



September is usually a busy time of year for everyone, with the beginning of a new school year and extra curricular activities starting up again, it seems like there aren't enough hours in a day. This can cause children to have a difficult time getting back into a routine. Here are a few tips on how to help your children to get back into a routine and have a successful school year:

- *Sit down and talk about it.* As a family sit down and discuss family routine, make rules with regards to homework, activities, chores, bedtime etc. Children tend to do better when they know what to expect and they know what is expected of them. When they are invited to contribute to these rules they are also more likely to follow them.
- *Sleep.* Getting a good night's rest is important in order for us to be productive the next day and deal with any challenges that we might face. With extracurricular activities starting up in the fall, it is important to pay attention to your child's energy levels, how much sleep they are getting and the quality of sleep they are getting.
- *Help with fears.* Starting a new school year can be anxiety provoking for many children with the potential of a new school, new teacher, new friends, and new bus route. It is important to have conversations with your children about how they feel about some of these changes. This way you can find out from them how you can support them to make some of these transitions easier. For example asking your child specific open-ended questions such as: "Who do you play with at recess?" "What do you think of your school?" "What are some things that you enjoy about school?"
- *Plan ahead.* To make things easier on you and your children, plan ahead. Pack lunches the night before and have your children pick out what they are going to wear the night before so that mornings aren't so rushed. Think of ways that as a family you can be more organized whether that be through a calendar, writing notes or a picture board there are many great ideas to communicate with each other.
- *Communicate regularly.* Communication and building a positive relationship with the school will help with your children's success and when your child is having difficulties with their routine. The school may notice certain behaviours that aren't being displayed at home and vice versa. Let the school know of any significant changes that have happened at home over the last 6 months. These types of changes can impact a child's behaviour as well as

their mental health. Together you can work together to support success for your children at school.

Mental Health Resources for Parents

Anxiety BC:

www.anxietybc.com

The ABC's of Mental Health:

www.hincksdellcrest.org/abc

Mind Your Mind:

<http://mindyourmind.ca>

Video Links

Howie Mandel mental health vs. dental health:

<https://www.youtube.com/watch?v=cnVZCnotBi4>

Promoting Mental Health Finding a Shared Language:

<https://vimeo.com/130580621>

Here are just some of the Mental Health programs that are being implemented across The Northwest Catholic District School Board this year!



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| BLUE ZONE Sad Sick Tired Bored Moving Slowly | GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn | YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control | RED ZONE Mad/Angry Mean Terrified Yelling/Hitting Out of Control |

Compiled by Riley Keast Mental Health Lead