

The Healthy Mentality

A mental health newsletter courtesy
of North Central West Virginia Community Action

August 2017

Back to School

It's back-to-school time. Even those that have been working all summer can feel the difference in the air when the kids get back into school. Things may seem more rushed or more disorganized, and when it is time to walk out the door, someone throws a tantrum. If this is sounding familiar, don't worry, you are not alone. The start of the school year is a change, and changes, no matter what it is, can be difficult.

Establishing bedtime and morning routines can help alleviate some of these challenges. Children tend to become overwhelmed when they do not know what is going to happen next. Having consistent routines helps provide assurance and comfort. When thinking about developing a routine for your bedtimes and mornings, keep in mind that having something visible, like a schedule with pictures, is helpful for our little one who can't read. You can also try taking pictures on your phone of your child following their routine and then using the picture as a reminder on days when the child may be struggling to remember the routine. When providing directions to your child, use "Do's" instead of "Don'ts". For example, instead of saying "Don't play with your toys" change the direction to, "It's time to put on your shoes."

For more ideas, please see "How To Help Your Child Have a Successful Bedtime" and "How To Help Your Child Have a Successful Morning" found at <http://challengingbehavior.fmhi.usf.edu/do/resources/backpack.html>

Keep Me In School

School is such an important component in a child's life. In preschool, children get to learn how to make friends, practice daily living skills, and prepare for kindergarten, all while playing. But even in play, challenging behaviors occur. In some settings, these challenging behaviors can lead to suspension or even expulsion. According to a policy statement written in 2005 by the U.S. Department of Health and Human Services/U.S. Department of Education, preschoolers are expelled at 3 times the rate of children in kindergarten through 12th grade. Professionals that work in early childhood identify that this is not a developmentally appropriate response. The new Head Start Performance Standards took this into consideration and determined that program policies and systems need to be in place to prevent suspension and limit expulsion. The National Center on Early Childhood Health and Wellness August 2017 Mental Health Newsletter focuses on the importance of preventing suspension and eliminating expulsion in preschool. In their newsletter, they provide multiple resources for programs and educators that may be beneficial and helpful as the new school year begins. You can find this newsletter at <http://hsicc.cmail20.com/t/ViewEmail//B167F00514D4FB2D/1E7818D8F04DA49EC5EC08CADFFC107B>.

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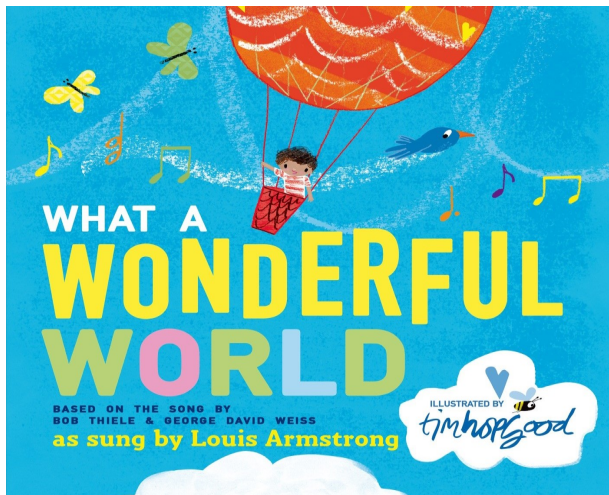


Early Childhood Positive Behavior Implementation and Support

Early Childhood Positive Behavior Implementation and Support (ECPBIS) is a process that supports our children's positive social and emotional growth. Sometimes, our children demonstrate challenging behaviors. The Center for Early Childhood Mental Health Consultation identifies that "Children might have challenging behavior because they have not developed social skills or don't understand the rule, social expectation, or behaviors that are expected within a situation." In Head Start/Early Head Start we utilize the ECPBIS process to support children, parents and teachers with increasing appropriate behaviors. If you are interested in this practice, please speak to your teacher, FCE staff, or myself, Fe Whoolery, for more information.

Reading is FundaMENTAL:

Books can be a great way to connect with your child while learning valuable life skills. This month's suggested book is:



Based on the Louis Armstrong classic, you likely already know the words in this book and can probably hum the tune. In the context of a beautifully colorful children's book, the words teach about appreciating the world and the people around you. It makes for an inspiring read full of hope and wonderment. Whether you decide to read or sing this book to your child, encourage your child to identify the wonderful things in their world. It will surely bring a smile to your face to see things from a new perspective through the eyes of one of the wonderful things in your world.

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The information provided in this newsletter is for educational purposes and is not intended to replace discussions with your healthcare provider.

