

The Healthy Mentality

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

March 2018

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Encouraging Resilience

The Ability to Cope:
Building Resilience in Yourself and Your Child



Resilience is defined as the ability to recover or adjust from a difficult situation. There is so much happening on a day to day basis that it is important to build resiliency in ourselves, our families and our children.

The following are tips from “The Ability to Cope: Building Resilience in Yourself and Your Child” by Mary Watson Avery, William R. Beardslee, Catherine C. Ayoub, Caroline L. Watts, and Kristin Stephenson.

- 1) Take good care and teach self-care
- 2) Build a strong parent-child bond
- 3) Encourage social skills
- 4) Maintain a daily routine
- 5) Nurture positive self-esteem
- 6) Teach your child to laugh and enjoy life by trying to do so yourself
- 7) Talk to your child about the stresses in a way he/she can understand
- 8) Focus on hope

For the article in its entirety please see:

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/ability-to-cope.pdf>



Strong Foundations in Mental Health
for Social & Emotional Well-Being



NATIONAL CENTER ON
Early Childhood Health and Wellness

Strong Foundations in Mental Health for Social and Emotional Well-being Newsletter

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Promoting Resilience



The above newsletter from the National Center on Early Childhood Health and Wellness can be found at:

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/mental-health-201703.pdf>

April 2nd is Light It Up Blue

April is Autism Awareness Month. To kick off Autism Awareness Month, Autism Speaks encourages individuals to wear blue on April 2nd. During the month of April, autism-friendly events and educational activities take place to increase understanding and acceptance and foster worldwide support. To find more information on Autism and resources please visit

<https://www.autismspeaks.org>.



You and Your Wellness:

provided by Center for Early Childhood Mental Health Consultation

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Effective Communication Strategies

Make a praise sandwich.
When you need to give someone feedback on his/her behavior, start with an observation of what he/she is doing well. Describe the changes you would like the person to make as "next steps" rather than as a critique. Finally, end with a compliment about something he/she has done well.

Praise: "Nice job speaking right at eye level with Jacey."
Next steps: "Next time you might think about using a softer voice."
Praise: "I really liked how you gave her a high five at the end."

Practice active listening skills: Listen to the message, reflect feelings, notice nonverbal communication cues.

Repeat back to the listener what you think you have just heard, to make sure you are correct.

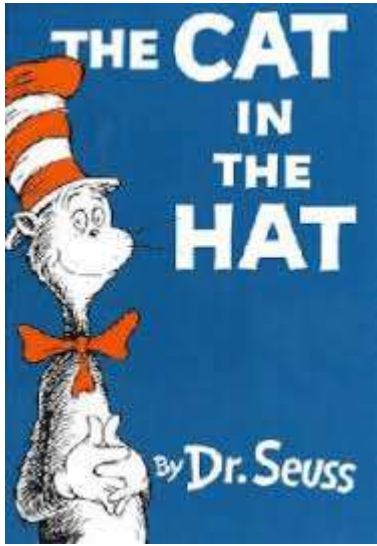
Speak about yourself rather than the other person. "I felt sad," versus, "You let me down."

Describe the facts rather than placing blame. "Drop-off is at 9 a.m.; it is now 11:30," rather than: "You are more than two hours late!"

CENTER FOR EARLY CHILDHOOD MENTAL HEALTH CONSULTATION
University of Maryland, Center for Child and Human Development

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: **The Cat In The Hat by Dr. Seuss**



In Celebration of Dr. Seuss birthday (March 2nd), this month's suggested book is The Cat In The Hat. With a well known character, this book can be utilized to start a discussion with your little ones about responsibility and playing nicely with others. In the end, the story asks the audience if they would tell their mother what happened while she was away. This opens the door to talk about honesty, which can be an important topic to discuss at any age.



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

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