

PREVENTION CORNER

August 2021 | Vol.1

Inside this Issue:

- You and Health
- Prevention Talks Series
- Upcoming Events

This issue of our Prevention Newsletter discusses reconnecting with peers just in time for the start of the school year. In our Prevention Talks video of the month, a Prevention Specialist explores social skills and strategies for making friends at school. But wait, there's more! As we continue to navigate through the pandemic, we want to make the transition of going Back to In- Person School as smooth and normal as possible for students. Stay tuned to learn more about this hot topic and what you can do as a parent to help your child succeed, both academically and socially.



Back to School

We understand this upcoming school year will look different for students. With the COVID-19 pandemic still in effect, continuing to physical distance and to wear masks will be essential for maintaining your child's safety. In terms of connecting with peers and making new friends, there is a lot of tips and tricks we can try to make it possible. You may want to sit down for this!

Today I will do

**GREAT
AWESOME
AMAZING**
things!

**Every accomplishment starts with the
decision to try!**

-- Me --

First, help your child by having an honest and open conversation about what to expect when going back to school. As a parent, words and actions have power. Explain to your child that feeling nervous or scared is normal, especially with the pandemic affecting their school experience. Teach children healthy coping skills such as breathing techniques or counting.



FRIENDSHIP SKILLS

On the other hand, connecting with old friends and making new friends can be as easy as one, two, and three! You just need to practice your social skills. Social skills are a combination of things that we say or do to communicate with people. Things like eye contact, how we start and end a conversation, or even sharing your toys.

Lastly, think about what it means to be a good friend. Being kind, respectful, as well as helpful are among the strongest indicators of a good friendship. What are some ways to make friends? On top of your list should be being an effective listener, paying attention, and being fun overall. At school, there will be many opportunities to engage with friends, whether that's in the classroom or at the playground. Always remember to be yourself, and before you know it you will hear the school bell ringing to end your first day of school!



The Parenting Teens class was very helpful. The curriculum provided information in a clear and concise manner that helped me better understand my parenting style and things I can do as a parent to set clear, reasonable expectations, role model, relate and communicate with my children. The presenters did a great job highlighting important aspects of the material and the handouts were very helpful.

Diana, a participating parent

Upcoming Events

Parenting Classes:

Parenting Teens: Begins September 2021

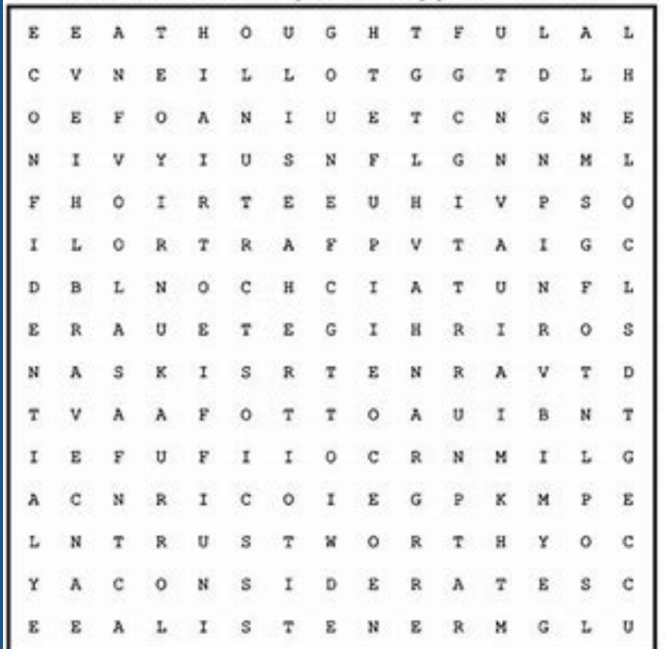
Parenting Today: Begins September 2021

**Classes are offered weekly for six consecutive weeks on Zoom.*



HOW TO BE A GREAT FRIEND WORD SEARCH

Find each of the words about important friendship qualities hidden below.



WORDS TO FIND

- | | | | |
|---------------|------------|-------------|-------------|
| brave | empathetic | honest | loyal |
| caring | faithful | inseparable | protective |
| communication | forgiving | kind | thoughtful |
| confidential | funny | listener | truthful |
| considerate | generous | loving | trustworthy |

LOCATION & CONTACT INFO



Horseshoe Drive Location | Prevention Services
2806 South Horseshoe Drive, Naples Florida 34104 | 239-263-4013

Parenting Classes: To register - DavidLawrenceCenter.org/parentingprograms
Preventions Talks: DLCPrevention.org
Stand-Up: StandUpDLC.org

