

Child Care Connections

August 2023



# FAMILY TIME

# NEWSLETTER

It's all about Family



Here at *Child Care Connections*, we value the Families in our Community and always strive to provide you with the best support services and resources to help you on your parenting journey. This monthly newsletter will include parenting resources and information on important community services, as well as fun at home activities for the whole family!

Have a suggestion or request for an upcoming newsletter?

Contact us at: [amurray@fowinc.org](mailto:amurray@fowinc.org)

BACK TO SCHOOL

## Back To School Blues?

It's that time of the year! The last month of summer is here. As we all prepare for the coming school year keep in mind that grabbing school supplies isn't the only way we can prepare for the first day of school. It's more than likely that some very BIG emotions are being felt with the end of summer - Happiness, excitement. Even sadness, worry and dread are all normal feelings about the transition back to school. Read on for some tips on how to prepare our children AND ourselves to get back into the swing of things.

# PREPARING FOR BACK TO SCHOOL

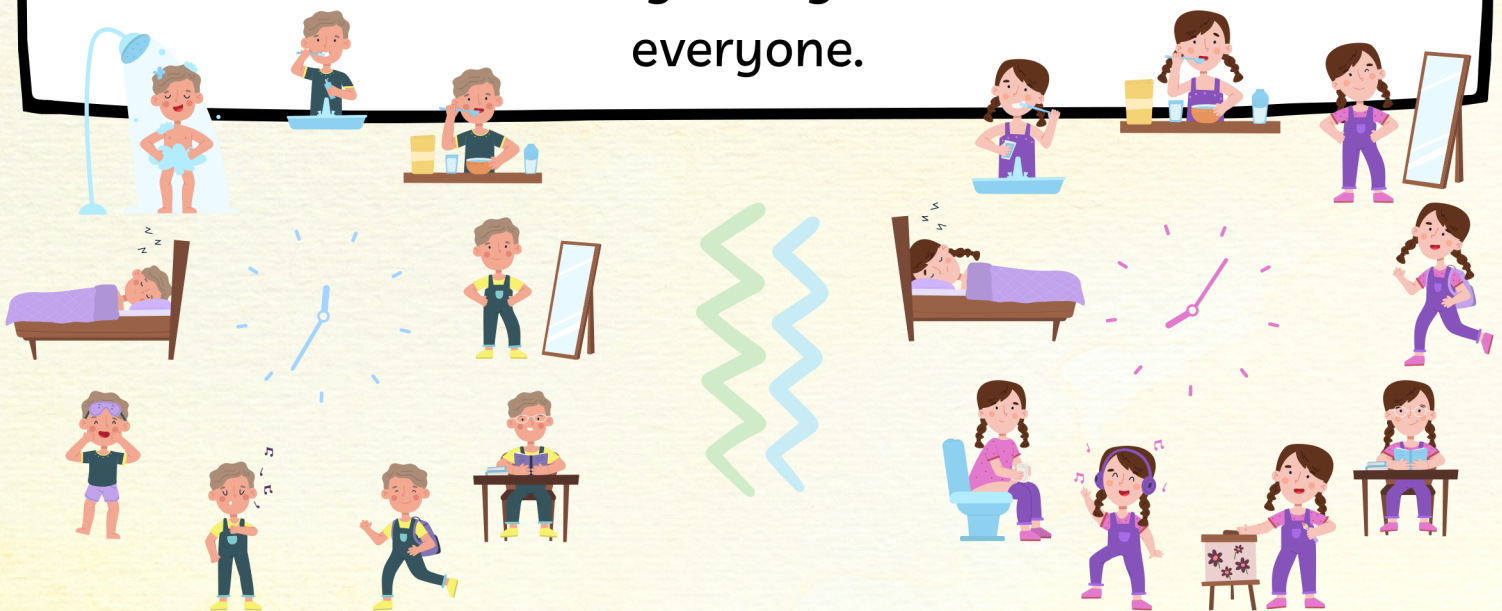


Adapted from "7 Tips to Prepare Your Child for Back to School"  
By Ashley Mills, In-Home Program Expert/Youth Villages



## Back into Routine

Don't wait until the first day of school to get back into the school schedule. The best thing you can do is begin a routine before school starts. Have your child get to bed and wake up at normal times and eat on a schedule. If your children don't have a routine prior to school starting, waking up at 6 a.m. on the first day of school — and thereafter — will be a big change and can be stressful on everyone.



