

Behavioral Health & Wellness

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

PBIS

Set the stage for Positive Behavior this Summer

1. Teach and reteach expectations for desired behaviors. Children desire structure and need to learn behaviors just like they need to learn addition and subtraction.
2. Give your child warnings around transitions. For example, “ In 20 minutes, we will eat dinner”.
3. Give first/then statements to set up delayed gratification. “First take your bath, then you can watch TV”.
4. Avoid using words like “no”. Children don’t like to be told “no” or “stop”. Let your child know what to do instead of what not to do. Give specific step by step directives to increase compliance.
5. Provide choices to prevent power struggles. For example, “Would You rather play for 5 minutes or go to bed early?”



These strategies create predictable, consistent routines and structure. Children need to learn appropriate skills to get their needs met. The strategies help create a foundation for your child to thrive in.



Mental Health

Preparing for Change

Change is often times difficult and not met with excitement. However, change can be a positive opportunity to grow. Learning the stages of change can prepare us for what to expect next as we anticipate upcoming transitions and change in life.

The Stages of Change

Precontemplation- Unaware of the problem. One may think “No, not me.”

Contemplation- Aware of the problem and of the desired change. One may be hesitant and think “Well maybe I can change.”

Preparation- Intending to take action and considering steps to take. One may think “So, okay. What do I do now?”

Action- Practices the desired behavior, avoid triggers, and may reach out for help. May think “Okay. Let’s do this.”

Maintenance- Works to sustain the behaviors changed. May think “It is possible.”

Recurrence- It may take several passes through the stages to permanently change the behaviors. One may think “I need to cope with consequences and determine what to do next.”

Social Work

Transitions

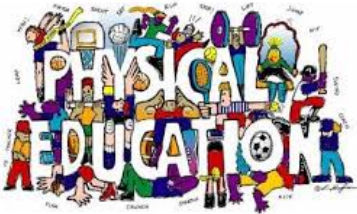
Transitioning from elementary school to middle school or from middle school to high school is a significant time for children. It can often feel daunting but there are ways for you, as a parent, to help support your child experience a smoother transition.

- Create an open conversation with your child about their thoughts on moving up to a new school, and address any concerns, questions, or worries.
 - Help your child learn time management skills to incorporate the higher level of learning in their new grade as well as helping them to explore different study styles to help learn what works best for them.
 - If possible, create a study space at home. This can help motivate them to concentrate on completing work.
 - Encourage social interactions with peers, such as extracurricular activities the school provides.
- Maintain contact with their teachers, so it is easier to collaborate on building positive support both at home and school.



Steps to reduce Mindless snacking while in quarantine:

- Unplug! Eating while you're distracted (i.e. on the computer, watching TV) can lead you to eat faster, feel less full, and mindlessly eat bigger portions.
- Listen to your body! Researchers noted that those who relied on the clock to know when to eat ended up eating more often than those who relied on internal hunger signals.
- Slow Down! Scientists believe that taking at least 20–30 minutes to finish a meal allows more time for your body to release hormones that promote feelings of fullness.
- Out of sight, out of Mind! Seeing food pushes you to consciously decide whether to eat it, and increases the chances you'll choose to eat the food. Don't keep snacks at your desk!
- Try hydrating instead! Sometimes we snack because we think we're hungry, but actually our body is just dehydrated and craving a drink.



Lions and Bees and Bunnies—Oh My!

Are the kids feeling restless? Feeling anxious? Take a break and practice mindful breathing. This video, [Animal Breathing Techniques for Kids](#) shows children breathing techniques that they can use to manage their emotions or recharge their energy.



Bunny Breathing: Use a series of short, quick breaths to increase oxygen to the brain.

Bumble Bee Breathing: Slow breaths and buzzing can help reduce your heart rate and stress level.

Lion Breathing: Use big, deep breaths and roaring to release anger and frustration.

Bear Breathing: Focus on holding your breath to create a feeling of peace and restfulness.

Crocodile Breathing: Use yoga positions to breathe deeply in your belly.



Talk. They Hear You. Mobile App

"Talk. They Hear You." is a free mobile app that helps you prepare for one of the most important conversations you may ever have with your children about underage drinking.

- Practice bringing up the topic of alcohol using avatars in an interactive simulation
- Learn the questions to ask
- Get ideas for keeping the conversation going



<https://youtu.be/Hyq-ke2FXZA>