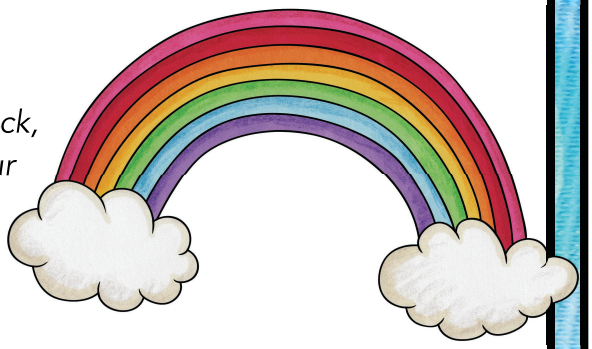
Your body is like its strong trunk.

A ocean breeze comes and sways you gently back and forth.

Take a deep breath in and slowly breathe out.



Rainbow Breath



Sit in your chair with your body tall, shoulders back, eyes closed. Lay your hands in your lap. Turn your hand over with your palm facing up.

Take a deep breath in, hold, and slowly out.

Picture a rainbow in your hand. You can see the different color bands. Take a deep breath in as you trace slowly along the red band with your pointer finger. Slowly breath out and as you trace back.

Keep slowly breathing in and out as you trace along the bands.

3-4-6

Sit in your chair with your body tall, shoulders back, eyes closed.

Lay your hands in your lap.
Nice and relaxed.

Breathe in through your nose for 3 seconds. 1, 2, 3.

Hold that breath for 4 seconds.
4, 3, 2, 1.

Slowly let it out for 6 seconds.
6, 5, 4, 3, 2, 1.

Let's repeat this a few more times.



Starfish Breath

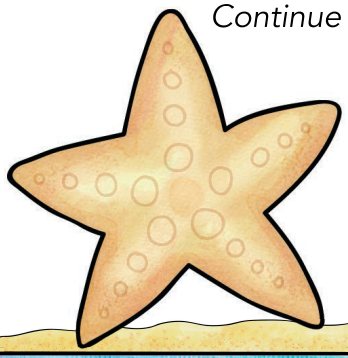
Sit in your chair with your body tall, shoulders back, eyes closed.

Lay your hands in your lap. Turn your hand over with your palm facing up. Spread your fingers wide like a starfish. Put the pointer finger of your other hand on your thumb that's facing up.

Take a deep breath in, hold, and let it out.

Now slowly trace down your thumb onto your palm, up your pointer finger and down your pointer finger.

Trace up and down your fingers.
Continue your breathing, in and out.
Nice and slow.



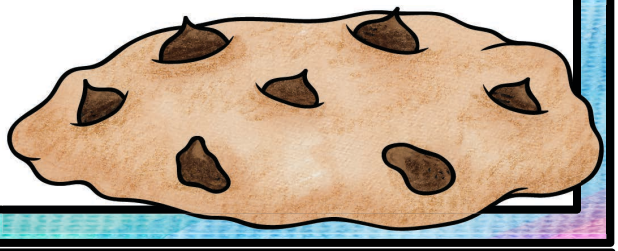
Belly Breath

Sit in your chair with your body tall, shoulders back, eyes closed. Lay your hands in your lap. Nice and relaxed.

Picture that I just baked some chocolate chip cookies. Take a deep breath in and smell the cookies. Hold that chocolatey smell for 3, 2, 1.

Slowly breathe out.

Let's repeat that again.



Heart Beat

Stand behind your chair. We are going to do 15 jumping jacks. Stand up tall, hands at your side.

Okay, let's start. 15, 14, 13, 12 …

Now sit down in your chair. Body still and tall. Eyes closed, shoulders back.

Breathe in deep and out slowly.

Put your hand over your heart. Focus on feeling and hearing your heart beat.

Breathe in deep and breathe out.



Jellyfish

Sit in your chair with your body tall, shoulders back, eyes closed. Lay your hands in your lap

Pretend you are a jellyfish. As jellyfish swim, they tense their body up tight and then relax.

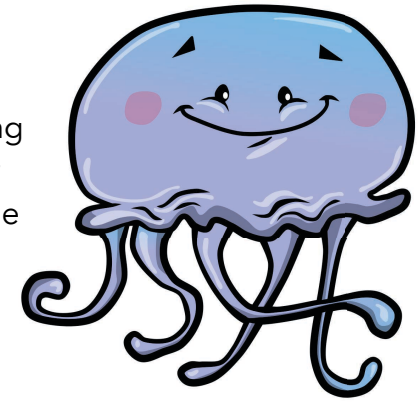
Make each of your hands into a fist. Hold it really tight. Feel your fingers digging in your palms. 5, 4, 3, 2, 1. Relax.

Press your arms against your body. Tighter and tighter. Hold it. Feel the tension in your arms. 5, 4, 3, 2, 1. Relax.

—

Keep going with other parts of the body.

—



Balloon Bounce (game)

—

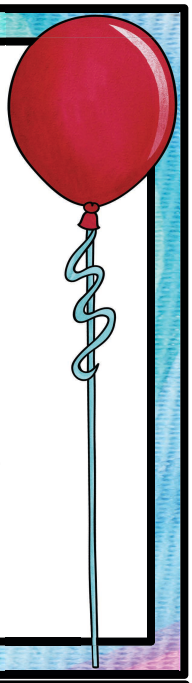
Take an inflated ballon. Gather students in a circle and tell them they have to work to keep the ball off the ground.

