

DECEMBER RESOURCE SHARING

Hello,

Attached please find the December mailing of a children's mental health topic. Last month's topic related to "protective factors" or things that can help families be resilient during difficult times. This month's topic, "Helping Your Child Understand and Label Emotions", relates to one of those protective factors – giving your child words to express how they feel. This is an important skill for both young and older children (adults, too!) Included in this attachment are some ideas to try at both home and school, along with the benefits children experience from having this emotional "vocabulary". You can also read more at their website,

http://challengingbehavior.fmhi.usf.edu/do/resources/backpack.html?utm_source=TACSEI+%2526+CSEFEL+Updates&utm_campaign=93c471bf8d-TACSEI+and+CSEFEL+Updates_11.2013&utm_medium=email&utm_term=0_d0f2aa9ad2-93c471bf8d-49654365

Additionally, we have included the following link where you may find some helpful strategies to deal with holiday stress at this time of the year.

https://www.understood.org/en/family/events-outings/holidays-celebrations/20-holiday-survival-tips?utm_source=Build+ECE+News%2C+December+17%2C+2014&utm_campaign=Build+news&utm_medium=email#slide-20

Mailings on a variety of topics will continue to be sent approximately monthly. If you wish to unsubscribe, please just let me know. If a family member or friend wants to be added to the mailing list, they can send me their information using any of the contacts listed below.

Thank you!