

THE EARLY CHILDHOOD WELLNESS

NEWSLETTER



Helping Children Learn to Calm Themselves

Have you ever had a moment when you've been so frustrated or upset that you can't think straight, burst into tears, or behave in a way you're not proud of? Chances are, if you're like most people, this happens to you from time to time. It's challenging and confusing when we can't figure out how to calm ourselves down or express our emotions productively.

Your child is experiencing this feeling **ALL** the time! They are processing new emotions and experiences and probably don't know what to do when this happens. Luckily, you and other trusted adults are there to help!

If you saw last month's newsletter, you may have downloaded a **Feelings Chart**. This can be a great place to start with helping your child identify their feelings.

Once you've acknowledged your child's feelings and helped them name what's going on, you can tie in some calming strategies. One helpful strategy is to use **mindfulness** techniques, which can help both you and your child notice what's happening in the here and now to soothe anxiety.

TRY THIS: Next time your child (or you are!) is feeling anxious, ask them to look around the room and notice **3** things they can see that they enjoy looking at, **3** things they can hear, and to move or stretch **3** body parts. This can help your child move their focus from the upsetting feelings to what's happening in the present moment.

Alternatively, TRY THIS: Give your child a sensory toy (such as the one pictured above)! Sensory toys typically engage your child's sense of touch or sight to help them focus on their senses and can help them self-soothe.



Virtual Parent Workshop Series

Session 3: Monday, October 20 | 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.

Session 2 Takeaways:

- Parents tend to bring their expectations to their parenting. Children sense this and often react as expected.
- Find and create opportunities to say “Yes!” rather than “No!”
- Encourage children’s positive beliefs about themselves by helping them respect themselves and others. Positive beliefs will lead to positive behavior patterns.
- Give children time to play. Play is their work, and they must do it to develop and grow.
- A democratic family atmosphere teaches children respect for self and others and builds responsibility by providing freedom with limits.



REGISTER HERE

**Session 3: How Children
Develop a Lifestyle**



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.