That is not the primary goal though. Emphasize that they have to do it **silent** and **slow**.

Using a calm voice, you can narrate the balloon's slow movements.

Remind students to focus on keeping their bodies relaxed, with even breaths and silent voices.

—



Pinwheel Breaths

(pinwheel needed)

Sit in your chair with your body tall, shoulders back.

Hold your pinwheel up to your mouth, a couple inches away.

Slowly breathe out. Breathe out harder until you can make your pinwheel spin.

Focus to control how fast your pinwheel moves.



How does the air feel on your lips?

Wet your lips a little and breathe out again.

Can you feel your breath more this time?

Sounds

(play rain sounds)

Sit in your chair with your body tall, shoulders back.

Breathe in deep, hold, and out slowly.

—

Start playing rain sounds.

—

Continue your breathing. Listen to the sounds of the rain as your breath goes in and out.



Taste Test

—

Students sit in chairs, relaxed bodies, even breaths, silent voices.

With eyes closed, they are given small bites of new and familiar foods to try.

You can have them describe the taste and texture.

—

Good foods to try: water chestnuts, bamboo shoots, carrots, cooked macaroni, chips. Vary the texture and flavors.

CHECK FOR ALLERGIES!





Touchy Feely

Sit in your chair, shoulders back.

Breathe in deep for 3, hold, and out for 5, 4, 3, 2, 1.

Feel the object in your hand. Close your eyes. Now try and describe the object to your partner.

Is it hard or soft?
Does it have a shape? Edges?
Does it have a smell?
Does it feel like something else?



Log

Stand tall with your feet together. Let your hands hang down at your side. Keep your head facing straight ahead.

Breathe in deep for 3, hold, and out for 5, 4, 3, 2, 1. Again.

Imagine you stiff like a log. Press your arms and palms against your body. Push your feet into the ground. Clench your fists.

Make your body solid and still like a log.

And relax.

Let's do that two more times. Focus on feeling each muscle get tighter. Feel how it feels once you relax.



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Social Emotional Workshop © 2018

Positive Parenting Tips for Healthy Child Development

Middle Childhood (6-8 years of age)

Developmental Milestones

Middle childhood brings many changes in a child's life. By this time, children can dress themselves, catch a ball more easily using only their hands, and tie their shoes. Having independence from family becomes more important now. Events such as starting school bring children this age into regular contact with the larger world. Friendships become more and more important. Physical, social, and mental skills develop quickly at this time. This is a critical time for children to develop confidence in all areas of life, such as through friends, schoolwork, and sports.

Here is some information on how children develop during middle childhood:

Emotional/Social Changes

Children in this age group might:

- Show more independence from parents and family.
- Start to think about the future.
- Understand more about his or her place in the world.
- Pay more attention to friendships and teamwork.
- Want to be liked and accepted by friends.



Thinking and Learning

Children in this age group might:

- Show rapid development of mental skills.
- Learn better ways to describe experiences and talk about thoughts and feelings.
- Have less focus on one's self and more concern for others.

Positive Parenting Tips

Following are some things you, as a parent, can do to help your child during this time:

- Show affection for your child. Recognize her accomplishments.
- Help your child develop a sense of responsibility—ask him to help with household tasks, such as setting the table.
- Talk with your child about school, friends, and things she looks forward to in the future.
- Talk with your child about respecting others. Encourage him to help people in need.
- Help your child set her own achievable goals—she'll learn to take pride in herself and rely less on approval or reward from others.
- Help your child learn patience by letting others go first or by finishing a task before going out to play. Encourage him to think about possible consequences before acting.
- Make clear rules and stick to them, such as how long your child can watch TV or when she has to go to bed. Be clear about what behavior is okay and what is not okay.
- Do fun things together as a family, such as playing games, reading, and going to events in your community.

- Get involved with your child's school. Meet the teachers and staff and get to understand their learning goals and how you and the school can work together to help your child do well.
- Continue reading to your child. As your child learns to read, take turns reading to each other.
- Use discipline to guide and protect your child, rather than punishment to make him feel bad about himself. Follow up any discussion about what *not* to do with a discussion of what *to* do instead.
- Praise your child for good behavior. It's best to focus praise more on what your child does ("you worked hard to figure this out") than on traits she can't change ("you are smart").
- Support your child in taking on new challenges. Encourage her to solve problems, such as a disagreement with another child, on her own.
- Encourage your child to join school and community groups, such as a team sports, or to take advantage of volunteer opportunities.

Child Safety First

More physical ability and more independence can put children at risk for injuries from falls and other accidents. Motor vehicle crashes are the most common cause of death from unintentional injury among children this age.

- Protect your child properly in the car. For detailed information, see the American Academy of Pediatrics' Car Safety Seats: A Guide for Families.
- Teach your child to watch out for traffic and how to be safe when walking to school, riding a bike, and playing outside.
- Make sure your child understands water safety, and always supervise her when she's swimming or playing near water.
- Supervise your child when he's engaged in risky activities, such as climbing.
- Talk with your child about how to ask for help when she needs it.
- Keep potentially harmful household products, tools, equipment, and firearms out of your child's reach.

