

# THE **EARLY CHILDHOOD WELLNESS**

## NEWSLETTER

### Settling Into the New School Year

Although the new school year may already feel like it's in full swing, you and your child are likely still adjusting to all of the changes and transitions that a new school year brings. Oftentimes, young children need our help to understand and label how they are feeling. When you notice your child having "big feelings," here's how you can help:

- Provide vocabulary for the emotions they may be feeling ("Oh my. You just lost your crayon and you're feeling frustrated!")
- Validate their emotional experience ("It's okay to be frustrated when you lose something you care about.")
- Provide comfort as appropriate! You know your child best and what comforts them the most.

Sometimes, providing a name for how a child is feeling and acknowledging that you understand can make all the difference in helping them through a stressful time!

### Resource: Feelings Chart

Using a printable feelings chart (like the one pictured here) can be an easy way to help your little one understand and express their emotions! Having a visual that they can see may also help them communicate how they're feeling when words feel too hard. You can also use these charts to help them understand how others are feeling!



## Virtual Parent Workshop Series

Session 2: Monday, September 22 | 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. **FREE** books are available for pick-up at 4850 Mark Center Drive, 6th Floor.

**REGISTER HERE**



## 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 (ages 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 for the Early Childhood Wellness program for the 2025-2026 school year. She has experience in supporting children and families with social-emotional development, behavior therapy, and assisting children with disabilities, as well as expertise 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 eager to join the team and is dedicated to a trauma-informed, person-centered approach, providing community-based care to support children, caregivers, and providers during critical developmental years.