

Behavioral Health & Wellness

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

PBIS

Tantrums, Tears, and Tempers: Behavior is Communication

Children typically communicate through actions. Behavior is communication that there is an unmet need. As a parent, try to understand what your child is trying to convey so you can respond appropriately. To determine the purpose of your child's behavior, look at the antecedent (what happened prior to the behavior) and identify the trigger.

Factors that affect your child's behavior

- Developmental stages
- Temperament - describes the way a child tends to react to people, places, and experiences
- Disabilities

How to encourage positive behaviors

- Reinforce good behavior
- Provide structure and consistency
- Collect data
- Name the behavior you're encouraging
- Give words for emotions
- Change the environment
- Give choices
- Avoid power struggles

Resource: <http://www.pacer.org/parent/php/php-c154.pdf>

Mental Health

Gratitude

Practicing gratitude can help cultivate joy and positivity in one's life. Focusing on what we appreciate can be a healthy coping skill during overwhelming or stressful times in our lives.

Here are some gratitude journaling prompts. Feel free to write them down, use them as a guide to spending more time thinking of gratitude, or to share your ideas with others.

- What made you smile today?
- What is the best compliment you have received?
- What is your favorite song and why?
- What is a strength for which you are grateful?
- Describe a life challenge that you are grateful for...
- What is something that is funny that you are grateful for?
- What three things are you grateful for today and why?
- Describe a happy memory. What did you see, hear, feel, smell?
- Think about an act of kindness someone did for you...
- Describe a goal you achieved...

Social Work

Gratitude Affirmations

The practice of gratitude is a great way to bring happiness to you and your family. One way to practice gratitude is through affirmations. Affirmations are positive, self-affirming statements. Taking 2 minutes out of your day to say affirmations with your child can make a big difference. Use the following as affirmations to start with and create your own with your child as a fun activity.

- I embrace today with open arms
- I am confident and capable
- Even when I struggle, I will keep on going
- My mistakes help me learn
- I am perfect just the way I am

TIP: Make affirmations even more fun by practicing them through an activity.

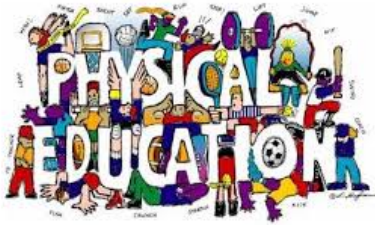
- Create an affirmation board
- Make a *treasure chest* of affirmations so you can read one each day
- Turn your affirmations into a song

Behavioral Health & Wellness



Summer Safety

Hot days, bike riding, swimming, exploring outside – summer has a so many fun activities! Keep in mind that the Texas heat can sneak up on you quickly, so make sure to stay hydrated with plenty of water (even if you don't feel thirsty), avoid being outside from 11am-3pm, wear sunscreen, & dress for the heat. Riding your bike is a great way to be active & explore outside, but remember to wear your helmet! Get a quick tune-up at a local bike shop to make sure your seat and handlebars are properly adjusted! Everyone loves a dip in a pool, the beach, or a lake – remember to swim with a buddy, keep a close eye on children, & be alert for hazards in or near the water. There are many amazing things outside! Have fun exploring, but do not touch pets without permission from their owner, and never pick up a snake or wild animal. For more information, <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer>



Stay safe this summer with some safety tips below! Please supervise children around water and apply sunscreen.

5 Ways to Keep Your Kids Safe This **SUMMER**

- 1 Water safety**
Maintain constant eye contact on kids in or around water, without distraction.
- 2 Child safety helmet**
Make sure your kids wear a properly fitted bike or multi-sport helmet every time they ride.
- 3 Hydration**
Encourage children to stay well-hydrated by drinking plenty of water before, during and after play.
- 4 Playground safety**
Visit parks with impact-absorbing material under equipment, and actively supervise them while they play.
- 5 Hot cars**
Never leave your child alone in a car, not even for a minute.

S&DFS
FBISD SAFE AND DRUG-FREE SCHOOLS



Family Checkup

Families strive to find the best ways to raise their children to live happy, healthy, and productive lives. This publication presents evidence-based information developed by the Child and Family Center at the University of Oregon. It highlights parenting skills that are important in preventing the initiation and progression of drug use among youth. It also provides access to video clips that can help you practice positive parenting skills.