Healthy Bodies

- Parents can help make schools healthier. Work with your child's school to limit access to foods and drinks with added sugar, solid fat, and salt that can be purchased outside the school lunch program.
- Make sure your child has 1 hour or more of physical activity each day.
- Limit screen time for your child to no more than 1 to 2 hours per day of quality programming, at home, school, or afterschool care.
- Practice healthy eating habits and physical activity early. Encourage active play, and be a role model by eating healthy at family mealtimes and having an active lifestyle.

A pdf of this document for reprinting is available free of charge from
http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/middle.html

Additional Information:

http://www.cdc.gov/childdevelopment
1-800-CDC-INFO (800-232-4636) http://www.cdc.gov/info

Positive Parenting Tips for Healthy Child Development

Middle Childhood (9-11 years of age)

Developmental Milestones

Your child's growing independence from the family and interest in friends might be obvious by now. Healthy friendships are very important to your child's development, but peer pressure can become strong during this time. Children who feel good about themselves are more able to resist negative peer pressure and make better choices for themselves. This is an important time for children to gain a sense of responsibility along with their growing independence. Also, physical changes of puberty might be showing by now, especially for girls. Another big change children need to prepare for during this time is starting middle or junior high school.

Here is some information on how children develop during middle childhood:

Emotional/Social Changes



Children in this age group might:

- Start to form stronger, more complex friendships and peer relationships. It becomes more emotionally important to have friends, especially of the same sex.
- Experience more peer pressure.
- Become more aware of his or her body as puberty approaches. Body image and eating problems sometimes start around this age.

Thinking and Learning

Children in this age group might:

- Face more academic challenges at school.
- Become more independent from the family.
- Begin to see the point of view of others more clearly.
- Have an increased attention span.

Positive Parenting Tips

Following are some things you, as a parent, can do to help your child during this time:

- Spend time with your child. Talk with her about her friends, her accomplishments, and what challenges she will face.
- Be involved with your child's school. Go to school events; meet your child's teachers.
- Encourage your child to join school and community groups, such as a sports team, or to be a volunteer for a charity.
- Help your child develop his own sense of right and wrong. Talk with him about risky things friends might pressure him to do, like smoking or dangerous physical dares.
- Help your child develop a sense of responsibility—involve your child in household tasks like cleaning and cooking. Talk with your child about saving and spending money wisely.
- Meet the families of your child's friends.
- Talk with your child about respecting others. Encourage her to help people in need. Talk with her about what to do when others are not kind or are disrespectful.

- Help your child set his own goals. Encourage him to think about skills and abilities he would like to have and about how to develop them.
- Make clear rules and stick to them. Talk with your child about what you expect from her (behavior) when no adults are present. If you provide reasons for rules, it will help her to know what to do in most situations.
- Use discipline to guide and protect your child, instead of punishment to make him feel badly about himself.
- When using praise, help your child think about her own accomplishments. Saying "you must be proud of yourself" rather than simply "I'm proud of you" can encourage your child to make good choices when nobody is around to praise her.
- Talk with your child about the normal physical and emotional changes of puberty.
- Encourage your child to read every day. Talk with him about his homework.
- Be affectionate and honest with your child, and do things together as a family.

Child Safety First

More independence and less adult supervision can put children at risk for injuries from falls and other accidents. Here are a few tips to help protect your child:

- Protect your child in the car. The National Highway Traffic Safety Administration recommends that you keep your child in a booster seat until he is big enough to fit in a seat belt properly. Remember: your child should still ride in the back seat until he or she is 12 years of age because it's safer there. Motor vehicle crashes are the most common cause of death from unintentional injury among children of this age.
- Know where your child is and whether a responsible adult is present. Make plans with your child for when he will call you, where you can find him, and what time you expect him home.
- Make sure your child wears a helmet when riding a bike or a skateboard or using inline skates; riding on a motorcycle, snowmobile, or all-terrain vehicle; or playing contact sports.
- Many children get home from school before their parents get home from work. It is important to have clear rules and plans for your child when she is home alone.

Healthy Bodies

- Provide plenty of fruits and vegetables; limit foods high in solid fats, added sugars, or salt, and prepare healthier foods for family meals.
- Keep television sets out of your child's bedroom. Limit screen time, including computers and video games, to no more than 1 to 2 hours.
- Encourage your child to participate in an hour a day of physical activities that are age appropriate and enjoyable and that offer variety! Just make sure your child is doing three types of activity: aerobic activity like running, muscle strengthening like climbing, and bone strengthening – like jumping rope – at least three days per week.

A pdf of this document for reprinting is available free of charge from
http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/middle2.html

Additional Information:

http://www.cdc.gov/childdevelopment
1-800-CDC-INFO (800-232-4636) http://www.cdc.gov/info

7 Tips for Practicing SEL at Home

1. **Take an assets-based approach that focuses on your child's strengths.** Emphasize children's strengths and "SEL superpowers" before talking about what they can improve on. For instance: when your child brings home a graded test or assignment, first discuss what she or her did well. Then shift the discussion to what can be improved. Focus on process-oriented skills versus the outcome. Take this a step further by working collaboratively with your child to create a "SEL skill chart" that they can use to monitor how they are practicing various skills and habits at home.

2. **Explore emotions by asking your child how they feel.** Send the message that feelings matter, are normal, and that you care about them. Encourage children to use "I" statements when talking about their emotions; help them unpack what it feels like to be happy, excited, stressed, or frustrated.

