



Behavioral Health & Wellness

Family involvement has a positive effect on student behavior. When families are involved, students exhibit more positive attitudes and behavior.

Why Temperament Matters?

A [child's temperament](#) describes the way your child may approach and react to the things around them. It is their personal style. Temperament influences your child's behavior and how they will interact with others. As a parent, you are able to identify those moments through their mood and attention span, and even through motor skills and sleep habits. Getting to know what your child's temperament is helps you to develop appropriate behavior expectations for your home plan.



TIPS

- **Consider** your own temperament. Look for ways for you to work together.
- **Understand** and accept your child's feelings. This aids development and influences how they will express their feelings.
- **Recognize** that differences in behavioral styles are real.
- **Remember** your reactions to your child's temperament affects RELATIONSHIPS!

Quote:

"The goal of PBIS is not **"perfect children"**. Rather the goal should be creating the perfect environment for enhancing their growth."

-Randy Sprick

Mental Health

Practice Self-Soothing with the Senses together. Be present and focus on/discuss the experience of the senses.

Sight look at favorite pictures; coloring books; collages; take a walk and enjoy your surroundings

Sound Play your favorite music; pay attention to sounds in nature; listen to a sound machine or app

Smell Put on your favorite lotion; use a scented body wash; make cookies or popcorn; fresh air

Taste Eat some of your favorite foods; enjoy nostalgic flavors; eat one thing mindfully/slowly

Touch Take a long bath or shower; pet your dog or cat; hug or be hugged; heated or weighted blanket; carry stuffed animal; stress ball

These are positive ways to take a break and distract ourselves when feeling anxious or overwhelmed.

Social Work

Creating a Routine

Help your child create a daily activity chart for them to complete each day. This helps them to continue to have a routine as if they were in school. You can divide their day into different subjects like Math, Reading, Writing, Science, etc.

Remember to include earned leisure time and family activities! Always take time to reflect on the day with your child.