

Mental Health Awareness Month

The month of May is Mental Health Awareness Month. It is a time to raise awareness for those living with mental or behavioral health issues and help reduce the stigma surrounding it that so many experience.

Mental health is an incredibly important part of overall health. With a growing number of individuals, including children, experiencing mental health symptoms, it is important to join together to advocate for improving the mental health care system and reducing the stigma around mental health in general.



Take a peek inside this month's issue:

- Mental Health Awareness Month
- Emotional Regulation
- Book and Video Recommendations
- Upcoming Events



May 7 has been named Children's Mental Health Awareness Day. Each year, National Children's Mental Health Awareness Day seeks to raise awareness about the importance of children's mental health and show that positive mental health is essential to a child's healthy development.

Talking about mental health with your children doesn't have to be complicated. Doing simple check-ins, gauging any change in behavior, and teaching emotional regulation are all good places to start the conversation and ensure that your child has the support they need.

Emotional Regulation



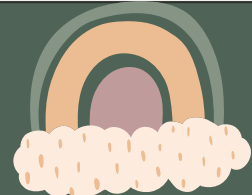
WHAT IS EMOTION REGULATION?

Emotion regulation is not just about expressing emotions in a socially appropriate manner. It is a three-phase process that involves teaching children to identify emotions, helping them identify what triggers those emotions, and teaching them to manage those emotions by themselves.

When you think of self-regulation as a skill to be taught, rather than a "bad" behavior, it changes the tone and content of the feedback given to the child.



HOW TO HELP YOUR CHILD WITH SELF-REGULATION



Experts believe the key to learning self-regulation skills is not to avoid situations that are difficult for kids to handle, but to coach kids through them and provide a supportive framework until they can handle these challenges on their own.

Imagine a situation that can produce strong negative emotions, like a frustrating math homework assignment. If a parent hovers too much, they risk taking over the regulation role. Instead of the child recognizing that the work is frustrating and figuring out how to handle it, what they may feel is that the parent is frustrating them by making them do the assignment. In this instance, the parent should help the child with one problem and then expect them to try the rest. Provide suggestions on what they can do if they feel frustrated, such as getting a drink of water or using a timer to give periodic breaks. During these breaks, parents can check in and offer praise for their efforts.

Dry runs and practice outside of stressful situations are other techniques that could be used to encourage emotional regulation in children. This type of repetition creates a frame of reference for the child to refer to when they are put in situations that may trigger an emotional response.

Resources

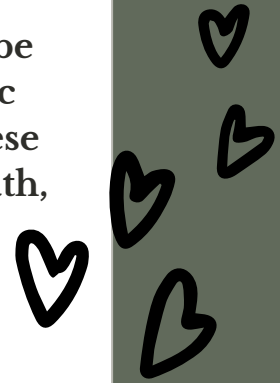


ONLINE RESOURCES

Got a kid who loves to move?!

Skills that help students cope or regulate don't just have to be quiet...A movement activity can be just as centering! Try the "Cosmic Kids" yoga youtube channel. These videos combine movement, breath, and imagination.

[Cosmic Kids Yoga YouTube Channel](#)

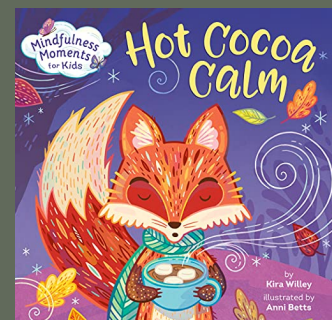
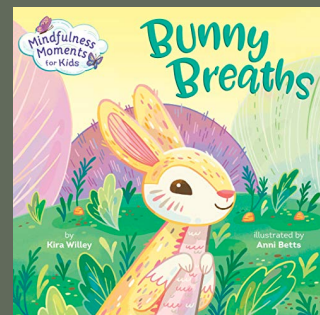
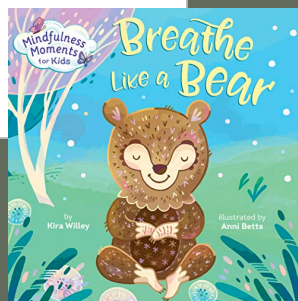
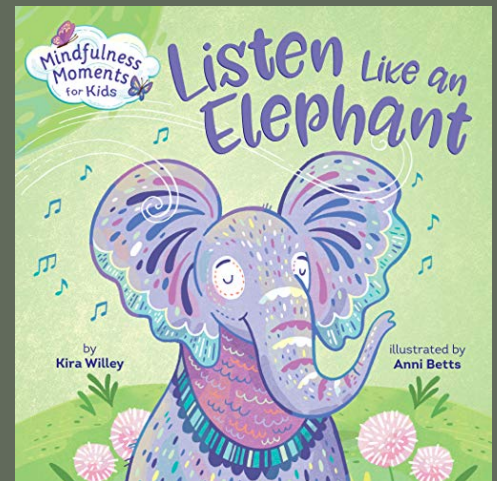
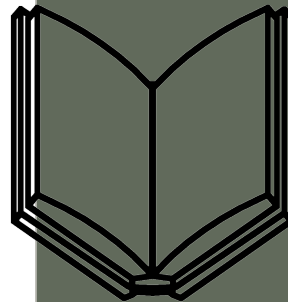


BOOK RECOMMENDATIONS

Mindfulness Moments Series by Kira Willey

Try this fantastic series of quick regulation activities! Whether it is deep breathing, energizing, or calming, these books have options for all in 2 minutes flat.

Plus, kids love them!



Upcoming Events

RUTGERS UNIVERSITY

In Collaboration with the Traumatic
Loss Coalition

Conscious Parenting: *The Power of Presence*

Free Online Webinar
5/18/22

[Click here
to register](#)



New Jersey Traumatic Loss Coalition (TLC) Presents:



[FREE ONLINE WEBINAR:](#)

Conscious Parenting: The Power of Presence

presented by
Dr. Shefali Tsabary

5.18.2022 @ 9AM - 11AM EST

Register today: [click this link](#)

On the day of the event registrants will
receive email with Zoom webinar link.

Target Audience: Youth based service providers, parents,
caregivers, DCF personnel, educators, mental health
professionals and faith based community leaders.

Supported by University Behavioral Health Care,
Rutgers Center for Continuing Education &
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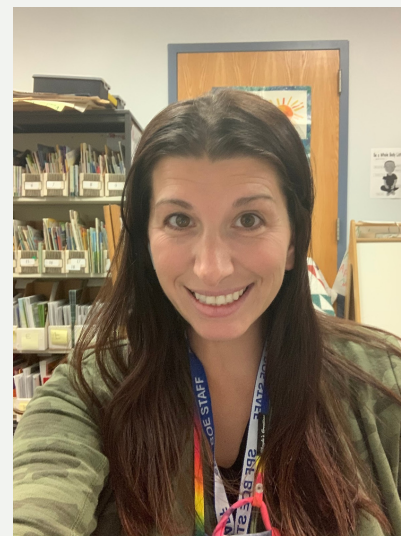
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