

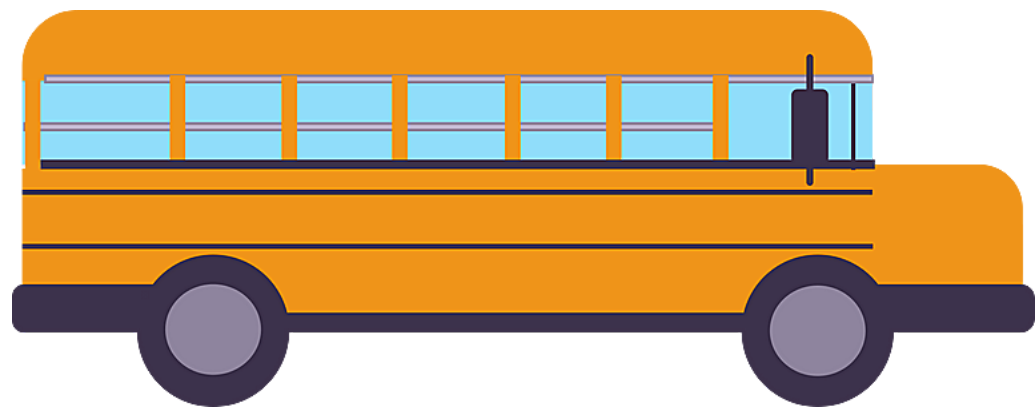
PREVENTION CORNER

August 2022 | Vol.1

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Welcome to the 2022-2023 School Year! This issue of our Prevention Newsletter discusses how to prepare yourself for the new school year! Be sure to check out our "Brain Break" to learn calming strategies which will help you during stressful times!



Brain Break: Stress Management Tips

Change and new things can be stressful, and this is okay! Here are some tips to manage that stress and feel better:

1.3-for-Me Breathing:

- Breath 1—focus on the mind; hands on head, say "calm" out loud.
- Breath 2—focus on the heart; hands on heart, say "calm" out loud.
- Breath 3—focus on the body; raise arms on inhale and lower arms on exhale, say "calm" out loud.

Five Senses Counting:

- Count 5 things you can see, 4 things you can hear, 3 things you can smell, 2 things you can taste, and 1 thing you can touch.

New Year, New Beginnings, & New Learning

It is a new year full of new things—a new grade, new friends, new teachers, new lessons, and maybe even a new school. Just as change can be scary, so can something new. It is okay to feel worried, nervous, or scared about starting a new school year, but there is so much good that comes from new things! A new school year means there is LOTS of new stuff to learn, LOTS of growth, LOTS of laughs, and LOTS of fun!



For this school year, set goals for yourself and your learning. Want to make a new friend? Set a goal to talk to someone new during the first week of school. Want to get an A on a test? Set a goal to schedule time to study. Want to join a sport? Set a goal to sign up or try out for your school's team. Setting goals can help you make changes and new things will feel less scary and more exciting.



Back-to-School Blues: Supporting Your Child

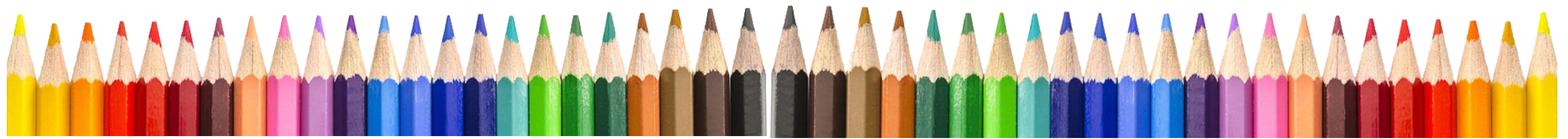
Starting a new school year can come with many feelings for both parents and children. As the parent, it is important to support your child through whatever emotion they are experiencing as they navigate the beginning of the school year. There are many ways you can support your child.

Upcoming Events:

Active Parenting Now Classes:
Beginning August 11, 2022

Active Parenting Teens Classes:
Beginning October 6, 2022

To register contact the Prevention Department by calling 239-263-4013



Here are some tips to help your child with going back to school:

Talk about School: Talking through what your child is feeling can help them manage worries and anxieties. Start talking to your child about what their daily routine may look like during the school year. This will help them gain a better understanding of what the “return to school” plan will look like as summer comes to an end.

Make Yourself Available: Create a safe space for your child to talk to you in different ways; they might want to talk to you when you least expect it. When the school year starts, make sure you talk to your child about their day, what they’ve learned, highlights and tough situations. Showing them you are interested in what they’re learning makes them feel supported.

Reintroduce a Sleep Routine: A sleep routine is a tough one to reintroduce and helping your child get back to normal sleep routine will help them in them get back into school. Adequate sleep is important for their school success!

Prepare Yourself Too: It’s natural for parents to feel nervous when they send their children off to their first day of a new school year. Do whatever works best for you. You know yourself and your child best. Keep an open dialogue with your child and trust yourself. Communicate with the school teachers, counselors, or other staff which may be helpful if you have any concerns and most importantly always be there for your child.



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

Parenting Classes: To register contact 239-263-4013
Prevention Talks: DLCPrevention.org
Mind Your Mind: DLCMindYourMind.org

