

CAREGIVER'S CORNER

Tips and Suggestions to Support the Social-Emotional Needs of SPF Families

Book Suggestions



Summer App-tions

You may be ready to have your child unplug for the summer. In case that is not a part of your plan, we have included skill-based apps to check out.

Khan Academy
Kids

Reading Eggs

Grammarly

Writable

LearnZillion

Photomath

Virtual Manipulatives

Cosmic Kids

Stop, Breathe & Think Kids

Color by Number: Coloring Games



Summer is here!

Congratulations to you and your child on completing a school year, which included several transitions and tremendous progress.

The resilience and grit needed to manage the difficulties this past year show the importance of having a strong social and emotional skill set. It is also critical as parents to focus on your own social-emotional well-being to increase your child's protective factors.

Hopefully, you will soon have the time to enjoy the warm temperatures, the completion of a challenging school year, and a chance to safely enjoy activities with a renewed sense of hope and relaxation.

There is no better time than now to preserve and restore social and emotional health together as a family. We hope you find the information in this last 2020-2021 school year newsletter helpful to you and yours.





Should I be Concerned?

Unlike summer break, worrying about your children doesn't go on vacation. There are times when you will question if your child is just being a child, or is their behavior something to be concerned about? Here are four starting questions to help you learn the signs to tell the difference. Then you can decide what course of action to take next.

1. Are the behaviors you're concerned about out of the ordinary for them?
2. Are the behaviors you're concerned about not going away?
3. Are the behaviors you're concerned about getting in the way of daily life?
4. Are there multiple feelings, attitude and/or behavior changes that concern you? e.g., not sleeping well and avoiding friends

If you answered yes to any of these questions, you may want to reach out to your child's healthcare provider or to a mental health professional to discuss your concerns.

In addition, a list of Mental Health Supports and Networks has been prepared for you. This resource can be found at www.spfki2.org. Just scroll down to the end of the main page.

Feeling a Big emotion? Let it "RAIN"...

Even in the sunny summer months, there will be times of rain. We can help our children weather these emotional storms by using the RAIN acronym.

R Recognize - Notice the feeling or emotion. Name it. Try to observe the feeling without reacting to it.

A Allow/Accept - Try to allow the experience even if it's unpleasant. Sit with the emotion and avoid changing or resisting it.

I Investigate - Become a detective within your own body. How does the emotion feel. What types of thoughts does it bring up for you? Be kind to yourself.

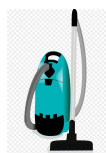
N Not-Identify - Try not to become deeply involved with the emotion. The emotion is NOT you. You might be feeling sad, but you're not a sad person. Just like the clouds in the sky, the feeling will pass.



E lementary aged children should be able to accurately describe relationships they have with others, and know the traits of a good friend. It is beneficial in building self-confidence that children are able to identify what traits they possess that make them a good friend. When children know their self-worth, they are more likely to hold their friendships to higher standards, and use assertive skills when being treated unfairly or poorly.



Looking For Some Help with the Chores?



- Build an "everyone pitches in" mindset, even if their way means more work for you. It's all about building life skills.
- Be at peace with imperfection. They'll get better and better over time if they feel encouraged by their effort.

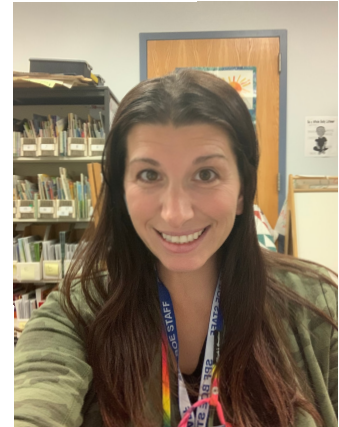
The Student Assistance Specialists wish you and your family a happy, healthy & safe summer! May it be filled with love, laughter & joy! We look forward to our SP-F families and school community returning in September with restored energy and purpose for the upcoming school year!



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