

Behavioral Health & Wellness

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



Constructing Affective Statements

Affective statements provide clarification on a feeling and a behavior. Affective statements are: I feel _____ because _____. Be mindful to always consider the needs of your child when addressing them. It is important to take responsibility for your own feelings and not impose your feelings on your child(ren). The purpose is for your child(ren) to learn how their specific behaviors impact those around them.



Mental Health

Acceptance

In life, we all will run into situations that are simply out of our control. It's so easy to think, "This isn't fair" or "I shouldn't have this problem". It's those thoughts that make the pain worse.

Radical Acceptance refers to a healthier way of thinking during such situations. Instead of focusing on how one would like something to be different, it is helpful to recognize and accept the situation as it is. Always remember, acceptance is not the same as liking or condoning the situation.

Learning to accept problems that are out of one's control will lead to less anxiety, anger, and sadness when dealing with them. Once reality is accepted, moving forward becomes possible.

Radical Coping Statements

- This is how it has to be for now.
- I cannot change what has already happened.
- I can survive the present even if I do not like what is happening.
- I do not have control of the past.
- Some things cannot be explained.

TIPS

Steps to Affective Statements

1. Self identify what you are feeling and how you are impacted-self awareness
2. Self identify the specific action or behavior that you are responding to=separate the doer from the deed
3. Bring steps 1 and 2 together in authentic expression of your feeling or how you are impacted, by the behavior.
Ex. I feel happy when you pick-up your toys the first time I ask.

Communication Tool (C-LARA)

- C- Calm & Center
- L- Listen
- A- Affirm
- R- Respond (respond to the issue that has been raised)
- A- Add Information (share additional information)

Social Work

Helping Your Child Learn Acceptance

While your child is adjusting to learning from home and adapting to many daily routine changes, they may start to get frustrated. As a parent, you can support your child by helping them learn acceptance of what they can and cannot control. The following activities use visual representations as a starting point to create open discussion:

1. Help your child make a list of what frustrates them or worries them. Then, sort the list into the two categories of what is in their control and what is not.
2. Stand in the middle of a hula- hoop and show how we can have control over what is inside the hula-hoop.
3. Hold a rock in one hand and playdough in the other. The rock represents what we cannot control and the playdough represents what we can. Help your child understand that no matter how much we focus on the rock (or what we cannot control), it will not change; but if we focus on the playdough (what we can control) we can build, mold, and shape anything we want. Learning these things can help you "let go" and accept when things are out of your control.

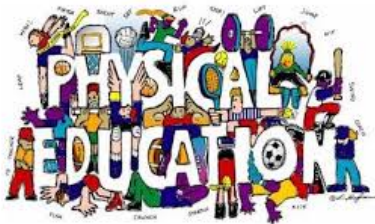
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Chronic Diseases and Covid19

The CDC reports that older adults and people of any age with chronic medical conditions such as diabetes, seizures, food allergies, asthma and any other medical conditions might be at higher risk of developing severe illness due to COVID-19. If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious underlying health problem, it is extra important for you to take actions to reduce your risk of getting sick with COVID19.

Here are some steps you can take: <https://tinyurl.com/rgqwc94>



Would you Rather?

Give kids a short break by playing a few rounds of “Would you rather?” Give them two activity choices and let them choose which one they want to do and then have them do it!

- Jumping jacks or Jump rope?
- Plank or Push ups?
- Butterfly stretch or Frog jumps?
- Windmills or Arm circles?
- High knees or Skipping?
- Squats or Lunges?
- Hurdle stretch or Standing Toe Touch?
- Mountain climbers or Burpees?
- Crunches or Bicycles?
- Side stretch or Cobra?



Tobacco Resources

Get the facts about tobacco products and have a talk with your child about the risks.

- **CATCH My Breath E-Cigarette and JUUL Prevention Curriculum:** <https://www.catch.org/bundles/23725>
- **CATCH Video and resources for parents:** <https://www.catch.org/pages/cmb-parent-resources>
- **JUUL E-Cigarettes: A New Threat to Kids** <https://www.tobaccofreekids.org/what-we-do/industry-watch/e-cigarettes>
- **Electronic Cigarettes** https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm
- **Smokeless Tobacco Products Fact Sheets:** https://www.cdc.gov/tobacco/basic_information/smokeless/fact/index.htm
- **TXSayWhat.com;** Youth-led tobacco prevention program. <http://txsaywhat.com/index>