3. **Model empathy and kindness as well as sharing and helping behaviors.** Utilize daily interactions – such as helping an elderly neighbor – to encouraging sharing and helping behaviors. Explore options for children to participate in community service projects or volunteering opportunities and talk to them about giving back.

4. **Read books to (or with) your child.** Seek recommendations from your child's teacher or a librarian for stories on themes that both interest your child and are relevant to the SEL skills they are learning in the classroom. Read these books together with your child and explore how the characters handle conflict or form relationships.

5. **Empower your child to solve problems on their own.** Resist the temptation to step-in and offer solutions to a difficult situation your child is encountering. Instead, ask probing questions to help your child solve the problem on their own. Discuss how decisions might impact others (positively or negatively) and what the pros and cons or solutions might be.

6. **Model emotion labeling and emotion regulation when you encounter stress, frustration or anger.** Specify a "quiet area" in the house that can be used to cool-down. When you encounter "trigger situations" that may cause you to get angry or irritated, name what you're feeling, take a few deep breaths, and talk as a family about what everyone can do to stay calm.

7. **Be willing to apologize.** Show your child that it is important to apologize after an outburst, misunderstanding or conflict while modeling respect and kindness.

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SOCIAL MEDIA 101

*a **quick guide** for parents and educators*

Virtual communities open up a new world for kids to chat, network, stay connected and share common interests. However, these opportunities to socially interact can also be used by others to target and harm kids.

Social Media Dangers and Concerns

- Child may share or receive risqué or sexually explicit pictures or videos (sharing an explicit image of a minor is a crime!)
- Social media apps provide anonymous platforms for sexual predators and traffickers to groom unsuspecting youth
- Can use space to humiliate others or post inappropriate content (cyberbullying)
- Can connect with or receive a message from a stranger
- May attempt to physically meet with a stranger
- Can be harassed by peers/cyberbullied
- Is meant for ages 13+, but a lack of age-verification allows anyone to sign up
- Can lead to excessive or addictive use, or a substitute for face-to-face interactions
- Access to unhealthy peer "groups" (cutting, cults, gambling, drugs, etc.)
- No information shared is truly "private" in the digital world
- Over exposure can lead to mental health issues such as depression, anxiety or suicidal thoughts

Teach Teens These Safety Precautions:

- Think before you post. Remind them that there are no takebacks.
- Never send, post or share a sexually suggestive picture or video; tell your parent if someone sends and/or requests explicit images.
- Don't accept any online activity meant to intimidate, threaten, tease, or harm you or anyone else; Let parent/trusted adult know if this occurs.
- Tell you immediately if they receive a threatening, mean or sexual message. Block further communications.
- Get parent approval before opening or downloading new apps.
- Respect others online; Never send or share information that might hurt or embarrass someone.
- Never use vulgar or sexually-explicit language.
- Make sure they understand that they cannot recognize a disguised predator who may pose as a kid or trusted adult to begin the grooming process
- Predators often take conversations outside the app where interactions can't be easily monitored.
- Teach them how to recognize the grooming tactics of predators and traffickers, including trust and relationship building, offering love/romance, gifts, jobs, and the promise of a better life.

Snapchat, Instagram, Facebook, TikTok, WhatsApp, Discord are among apps predators frequently use to connect with children and teens.

safety & prevention 101

RULES N' TOOLS®

No child is immune to online threats: Parents are the "first line of defense."

- Know exactly what game your child is playing and who they are playing with.
- Play the game yourself. Spend time alongside your child to learn about the game.
- Teach your child to never share personally identifiable information (PII) including date of birth, address, full name, school or any image that can be used to identify or track your child down.
- Build an atmosphere of trust with your child regarding all of his/her online activities. Have regular ongoing conversations about good and bad gaming experiences.
- Recognize the addictive nature of gaming.
- Set parental controls to manage online gaming features, restrict communications, turn chat features on/off, set time limits and control spending.
- Set privacy settings which will affect who can see if your child is online, who he/she can play with and whether others can see what games are being played.
- Review games and ratings by the independent Entertainment Software Rating Board (ESRB) before downloading or buying games.
- Keep gaming equipment in a common area where you can supervise.
- Teach your child to never give out your credit card number for free games (full-gaming features may require additional payment).
- Make sure updated antivirus/antispyware software and firewall are running.
- Turn "Auto-play" features off. Implement Safety Rules and Software tools ("*Rules 'N Tools®*") on all internet-enabled devices and platforms used by your child. See the **Enough Is Enough® "*Rules 'N Tools®*"** guide at internetsafety101.org/safety-intro
- Essential software tools include setting age-appropriate filters, monitoring and time management software.
- Have your child sign the Have your child sign the **Family Contract for Smart Phones and Digital Devices**

Enough Is Enough® (EIE) Quick Guides are based on EIE's **Internet Safety 101®** Emmy Award-winning multi-media program and website designed to educate, equip and empower parents, educators and other adults with information needed to protect children from internet dangers.

For more information, visit internetsafety101.org and enough.org

ATTENDANCE
in the early grades

Many of our youngest students miss 10 percent of the school year—about 18 days a year or just two days every month. Chronic absenteeism in kindergarten, and even preK, can predict lower test scores, poor attendance and retention in later grades, especially if the problem persists for more than a year. Do you know how many young children are chronically absent in your school or community?

