



SOCIAL EMOTIONAL learning RESOURCES



Pear River Middle School Monthly Theme (May): Mental Health

Tips on how you can support your child's mental health at home:

***Model healthy coping skills:** Activities such as deep breathing, using stress balls, making art (painting, coloring, doodling) or going for walks can be great strategies for coping with feelings.

***Watch for behavior changes:** If you notice that your child has become more withdrawn or isolated from their friends, family or routine, it may be a sign that they're experiencing a situation or feeling that they don't know how to process on their own. Let them know they are loved and supported.

***Keep communication open and honest:** It's important that your child knows they can approach you with any issue, and that they will be received and listened to with love and support.

***Create a routine and set clear boundaries at home:** Creating a general routine at home can provide some relief and peace for your child, whether it's a schedule for daily meals or a weekly movie night.

***Provide positive feedback and encouragement:** Kids love to receive positive feedback and learn that they've done something well. Knowing they've done something well increases feelings of pride and confidence, which can stick with a child long term.

***Involve them in decision making:** Finding ways to include your child in making decisions can help them feel that they are heard and valued in their home.

***Get professional help if needed:** There may be times when it can be overwhelming or frustrating to try to handle your child's behaviors or respond appropriately to their emotions. Don't be afraid to find and ask for help—it can be a great benefit to both you and your child.

Important Dates:

- National Mental Health Awareness Month
- Anaphylaxis Awareness Week (5/2-5/8)
- Teacher Appreciation Week (5/2-5/8)
- Tourette Syndrome Awareness Month (beginning 5/15)
- World Meditation Day (5/21)

