

THE EARLY CHILDHOOD WELLNESS NEWSLETTER



WELCOME BACK

Welcome back to the 2025-2026
School Year!

We hope you and your family enjoyed the summer! As we prepare for another exciting school year, our team wanted to take a moment to share some helpful reminders.

Supporting Your Child Through Transitions

Transitions--like starting a new classroom, returning after a break, or adjusting to new routines--can have a big impact on young children. These changes may lead to shifts in behavior, mood, or comfort levels as children adjust. Here are a few ways you can support your child during this time:

- Create consistent routines at home to help your child feel secure.
- Talk about changes ahead of time using age-appropriate language.
- Validate feelings--it's okay for your child to feel nervous, excited or even upset.
- Give extra time and patience as they settle into their new environment.

If you need support with discussing transitions with your child, we have included a book recommendation below that may be helpful.

First Day Critter Jitters

Written By: Jory John

This picture book is great for young children experiencing anxiety related to transitions, like starting the new school year. The book follows animal characters Sloth, Snake, and Bunny, and how they each navigate their own unique concerns. The overall message of the book is that it's okay to feel uncertain, nervous, or scared about transitions or changes. This book can be a great resource to add to your home library, as it validates children's feelings and encourages empathy and teamwork as the critters help each other navigate their first day.



We're Here to Support You and Your Child!

The **Early Childhood Wellness (ECW) Program** offers services to help families navigate early developmental and social-emotional challenges.

Please contact us if:

- You have questions about your child's development or behavior.
- Your child (age 0 to 5) is experiencing social-emotional challenges (e.g., trouble with peer interactions, big feelings, and difficulty with transitions).
- You're looking for strategies to support your child at home or in care settings.
- You would like guidance or referrals to additional community resources.

Together, we can create a strong foundation for your child's growth and success this school year! Meet a few of our team members below.



Meet the Consultant: Grace Jones, LCSW

Grace Jones, LCSW is the returning Senior Therapist/ Mental Health Consultant with the Early Childhood Wellness program. She is excited to return for the 2025-2026 school year. Grace brings experience working closely with children and families, supporting their social-emotional development and overall well-being. Her background includes behavior therapy and supporting children with disabilities. She also has experience in perinatal and maternal mental health.



Meet the Consultant: Nikita Thadani, LPC

Nikita Thadani, LPC is the new Senior Therapist/ Mental Health Consultant with the Early Childhood Wellness program. She is very excited to be joining the Early Childhood Wellness team this year! Nikita is passionate about using a trauma-informed and person-centered approach. She appreciates getting to provide community-based care to support children, caregivers, and providers through these formative years.

NEW

COMING SOON: Virtual Parent Workshop Series

Session 1: Monday, August 18 | 12:30-2 p.m.

Are you interested in learning practical, positive parenting strategies? If so, join us in our **NEW** monthly Parent Workshop series based on the STEP (Systematic Training for Effective Parenting) for Young Children Under Six book.

REGISTER HERE