Attendance Works
Advancing Student Success By Reducing Chronic Absence
www.attendanceworks.org

Who Is Affected

Kindergarten and 1st grade classes often have absenteeism rates as high as those in high school. Many of these absences are excused, but they still add up to lost time in the classroom.

1 in 10 kids

in kindergarten and 1st grade are chronically absent. In some schools, it's as high as 1 in 4.[1]



2 in 10
low-income kids

miss too much school. They're also more likely to suffer academically.[1]



2.5 in 10
homeless kids

are chronically absent.[2]



4 in 10
transient kids

miss too much school when families move.[2]



[1] Chang, Hedy; Romero, Mariajose, *Present, Engaged and Accounted For: The Critical Importance of Addressing Chronic Absence in the Early Grades*, National Center for Children in Poverty: NY: NY, September 2008.
[2] *Chronic Absence in Utah*, Utah Education Policy Center at the University of Utah, 2012.

Why It Matters

If children don't show up for school regularly, they miss out on fundamental reading and math skills and the chance to build a habit of good attendance that will carry them into college and careers.

Preliminary data from a California study found that children who were chronically absent in kindergarten and 1st grade were far less likely to read proficiently at the end of 3rd grade.

Who Can Read on Grade Level After 3rd Grade?[3]



64%
of kids with good attendance in K and 1st
(missed 9 or fewer days both years)



43%
of kids with at-risk attendance
(missed more than 9 days both years)



41%
of kids chronically absent in K or 1st
(missed 18 or more days one year)



17%
of kids chronically absent in K and 1st
(missed 18 or more days both years)

[3] *Attendance in Early Elementary Grades: Association with Student Characteristics, School Readiness and Third Grade Outcomes*, Applied Survey Research. May 2011.

What We Can Do



Engage Families

Many parents and students don't realize how quickly early absences can add up to academic trouble. Community members and teachers can educate families and build a culture of attendance through early outreach, incentives and attention to data.



Fix Transportation

The lack of a reliable car, or simply missing the school bus, can mean some students don't make it to class. Schools, transit agencies and community partners can organize car pools, supply bus passes or find other ways to get kids to school.



Address Health Needs

Health concerns, particularly asthma and dental problems, are among the leading reasons students miss school in the early grades. Schools and medical professionals can work together to give children and families health care and advice.



Track the Right Data

Schools too often overlook chronic absence because they track average attendance or unexcused absences, not how many kids miss too many days for any reason. Attendance Works has free data-tracking tools.

These are a few steps that communities and schools can take. How do you think you can help?

© Joanna Shieh | The Hatcher Group

Positive Parenting Tips for Healthy Child Development

Teenagers (15-17 years of age)

Developmental Milestones

This is a time of changes for how teenagers think, feel, and interact with others, and how their bodies grow. Most girls will be physically mature by now, and most will have completed puberty. Boys might still be maturing physically during this time. Your teen might have concerns about her body size, shape, or weight. Eating disorders also can be common, especially among girls. During this time, your teen is developing his unique personality and opinions. Relationships with friends are still important, yet your teen will have other interests as he develops a more clear sense of who he is. This is also an important time to prepare for more independence and responsibility; many teenagers start working, and many will be leaving home soon after high school.

Here is some information on how teens develop:

Emotional/Social Changes



Children in this age group might:

- Have more interest in romantic relationships and sexuality.
- Go through less conflict with parents.
- Show more independence from parents.
- Have a deeper capacity for caring and sharing and for developing more intimate relationships.
- Spend less time with parents and more time with friends.
- Feel a lot of sadness or depression, which can lead to poor grades at school, alcohol or drug use, unsafe sex, and other problems.

Thinking and Learning

Children in this age group might:

- Learn more defined work habits.
- Show more concern about future school and work plans.
- Be better able to give reasons for their own choices, including about what is right or wrong.

Positive Parenting Tips

Following are some things you, as a parent, can do to help your teen during this time:

- Talk with your teen about her concerns and pay attention to any changes in her behavior. Ask her if she has had suicidal thoughts, particularly if she seems sad or depressed. Asking about suicidal thoughts will not cause her to have these thoughts, but it will let her know that you care about how she feels. Seek professional help if necessary.
- Show interest in your teen's school and extracurricular interests and activities and encourage him to become involved in activities such as sports, music, theater, and art.
- Encourage your teen to volunteer and become involved in civic activities in her community.
- Compliment your teen and celebrate his efforts and accomplishments.
- Show affection for your teen. Spend time together doing things you enjoy.

- Respect your teen's opinion. Listen to her without playing down her concerns.
- Encourage your teen to develop solutions to problems or conflicts. Help your teenager learn to make good decisions. Create opportunities for him to use his own judgment, and be available for advice and support.
- If your teen engages in interactive internet media such as games, chat rooms, and instant messaging, encourage her to make good decisions about what she posts and the amount of time she spends on these activities.
- If your teen works, use the opportunity to talk about expectations, responsibilities, and other ways of behaving respectfully in a public setting.
- Talk with your teen and help him plan ahead for difficult or uncomfortable situations. Discuss what he can do if he is in a group and someone is using drugs or under pressure to have sex, or is offered a ride by someone who has been drinking.
- Respect your teen's need for privacy.
- Encourage your teen to get enough sleep and exercise, and to eat healthy, balanced meals.
- Encourage your teen to have meals with the family. Eating together will help your teen make better choices about the foods she eats, promote healthy weight, and give family members time to talk with each other. In addition, a teen who eats meals with the family is more likely to have better grades and less likely to smoke, drink, or use drugs. She is also less likely to get into fights, think about suicide, or engage in sexual activity.

