



FOCUS on Youth



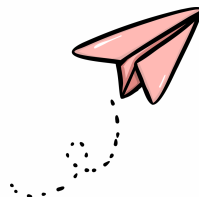
Behavioral Health Newsletter August

Information Center

Routines Help Kids Mental Health

1. Routines Help Children Feel Safe: Routines help us know what to expect, decreasing anxiety by increasing predictability and feelings of control.
2. Routines Help Children Develop Independence: When kids participate in the same routines over and over, they become more comfortable and confident to conduct tasks themselves, increasing self-esteem and feelings of capacity.
3. Routines Decrease Power Struggles: When we can access predictability and consistency, expectations are understood and more often complied with.

[KidsMentalHealthFoundation.org](https://www.kidsmentalhealthfoundation.org)



Caregiver Corner

Creating & Maintaining Routine... can be easier said than done. Here are some practical strategies to start developing a routine that feels right for you:

- **Bedtimes and Waketimes** are the anchors to our routines: start adjusting your bed/wake times slowly by 15-minute increments.
- **Building new habits is easier when done together**, invite you child in to be part of initiating the new routine (ex: allowing them to set the alarms, create the visual charts, identify family goals).
- Provide space and **validate emotions** surrounding the change! **Name it to tame it.**



Connection Question

Try using this conversation starter in the car or during mealtime.

What is something you are looking forward to this school year?



Did you know?

It can take anywhere from 21-66 days to form a new habit. Give yourself grace as you readjust to the new school year :)

Resource of the Month

Heading back to school can include a lot of unknowns for kiddos and their caregivers, but we can create predictability, connection and fun by introducing our own back to school traditions. Find inspiration that feels right to you below!

[familyeducation.com](https://www.familyeducation.com)

Important Dates

Chill Out Event: August 6th, 3pm-5pm

Community Mental Health Event for Family and Friends @ Midpoint Library- 9363 Centre Pointe Dr. West Chester, OH 45069

September 7th - Labor Day, Focus on Youth CLOSED



Staff Spotlight

Miss Emma

Youth and Family Therapist



Q: What are some of your favorite coping skills?

Beach Volleyball
A Long Walk
Coffee Date with Friends
The Movies
Stress Balls/Fidgets