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PSN Family Resource Center NEWSLETTER

What's Inside:

Diaper Distribution

Triple P Parenting Workshops

Help Kids Have a Healthy School Year

Back to School Puzzle

How You Can Help Your Child Avoid & Address Bullying

Whether on the school playground or in the neighborhood park, children sometimes find themselves the target of bullies. When that happens, these bullies can:

- Frighten a child
- Make a child feel less important
- Spoil a child's playtime
- Cause bodily injury
- Cause ongoing mental health problems

Things You Can Try To Do With Your Child That May Help Make Them Be & Feel Safer:

- **Tell your child not to react to the bully and not give into his demands.** A bully likes scaring others and often tries to get his victim to cry or become visibly upset in other ways. Getting that response usually makes the bullying behavior continue. Your child should try to keep calm and simply walk away. Then, your child should tell an adult about what is going on as soon as possible.
- **If your child's attempts at ignoring a bully's taunts are not effective, she should become firm with the bully.** Suggest that your child stands tall, looks the bully in the eyes, and clearly and loudly makes a statement like, "Stop doing that now. If you keep on bothering me, I'm going to report you to the principal (or another adult who happens to be nearby)." Or, "I'll talk to you, but I'm not going to fight." Sometimes, a strong statement will make the situation better, and the bully will leave your child alone. If your child is not used to talking firmly, help her rehearse what she will say if she is in a bullying situation.
- **Your child may also benefit from talking to his pediatrician.** Your child's pediatrician can decide if your child has any mental health concerns as a result of being bullied and may refer your child to a mental health provider for further evaluation and treatment.
- **Encourage your child to form strong friendships.** A child who has loyal friends is less likely to be bullied, and he'll have some peers who stand up for him if he does get bullied.
- **Talk to your child's teacher, school counselor, or to the principal of the school if the situation with the bully does not stop.** You might not want to get involved because you think your child is embarrassed to have you do so, or because you believe your child needs to learn to deal with these situations on her own. On the other hand, you do not want your child's physical or mental health and well-being to be negatively affected. Your child deserves to attend school in a safe, supportive, and positive environment, even if it means both you and the school staff need to become more involved.
- **Let the principal or teacher talk to the bully when she sees the inappropriate behavior taking place on the school grounds.** This is generally a better approach than having you speak with the bullying child or his parents.



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Kenosha County Job Center

8600 Sheridan Road

Drive up to Entrance B

Contact Alison at 262-605-6545 or
alison.haas@kenoshacounty.org for more information.

TRIPLE P—POSITIVE PARENTING PROGRAM

Triple P – Positive Parenting Program knows all parents have different needs. That's why Triple P has many different ways to get your parenting help so you can choose what will best suit you and your family.



Seminar—Virtual Parenting Sessions

Triple P is **VIRTUAL!** Join us on Zoom to get simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior and prevent problems developing.

Seminar dates:

- September 11—The Power of Positive Parenting
- September 18—Raising Confident, Competent Children
- September 25—Raising Resilient Children



Each session will run from **9:30am—11:30am**

Registration is required. Sign up here: https://us06web.zoom.us/meeting/register/tZEKce6urjsjHtFDI_SSLXULEFxFOJUQpXA6

Check out our facebook page for more information: facebook.com/preventionservicesnetwork

Prefer one-on-one parenting help? We can offer a virtual or in person experience fit to your family's needs. Contact Chelsea at Chelsea.colwill@kenoshacounty.org for more information.

5 Ways to Help Your Kids Have a Healthy School Year

With kids heading back to school, here are some ways you can help stay healthy, happy and thrive.

1. Prioritize the basics: sleep, exercise & nutrition

Begin with the basics, ensuring that students get nutritious meals, sufficient sleep and physical activity. All of these are key to academic and social success. Studies show that children who eat a nutritious breakfast function better at school, for example. Many children qualify for free or reduced-price food at school, including breakfast. The forms for these services can be completed at the school office.

Getting enough sleep is also critical to staying healthy and thriving at school. Not getting enough sleep can affect memory, concentration, creativity and learning. In fact, lack of sleep is linked with lower academic performance, school attendance and tardiness.

2. Stay up to date on checkups & immunizations

If your child has not had a well-child checkup in the last year, schedule a back-to-school physical which will include any needed vaccinations. If they will be playing a sport, be sure to get a pre-participation (sports) exam. Your pediatrician can help you update any forms your child's school may need in case of a medical emergency.

If you have health insurance coverage through Medicaid or the Children's Health Insurance Program (CHIP), check that your contact information is up to date with your state Medicaid agency. This will ensure you get timely updates about your health coverage so you can avoid any gaps in coverage.

3. Tune in to your child's mental health

Many children and teens have experienced mental health struggles over the past few years. Let your child know it's OK to talk about how they're feeling, and make it safe for them to discuss tough issues with you. Kids often avoid talking about touchy subjects, especially if they expect to be judged, lectured or punished. If you haven't already made this clear, affirm that your child can tell you anything. Emphasize that these conversations will take place in a judgment-free zone and really listen to what your child is saying.