Child Safety First

You play an important role in keeping your child safe—no matter how old he or she is. Here are a few tips to help protect your child:

- Talk with your teen about the dangers of driving and how to be safe on the road. You can steer your teen in the right direction. CDC's "Parents Are the Key" campaign has steps that can help. Motor vehicle crashes are the leading cause of death from unintentional injury among teens, yet few teens take measures to reduce their risk of injury.
- Remind your teen to wear a helmet when riding a bike, motorcycle, or all-terrain vehicle. Unintentional injuries resulting from participation in sports and other activities are common.
- Talk with your teen about suicide and pay attention to warning signs. Suicide is the third leading cause of death among youth 15 through 24 years of age.
- Talk with your teen about the dangers of drugs, drinking, smoking, and risky sexual activity. Ask him what he knows and thinks about these issues, and share your feelings with him. Listen to what he says and answer his questions honestly and directly.
- Discuss with your teen the importance of choosing friends who do not act in dangerous or unhealthy ways.
- Know where your teen is and whether a responsible adult is present. Make plans with her for when she will call you, where you can find her, and what time you expect her home.

A pdf of this document for reprinting is available free of charge from
http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/adolescence2.html

Additional Information:

www.cdc.gov/childdevelopment
***1-800-CDC-INFO (800-232-4636),* www.cdc.gov/info**

Positive Parenting Tips for Healthy Child Development

Young Teens (12-14 years of age)

Developmental Milestones

This is a time of many physical, mental, emotional, and social changes. Hormones change as puberty begins. Most boys grow facial and pubic hair and their voices deepen. Most girls grow pubic hair and breasts, and start their period. They might be worried about these changes and how they are looked at by others. This also will be a time when your teen might face peer pressure to use alcohol, tobacco products, and drugs, and to have sex. Other challenges can be eating disorders, depression, and family problems. At this age, teens make more of their own choices about friends, sports, studying, and school. They become more independent, with their own personality and interests, although parents are still very important.

Here is some information on how young teens develop:

Emotional/Social Changes

Children in this age group might:

- Show more concern about body image, looks, and clothes.
- Focus on themselves; going back and forth between high expectations and lack of confidence.
- Experience more moodiness.
- Show more interest in and influence by peer group.
- Express less affection toward parents; sometimes might seem rude or short-tempered.
- Feel stress from more challenging school work.
- Develop eating problems.
- Feel a lot of sadness or depression, which can lead to poor grades at school, alcohol or drug use, unsafe sex, and other problems.



Thinking and Learning

Children in this age group might:

- Have more ability for complex thought.
- Be better able to express feelings through talking.
- Develop a stronger sense of right and wrong.

Positive Parenting Tips

Following are some things you, as a parent, can do to help your child during this time:

- Be honest and direct with your teen when talking about sensitive subjects such as drugs, drinking, smoking, and sex.
- Meet and get to know your teen's friends.
- Show an interest in your teen's school life.
- Help your teen make healthy choices while encouraging him to make his own decisions.

- Respect your teen's opinions and take into account her thoughts and feelings. It is important that she knows you are listening to her.
- When there is a conflict, be clear about goals and expectations (like getting good grades, keeping things clean, and showing respect), but allow your teen input on how to reach those goals (like when and how to study or clean).

Child Safety First

You play an important role in keeping your child safe—no matter how old he or she is. Here are a few tips to help protect your child:

- Make sure your teen knows about the importance of wearing seatbelts. Motor vehicle crashes are the leading cause of death among 12- to 14-year-olds.
- Encourage your teen to wear a helmet when riding a bike or a skateboard or using inline skates; riding on a motorcycle, snowmobile, or all-terrain vehicle; or playing contact sports. Injuries from sports and other activities are common.
- Talk with your teen about the dangers of drugs, drinking, smoking, and risky sexual activity. Ask him what he knows and thinks about these issues, and share your thoughts and feelings with him. Listen to what she says and answer her questions honestly and directly.
- Talk with your teen about the importance of having friends who are interested in positive activities. Encourage her to avoid peers who pressure her to make unhealthy choices.
- Know where your teen is and whether an adult is present. Make plans with him for when he will call you, where you can find him, and what time you expect him home.
- Set clear rules for your teen when she is home alone. Talk about such issues as having friends at the house, how to handle situations that can be dangerous (emergencies, fire, drugs, sex, etc.), and completing homework or household tasks.

Healthy Bodies

- Encourage your teen to be physically active. She might join a team sport or take up an individual sport. Helping with household tasks such as mowing the lawn, walking the dog, or washing the car also will keep your teen active.
- Meal time is very important for families. Eating together helps teens make better choices about the foods they eat, promotes healthy weight, and gives your family members time to talk with each other.
- Limit screen time for your child to no more than 1 to 2 hours per day of quality programming, at home, school, or afterschool care.

