



September 2024

Welcome back!

Dear families,

We hope you had a great summer! We are excited to see your students very soon, and to support their mental and emotional wellness!

In this month's newsletter, you'll find tips on how to support your student in readjusting to the school routine.

Promoting a Healthy Transition

A student's first day of school or just the end of the freedoms of summer can cause some anxiety. It's normal for children to feel anxious about these changes. Here's how you can help ease their worries:

- **Communicate:** Encourage your child to express their feelings about going back to school. Acknowledge their fears, make them feel understood, and reassure them that it's perfectly normal to feel anxious about these changes.

Join us this year as we create monthly newsletters! Each month will have a different mental health topic and resources to support your students.

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- **Create Routines:** A consistent routine fosters a sense of security in children. Establishing a regular sleep schedule, eating healthy meals, and setting aside time for homework and relaxation can help children adjust to the rhythm of the school year. [Click here for sleep resources.](#)
 - **Encourage In-person Social Interactions:** Facilitate interaction with classmates to rekindle old friendships and make new ones. Social relationships can make the transition smoother and more enjoyable.
 - **Get Organized:** Have a place designated for your child to work on homework, keep school materials, etc. Print out the school calendar. You can use it throughout the year to notice how it may be related to your child's mood and emotional changes. It may also help to sit down and create a schedule for school days together. Talk through expectations for mornings and after school.
 - **Listen to their concerns:** Help your child identify the thoughts that may be causing their anxiety. Then, help them problem-solve and talk back to those negative thoughts. Figuring out solutions together may help them feel more self-assured. For example: If they're worried about not knowing anyone in class, help them think of the ways that they've made friends in the past.
 - **Notice physical symptoms:** Fear, stress, and nerves often show up as belly aches, headaches, or nausea. If medical reasons have been ruled out, it's possible your child is experiencing their emotions physically. Practicing deep

breathing and relaxation exercises (see below) can help them learn how to cope with the physical tension and decrease symptoms.

- **Avoid avoidance:** We often want to protect our kids from strong, uncomfortable emotions. So we may be tempted to allow them to stay at home. But did you know that by hiding away from our fears, it actually makes them worse? Use the tools discussed above to cope with strong emotions and negative thoughts, and then encourage your child to go to school.

Are They a Little Anxious?

[Click Here For Tips On How To Help Your Child With Anxiety.](#)

[3 Guided Breathing Exercises for Anxiety \(Click Here\)](#)

Additional Resources

Click the link to the article to learn more: [Preparing for a New School Year When Last Year Didn't Go Well](#)

Did You Know?

September: National Suicide Prevention Month

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- World Suicide Prevention Day is September 10th. Learn more: [Promote National Suicide Prevention Month](#)
 - The U.S. has a **24/7 Suicide and Crisis Lifeline**. If you or someone you know is struggling with thoughts or feelings of suicide, this lifeline can be reached by calling or texting **988**.
 - You can take 5 Action Steps for communicating with someone who may be suicidal: Ask, Be There, Help Keep Them Safe, Help Them Connect, Follow Up. Learn more: [How and Why the 5 Steps Can Help](#)

Suicidality Among Children and Teens

Learn to identify behaviors that may indicate suicidality in your child or teen, and don't be afraid to ask the tough questions. [Check out this webpage by Nationwide Children's Hospital](#) to learn the following:

- 1) Signs and Symptoms
- 2) Risk Factors
- 3) Treatment
- 4) Seeking Help

Take Note: *Someone may not say directly that they are experiencing thoughts or feelings of suicide, but you may notice changes in mood or behaviors that have you concerned. Don't be afraid to gently and directly ask the tough question: "Have you had feelings or thoughts of hurting or killing yourself?"*

Click the link to the article to learn more: [6 Signs Your Child Needs Counseling](#)

Click the link to the article to learn more: [How Parents Can Support a Child's Mental Health](#)

Want to discuss what mental health support looks like at school, or talk through your child's needs? We are here to help! Do not hesitate to contact us using the information below.

Looking forward to a great year!

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Interested in counseling services? Here is the form to sign up:
<https://forms.gle/hcf5yQsWUNztiMnE9>