

Returning to school can be hard on everyone. Here are some signs to look for in children.



Changes are hard on everyone. Most children will manage well with the support of family members and healthy adults. Parents, caregivers or teachers should contact a professional if children exhibit significant changes in behaviors or any of the following symptoms for more than two weeks. If a child expresses suicidal ideations contact a professional right away.

*Note: This is not an exhaustive list. If you are concerned about an individual seek support.

Toddlers:	Elementary:	Adolescents:
<ul style="list-style-type: none"> -thumb sucking -bedwetting -clinging to parents -sleep disturbance -change in appetite -fear of the dark -regression in behaviors -withdrawal -anger outbursts 	<ul style="list-style-type: none"> -irritability -aggressiveness -clinginess -nightmares -school avoidance -poor concentration -avoidance of family and friends 	<ul style="list-style-type: none"> -sleeping and eating disturbances -agitation -increase in conflicts -physical complaints -delinquent behavior -poor concentration -extreme mood swings

How can I support a child who is struggling?

- Talk to the child
 - Listen- provide empathy and support
 - Keep healthy routines
 - Validate the child's feelings
 - Model healthy ways of managing feelings
- *Always reach out to professionals if a child's symptoms increase or they express a desire to not live any longer.

Sources:

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Parenting-in-a-Pandemic.aspx>

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

Resources:

www.childwise.com
www.nasponline.com
www.unicef.org
www.nimh.nih.gov
www.aap.org

Always reach out to your child's pediatrician for support.

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TYPES OF SELF-CARE



PHYSICAL

- Sleep
- Stretching
- Walking
- Exercise
- Healthy food
- Yoga
- Rest



EMOTIONAL

- Manage Stress
- Emotional maturity
- Forgiveness
- Compassion
- Kindness (to yourself)



SOCIAL

- Boundaries
- Support system
- Positive social media
- Communication
- Friend time
- Ask for help



SPIRITUAL

- Time alone
- Meditation
- Connection
- Nature
- Journaling
- Sacred space
- Music



PERSONAL

- Hobbies
- Creativity
- Finding your identity
- Goals
- Honoring your true self



SPACE

- Safety
- Healthy living environment
- Security and stability
- Organized & clean space



FINANCIAL

- Saving
- Budgeting
- Money management
- Paying bills
- Splurging



WORK

- Time management
- Boundaries
- Positive workplace
- More learning
- Breaks