

The Healthy Mentality

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

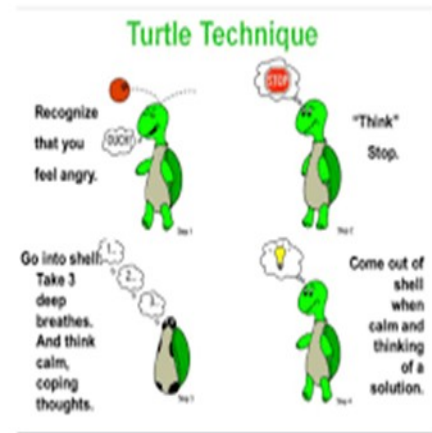
February 2018

In this Newsletter:

- Early Childhood Positive Behavior Implementation and Support (ECPBIS)
- March is Social Work Month
- You and Your Wellness
- Reading is Fundamental

Early Childhood Positive Behavior Implementation and Support (ECPBIS): More Than Stickers

Early Childhood Positive Behavior Implementation and Support (ECPBIS) is a framework that is aimed to support children's positive social emotional growth and decrease challenging behaviors that may occur in the classroom or home environment. Sometimes when utilizing a positive behavior support system, the main focus goes to utilizing a reward system or "Using stickers. While this may be a very effective strategy of ECPBIS, it is important to remember the other valuable strategies. Remember that ECPBIS is a **preventive** approach. Effective ECPBIS strategies include environmental manipulations, providing positive attention and feedback to children, and teaching social skills and expression of feelings. Things to ask yourself to identify if you are using ECPBIS strategies:



-is my environment a space that is inviting to children and learning?

-am I building a nurturing relationship with my children?

-do I have visuals to communicate to my children the schedule, expectations and rules?

-when I give a direction, do I acknowledge and praise the positive behavior?

-when do I give most of my attention to my child; when they are following expectations or when they are misbehaving?

If you feel that you, as a parent or a staff member, would benefit from a review on Early Childhood Positive Behavior Implementation and Support, please feel free to contact me, Fe Whoolery, 304-376-7043.

March is Social Work Month

March is Social Work Month. This year's theme is, "Social Workers: Leaders. Advocates. Champions." Social workers look at situations in a holistic way. The Family Community Engagement Staff that we work with every day fit the role of a social worker. They find the resources to support our families, they take the time out to listen to what has been going on, and they lift us up when we are feeling down. I would like to take a moment to thank our Family Community Engagement Staff for their daily efforts. Thank you all for what you do! It is a pleasure to work with all of you.



SOCIAL WORKERS
leaders. advocates. champions.



Thoughts Impact Behavior

Did you know that your thoughts can impact your behavior? Stress comes from our perception of a situation. Technically, the actual situation is not stressful; it is our **PERCEPTION** that makes it stressful.

The experience of stress is cyclical and includes thoughts, emotions, and behaviors.

Each component of stress impacts the other. If you can intervene at one of these points, you can stop the cycle of stress.



Sometimes it is easier to start by changing your thoughts, and here is one way to try this:

Practice "Thought Stopping"

- Step 1:** Notice your thoughts. Are they positive and helpful? Or negative and unhelpful?
- Step 2:** Use a trigger word to stop a negative and unhelpful thought.
- Step 3:** Replace that thought with a more helpful thought.

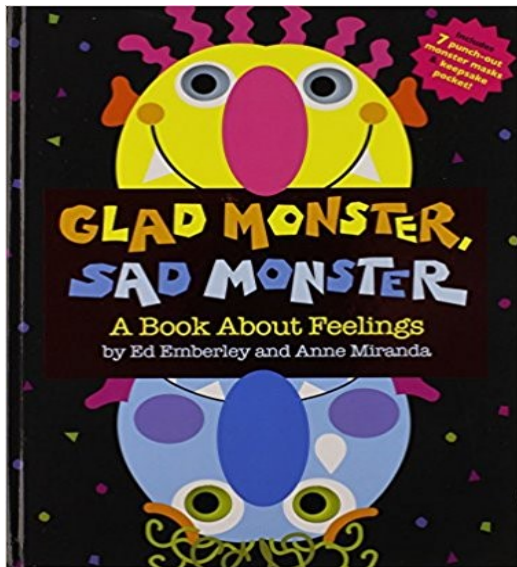
This is what it might look like:

- You:** "There is no point in trying"
- You:** STOP!
- You:** "This situation could be easier if I first talked with a friend, colleague, or other source of support."

CENTER FOR EARLY CHILDHOOD MENTAL HEALTH CONSULTATION
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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: **Glad Monster Sad Monster** By Ed Emberley & Anne Miranda



Utilizing books is a great way to learn about feelings. *Glad Monster Sad Monster* by Ed Emberley and Anne Miranda introduces feelings to little ones by identifying that monsters have feelings too. From glad to silly to sad, children can explore different feelings, what may cause these feelings and how one may look when experiencing these feelings. There are many activities you can do, at home and school when reading this book with your child. Go to <http://csefel.vanderbilt.edu/booknook/glad/glad.pdf> for ideas.

