

Plumas Elementary School

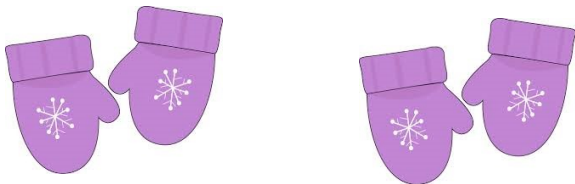
February 2024



Mental health in children and youth can be impacted greatly by how a child sees themselves. There are many ways to help increase your child's self esteem and promote confidence. Some examples include:

1. Encouragement to try new things. Try and try again.
2. Practice gratitude - this can include helping out those in need, donating old toys or clothes, or a random act of kindness.
3. Praise efforts but do not over praise. This can lead to disappointment over time.
4. Allow your child to take risks, make choices and finish what they start. They may fail but this will help them navigate tough moments in life.
5. Limit social media and device time. Social media has been linked to mental health decline in children and youth.
6. Encourage positive self talk in your child. Change a negative thought to a positive eg: I can't do that YET. Embrace and validate your child's interests and goals.
7. Ask your child questions that are open ended and non judgemental. Allow them to be honest with you about how they are feeling.
8. Your child may have a hard time opening up to you in a face to face situation. Try going for a walk or a drive with your child so you are side by side in a less intimidating environment.
9. Encourage them to help around the home to build confidence in daily tasks that gives them a sense of belonging.
10. Boast about your child so they hear you talking positively about them. Indirect praise for efforts or character traits such as kindness or sharing well with others can significantly boost confidence in your child.

Lastly, remind your child they are loved no matter what. There will be times they feel low self worth, but with love and support they will learn to manage and grow through these challenging moments in life.



Coming Up at Plumas Elementary in March:

- Mar 5—Basketball at LES
- Mar 6—Buddy Bench Presentation
- Mar 12 & 13—Beginner Band Camp
- Mar 13—Basketball Divisionals
- Mar 15—St. Patrick's Day Party with Seniors
- March 23—31 - Spring Break
- April 4 & 5—Tri-Conferences

You're Invited!

PES PAC'S BUDDY BENCH PRESENTATION


Where: Plumas Elementary School
When: Wednesday, March 6
@ 12:30 pm


Find out what a Buddy Bench is and the many benefits of adding them to our playground and community.

Learn how to help build social connection in our community and how to assist our youth in building healthy relationships and empathy for others.

Project Sponsored by Southern Health-Santé Sud & Healthy Together Now through the Increasing Community Belonging Grant

Be a buddy, not a bully!





Babysitting Course

AGES 12+



WHEN: Saturday May 11, 2024
WHERE: Stride Hall, Gladstone
TIME: 9:00AM-3:30PM

\$65.00

Participants will learn:

- ✓ how to activate EMS
- ✓ What constitutes an emergency
- ✓ Conscious choking for infant and children
- ✓ Skills related to feeding, changing and caring for infant's and children.

Please Bring:

- ✓ A stuffed animal or doll
- ✓ Water Bottle
- ✓ Lunch/ Snacks

Register online
<https://app.univerusrec.com/wlpub/index.asp>
or call 431-894-8501

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Take a beat before you say anything. You don't want to give unwanted behavior too much attention, Sperling says.

Ask why. Then, suggests Dr. Beresin, follow up with, "What were you feeling when you said that?" You might tease out that they were angry or frustrated.

Problem-solve together. How else could you say that? What are some mad words? What would you say if you were at school or Grandma's house? "You're building their repertoire. Our job of parenting is to give them tools of what to do and say in different settings," Dr. Beresin says.

Explain acceptable behavior. If the word was directed at someone else, clearly express that this isn't acceptable. "It's an assault, and we don't assault other people with words or physically. It's out of the question," Dr. Beresin says. Also explain that people make mistakes and apologize for them.

Encourage understanding through questions. How do you think that word made the person feel? How would you feel? How would it make you feel if they said sorry? It all helps build empathy. When they show empathy, praise them. Support the behavior that you want to see, Sperling says. Be concrete. "Younger kids don't understand subtleties, but they understand good/bad, yes/no, that's the way things are," Dr. Beresin says. Keep it simple: Swearing is something that adults do. It's done at home, not in the store, a friend's house, or the doctor's office. Give examples of school rules they already know to reinforce context: You don't cut in line. You don't get up from the lunch table. The teacher doesn't swear.

Along with curbing bad language, you're creating an environment to talk about feelings and building their social and emotional learning. Dr. Beresin says it's an area that gets neglected, even though it's essential for future success. "People lose jobs because of social gaffes and conduct," he says.

Your exchanges don't have to be perfect. Kids can fumble with their language; parents can as well. It's important that you're modeling appropriate behavior, you apologize if you slip, and that the dialogue stays open and supportive. That consistency will help as conversations become more complex as children get older.

"We want our kids to be able to reflect and talk about their emotions and behavior, and be able to consider other's people emotions and behavior," says Dr. Beresin. "The earlier we start on this stuff, the better it is as a building block for their future."