Stay on the lookout for any changes in behavior that worry you or any signs of anxiety, depression or distress. If you have a firearm in your home, make sure to lock it up and store the ammunition separately. The increased risk of suicide is higher for children and teens who live in a home where guns are stored loaded or unlocked.

Try to prioritize family meals and self-care breaks, like taking walks together. These can be great opportunities to talk. Ask your pediatrician if you are unsure if your child needs help or how to start a discussion. Schools may also offer sources of mental health support.

4. Talk about racism, bullying & kindness

Talk with your child about racism and hate. Encourage children to seek help from a trusted adult if they are discriminated against or witness an act of bullying or discrimination against others. Emphasize the value of treating others with respect and how simple acts of kindness can make a big difference. In fact, research shows that kindness can reduce stress and offer health benefits for everyone.

5. Plan for mindful media use

The change in routine is a good time to create or update your family media plan so you can help your child balance screen time with sleep, exercise and other healthy activities. Help your children choose high-quality programs or games and help them recognize sites that promote false information.

This is also a good time to engage in conversations with your child about if and how they use social media, which can be beneficial but also problematic for some. We are still learning about the ways social media can affect human health, especially among children and teens.

Remember

Children are resilient and can overcome many challenges with the help of trusted adults around them. Talk with your pediatrician if you have any questions or concerns about your child, including changes in mental or behavioral health. Look for any notable changes in sleep, weight, eating habits or other everyday patterns. Your pediatrician is there to help!

PSN Family Resource Center

The mission of the PSN Family Resource Center is to provide programs and services that build on family strengths through prevention, education, support and networking in collaboration with other resources in the community.

Contact the PSN Family Resource Center at 262-697-4651.



Meet Our Staff

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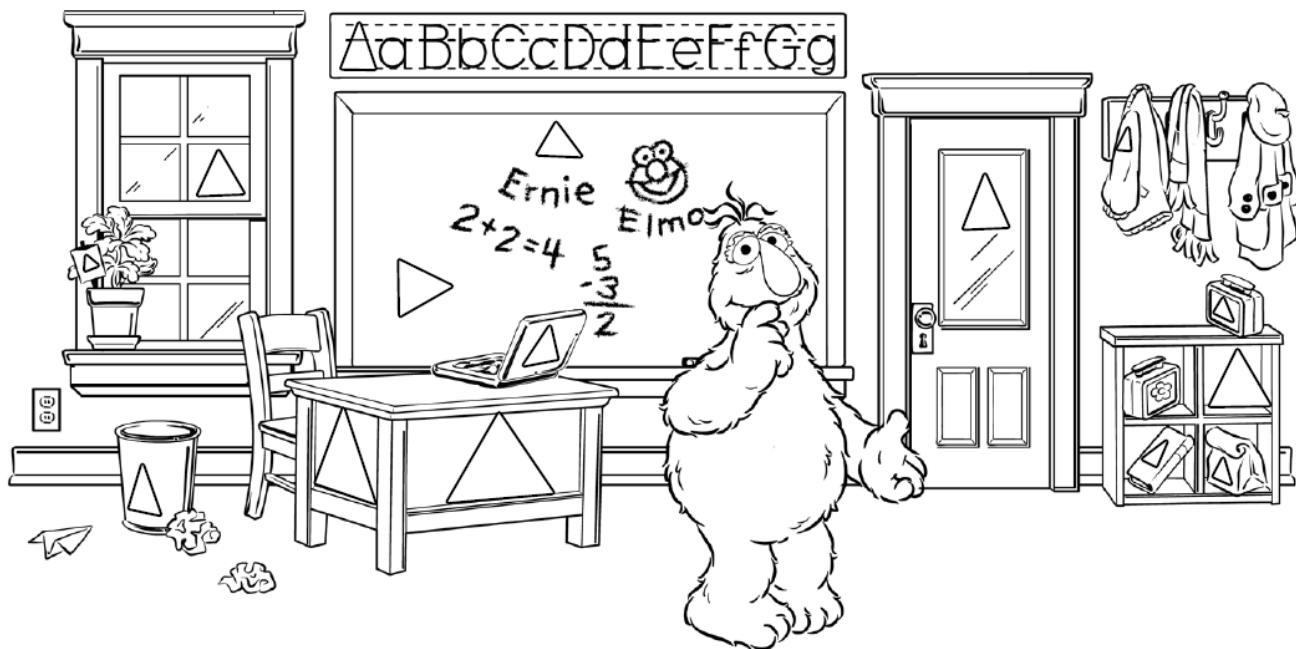
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Like us on Facebook or visit our website:
www.PSNFamilyResourceCenter.com.

Help Telly find all the triangles in the classroom!



Name _____



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