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Positive Parenting Tips for Healthy Child Development

Middle Childhood (9-11 years of age)

Developmental Milestones

Your child's growing independence from the family and interest in friends might be obvious by now. Healthy friendships are very important to your child's development, but peer pressure can become strong during this time. Children who feel good about themselves are more able to resist negative peer pressure and make better choices for themselves. This is an important time for children to gain a sense of responsibility along with their growing independence. Also, physical changes of puberty might be showing by now, especially for girls. Another big change children need to prepare for during this time is starting middle or junior high school.

Here is some information on how children develop during middle childhood:

Emotional/Social Changes



Children in this age group might:

- Start to form stronger, more complex friendships and peer relationships. It becomes more emotionally important to have friends, especially of the same sex.
- Experience more peer pressure.
- Become more aware of his or her body as puberty approaches. Body image and eating problems sometimes start around this age.

Thinking and Learning

Children in this age group might:

- Face more academic challenges at school.
- Become more independent from the family.
- Begin to see the point of view of others more clearly.
- Have an increased attention span.

Positive Parenting Tips

Following are some things you, as a parent, can do to help your child during this time:

- Spend time with your child. Talk with her about her friends, her accomplishments, and what challenges she will face.
- Be involved with your child's school. Go to school events; meet your child's teachers.
- Encourage your child to join school and community groups, such as a sports team, or to be a volunteer for a charity.
- Help your child develop his own sense of right and wrong. Talk with him about risky things friends might pressure him to do, like smoking or dangerous physical dares.
- Help your child develop a sense of responsibility—involve your child in household tasks like cleaning and cooking. Talk with your child about saving and spending money wisely.
- Meet the families of your child's friends.
- Talk with your child about respecting others. Encourage her to help people in need. Talk with her about what to do when others are not kind or are disrespectful.

- Help your child set his own goals. Encourage him to think about skills and abilities he would like to have and about how to develop them.
- Make clear rules and stick to them. Talk with your child about what you expect from her (behavior) when no adults are present. If you provide reasons for rules, it will help her to know what to do in most situations.
- Use discipline to guide and protect your child, instead of punishment to make him feel badly about himself.
- When using praise, help your child think about her own accomplishments. Saying "you must be proud of yourself" rather than simply "I'm proud of you" can encourage your child to make good choices when nobody is around to praise her.
- Talk with your child about the normal physical and emotional changes of puberty.
- Encourage your child to read every day. Talk with him about his homework.
- Be affectionate and honest with your child, and do things together as a family.

Child Safety First

More independence and less adult supervision can put children at risk for injuries from falls and other accidents. Here are a few tips to help protect your child:

- Protect your child in the car. The National Highway Traffic Safety Administration recommends that you keep your child in a booster seat until he is big enough to fit in a seat belt properly. Remember: your child should still ride in the back seat until he or she is 12 years of age because it's safer there. Motor vehicle crashes are the most common cause of death from unintentional injury among children of this age.
- Know where your child is and whether a responsible adult is present. Make plans with your child for when he will call you, where you can find him, and what time you expect him home.
- Make sure your child wears a helmet when riding a bike or a skateboard or using inline skates; riding on a motorcycle, snowmobile, or all-terrain vehicle; or playing contact sports.
- Many children get home from school before their parents get home from work. It is important to have clear rules and plans for your child when she is home alone.

Healthy Bodies

- Provide plenty of fruits and vegetables; limit foods high in solid fats, added sugars, or salt, and prepare healthier foods for family meals.
- Keep television sets out of your child's bedroom. Limit screen time, including computers and video games, to no more than 1 to 2 hours.
- Encourage your child to participate in an hour a day of physical activities that are age appropriate and enjoyable and that offer variety! Just make sure your child is doing three types of activity: aerobic activity like running, muscle strengthening like climbing, and bone strengthening – like jumping rope – at least three days per week.

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http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/middle2.html

Additional Information:

http://www.cdc.gov/childdevelopment
1-800-CDC-INFO (800-232-4636) http://www.cdc.gov/info

Positive Parenting Tips for Healthy Child Development

Middle Childhood (6-8 years of age)

Developmental Milestones

Middle childhood brings many changes in a child's life. By this time, children can dress themselves, catch a ball more easily using only their hands, and tie their shoes. Having independence from family becomes more important now. Events such as starting school bring children this age into regular contact with the larger world. Friendships become more and more important. Physical, social, and mental skills develop quickly at this time. This is a critical time for children to develop confidence in all areas of life, such as through friends, schoolwork, and sports.

Here is some information on how children develop during middle childhood:

Emotional/Social Changes

Children in this age group might:

- Show more independence from parents and family.
- Start to think about the future.
- Understand more about his or her place in the world.
- Pay more attention to friendships and teamwork.
- Want to be liked and accepted by friends.



Thinking and Learning

Children in this age group might:

- Show rapid development of mental skills.
- Learn better ways to describe experiences and talk about thoughts and feelings.
- Have less focus on one's self and more concern for others.

