

MENTAL HEALTH MEMO

MARCH 2023



Holley Elementary School



Moodiness



Being moody is as common in children as it is in adults. Children get moody because of their inability to vent out their frustrations and disappointments. The way you respond to your child's

behavior determines how it will make a difference in their behavior. Below are some parenting tips on how to help you and your child deal with moodiness:

1. **Stay Calm:** Try not to overreact when your child is being moody, that gives them more power to misbehave.
2. **Nurture Your Child:** No Matter how busy you are, it is important to spend quality time with your child. Children feel secure with parental attention.
3. **Allow Him or Her to Express Themselves:** Home should be a safe place where your child can express themselves without any fear.
4. **Encourage Positive Behavior:** It is important that you and your child come up with methods of expression together. For example, you can bring it to your child's attention that instead of sulking, he or she can talk to you about what is bothering them. Also let your child know that you will not respond to negative behaviors.
5. **Keep Stress Level Low at Home:** Try and keep stress at a minimum at home. When children are affected by stress at home, they become moody and anxious. Anger stresses everyone out, try to avoid anger when dealing with your moody child.
6. **Schedule Time To Complain:** Allot a special time just for complaining. Tell your child that during this time, he can talk about things that bother them. If the time is over, ask your child to continue with the list the next day. This method will eventually reduce the habit of complaining and whining.

www.offspringmagazine.com

Elementary Mental Health Team:

Kristina Tese: Counselor

Holly Curtis: Psychologist

Michelle Palmer: Social Worker

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Food for Families-Spring Break

- ◆ Looking ahead, spring break is already next month! Our Food for Families program can help with those "extra" meals that the kids will be home for during that week.

◆ **Sign Up Deadline: 3/22/23**

◆ **Pick Up: Friday, 3/31**

◆ **at the Holley Community Center
located at 75 Public Square**

- ◆ This service is first come, first serve, so please contact Michelle Palmer (mpalmer@holleycsd.org, or extension 2558) or Kristina Tese (ktese@holleycsd.org, or extension 2408).



Family Fun

Rainbow Shaving Cream Marbled Art

Materials:

- Paint in rainbow colors (washable paint)
- Shallow pan (a 9" x 13" baking pan works)
- White paper
- Scraper (or you can cut a piece of your watercolor paper to scrape if you don't have one)
- Shaving cream (foamy not the gel kind)

Step 1. Fill your pan with shaving cream. Add paint in a rainbow formation.

Step 2. Trim your watercolor paper to fit inside the pan if necessary. Lay it down flat on top of your rainbow, pressing firmly but gently on all sides.

Step 3. Remove your paper and scrape off the excess shaving cream and paint. It helps to lay down butcher paper on a table prior to this step as it gets messy. What's amazing is the first print will actually form a rainbow pattern!

Step 4. You can then continue adding paper for the next few prints to make marbled rainbow color swirls.



Stress and Anxiousness

If a child is feeling anxious or exhibiting stress here are some brief, relaxation activities that may help ease some of those feelings:

Deep Breathing: Teach your child to take a deep breath, hold the breath for a few second and then release it.

Exercise: Ask your child to relax his/her muscles by squeezing them tightly and then releasing them.

Visualization: Picturing the things you love can help a child feel more relaxed

Take a Break: Taking a break from daily routine to rest is very necessary when a child feels stress. Even a short break serves as a refreshing stimulant

Laughter: Laughter is a good exercise for the facial muscles as it relaxes the muscles of the face. Watch a funny movie, take turns telling jokes, make up silly stories, etc.

Other Activities: Listen to music, read a book, color, crafts, journal, dance.



March 12-18

How Much Sleep Do Kids Need?

How much sleep kids need varies by age. While every child is different, experts recommend:

- Infants (0–3 months): 14–17 hours, including naps
- Infants (4–12 months): 12–16 hours, including naps
- Toddlers (1–2 years): 11–14 hours, including naps
- Preschool (3–5 years): 10–13 hours, including naps
- School-age (6–13 years): 9–12 hours
- Teens (14–17 years): 8–10 hours

www.kidshealth.org

Monthly Celebrations in March

Irish American Heritage Month

• **Music in Our Schools Month**

• **National Craft Month**

• **National Women's History Month**