Positive Parenting Tips

Following are some things you, as a parent, can do to help your child during this time:

- Show affection for your child. Recognize her accomplishments.
- Help your child develop a sense of responsibility—ask him to help with household tasks, such as setting the table.
- Talk with your child about school, friends, and things she looks forward to in the future.
- Talk with your child about respecting others. Encourage him to help people in need.
- Help your child set her own achievable goals—she'll learn to take pride in herself and rely less on approval or reward from others.
- Help your child learn patience by letting others go first or by finishing a task before going out to play. Encourage him to think about possible consequences before acting.
- Make clear rules and stick to them, such as how long your child can watch TV or when she has to go to bed. Be clear about what behavior is okay and what is not okay.
- Do fun things together as a family, such as playing games, reading, and going to events in your community.

- Get involved with your child's school. Meet the teachers and staff and get to understand their learning goals and how you and the school can work together to help your child do well.
- Continue reading to your child. As your child learns to read, take turns reading to each other.
- Use discipline to guide and protect your child, rather than punishment to make him feel bad about himself. Follow up any discussion about what *not* to do with a discussion of what *to* do instead.
- Praise your child for good behavior. It's best to focus praise more on what your child does ("you worked hard to figure this out") than on traits she can't change ("you are smart").
- Support your child in taking on new challenges. Encourage her to solve problems, such as a disagreement with another child, on her own.
- Encourage your child to join school and community groups, such as a team sports, or to take advantage of volunteer opportunities.

Child Safety First

More physical ability and more independence can put children at risk for injuries from falls and other accidents. Motor vehicle crashes are the most common cause of death from unintentional injury among children this age.

- Protect your child properly in the car. For detailed information, see the American Academy of Pediatrics' Car Safety Seats: A Guide for Families.
- Teach your child to watch out for traffic and how to be safe when walking to school, riding a bike, and playing outside.
- Make sure your child understands water safety, and always supervise her when she's swimming or playing near water.
- Supervise your child when he's engaged in risky activities, such as climbing.
- Talk with your child about how to ask for help when she needs it.
- Keep potentially harmful household products, tools, equipment, and firearms out of your child's reach.

Healthy Bodies

- Parents can help make schools healthier. Work with your child's school to limit access to foods and drinks with added sugar, solid fat, and salt that can be purchased outside the school lunch program.
- Make sure your child has 1 hour or more of physical activity each day.
- Limit screen time for your child to no more than 1 to 2 hours per day of quality programming, at home, school, or afterschool care.
- Practice healthy eating habits and physical activity early. Encourage active play, and be a role model by eating healthy at family mealtimes and having an active lifestyle.

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Positive Parenting Tips for Healthy Child Development

Preschoolers (3-5 years of age)

Developmental Milestones

Skills such as naming colors, showing affection, and hopping on one foot are called developmental milestones. Developmental milestones are things most children can do by a certain age. Children reach milestones in how they play, learn, speak, behave, and move (like crawling, walking, or jumping).

As children grow into early childhood, their world will begin to open up. They will become more independent and begin to focus more on adults and children outside of the family. They will want to explore and ask about the things around them even more. Their interactions with family and those around them will help to shape their personality and their own ways of thinking and moving. During this stage, children should be able to ride a tricycle, use safety scissors, notice a difference between girls and boys, help to dress and undress themselves, play with other children, recall part of a story, and sing a song.

For more details on developmental milestones, warning signs of possible developmental delays, and information on how to help your child's development, visit the "Learn the Signs. Act Early." campaign website.
http://www.cdc.gov/ncbddd/actearly/index.html

Positive Parenting Tips

Following are some things you, as a parent, can do to help your preschooler during this time:

- Continue to read to your child. Nurture her love for books by taking her to the library or bookstore.
- Let your child help with simple chores.
- Encourage your child to play with other children. This helps him to learn the value of sharing and friendship.
- Be clear and consistent when disciplining your child. Explain and show the behavior that you expect from her. Whenever you tell her no, follow up with what he should be doing instead.
- Help your child develop good language skills by speaking to him in complete sentences and using "grown up" words. Help him to use the correct words and phrases.
- Help your child through the steps to solve problems when she is upset.
- Give your child a limited number of simple choices (for example, deciding what to wear, when to play, and what to eat for snack).



Child Safety First

As your child becomes more independent and spends more time in the outside world, it is important that you and your child are aware of ways to stay safe. Here are a few tips to protect your child:

- Tell your child why it is important to stay out of traffic. Tell him not to play in the street or run after stray balls.
- Be cautious when letting your child ride her tricycle. Keep her on the sidewalk and away from the street and always have her wear a helmet.
- Check outdoor playground equipment. Make sure there are no loose parts or sharp edges.
- Watch your child at all times, especially when he is playing outside.
- Be safe in the water. Teach your child to swim, but watch her at all times when she is in or around any body of water (this includes kiddie pools).
- Teach your child how to be safe around strangers.
- Keep your child in a forward-facing car seat with a harness until he reaches the top height or weight limit allowed by the car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it will be time for him to travel in a booster seat, but still in the back seat of the vehicle. The National Highway Traffic Safety Administration has information on how to keep your child safe while riding in a vehicle.

Healthy Bodies

- Eat meals with your child whenever possible. Let your child see you enjoying fruits, vegetables, and whole grains at meals and snacks. Your child should eat and drink only a limited amount of food and beverages that contain added sugars, solid fats, or salt.
- Limit screen time for your child to no more than 1 to 2 hours per day of quality programming, at home, school, or child care.
- Provide your child with age-appropriate play equipment, like balls and plastic bats, but let your preschooler choose what to play. This makes moving and being active fun for your preschooler.

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