# School Supplies

Try to grab those school supplies as soon as you get the school supply list- This way, you aren't doing the last-minute supply rush. If purchasing supplies is an issue, reach out to the school! Many schools keep extra supplies on hand and also have a list of school supply drives in the community.



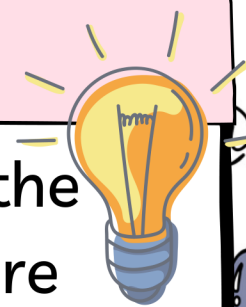
## Know What to Expect

Talk to kiddos about what this new school year will look like. Is there a bus change? Building change? Addition of lockers? For little ones- is school a brand new concept for them? Have conversations about what their day might look like and try to alleviate any concerns they may have. For students going into a new building- Call the school and ask for a quick tour to help your child be familiar with their surroundings on the first day of school (most schools allow this!).

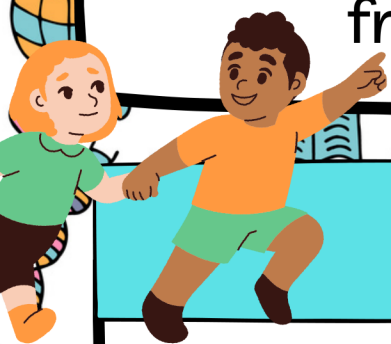




## Gente Reminders



Remind your child of what they learned the previous year. While school “veterans” are familiar with their school, they may have anxiety from thinking they haven’t retained what they learned the previous year. Do a short review from the previous year with a couple of math questions, a few spelling words or a couple of science lessons. Go over them and allow them to see what they remember. Your child may also wonder if they will connect with their school friends from the previous year.



## Social Connections

Talk to your child about the friends they have missed over the summer and why they missed them. Try to find the positives to get them excited about starting school. See if any Parents from your child's grade are interested in getting kiddos together before the end of summer. Making these connections ahead of time will alleviate some of those first day jitters.

# at Home



Building and supporting a child's self esteem is an essential piece of school-year readiness. Check out the attached resources for some ideas on how you can support your child's self esteem and mentally prepare them for the coming school year.

## In the Community



Family Fun Week  
August 20th-25th  
Mohonk Mountain House  
1000 Mountain Rest Rd  
New Paltz, NY

Dutchess County Fair  
August 22nd-27th  
6550 Spring Brook Ave.  
Rhinebeck, NY 12572

Columbia County Fair  
August 30th-September 4th  
182 Hudson Avenue  
Chatham, NY 12037

## Exciting News!

Check out the **ALL NEW TINY TIPS** Newsletter!

Enjoy monthly tips and tricks about caring for our youngest population. For more info and to subscribe, Please send an email to:

[askingmissashley@gmail.com](mailto:askingmissashley@gmail.com)





Like, love, embrace & accept yourself.

Show RESPECT towards others and yourself.



Use good posture. Stand tall as you are.

Treat yourself with kindness & compassion, even & especially when life gets hard.



Follow your curiosities & learn! Try or create something new.

See MISTAKES AS AN OPPORTUNITY TO LEARN.



Remember That NO ONE IS PERFECT.



Don't compare yourself to what you see in the media.



Focus on the things you have control over & can change.



Choose friends who treat you how you want to be treated.



Create. Build. Cook. Bake. Garden. Do Art.

Do more of what helps you feel good about yourself.



Look in the mirror & tell yourself, "I love you."



BE YOUR OWN BEST FRIEND

Make choices that stay true to what you value.



Learn & practice healthy ways to cope with stress.



Don't compare yourself with others. You are unique!



READ!



Laugh! Play! Have fun! Get silly!

Say positive affirmations.



# 50 Ways to Build SELF-ESTEEM for kids



Get to work on the chores & other responsibilities you have been putting off.

PRACTICE GRATITUDE



FOCUS ON THE POSITIVES & BE OPTIMISTIC



FORGIVE OTHERS. FORGIVE YOURSELF.



Take slow, mindful breaths.



EXERCISE!

Practice daily hygiene.



Resolve conflict peacefully & use I-Statements.

Eat healthy food.

Say "no" to things you are uncomfortable with.

TELL THE TRUTH & BE HONEST



ASK FOR HELP & SUPPORT

HAVE A GROWTH MINDSET



Remind yourself that your bravery is stronger than your fear.

FOCUS ON SOLUTIONS, NOT PROBLEMS.



TALK ABOUT YOUR FEELINGS WITH SOMEONE YOU TRUST.

Set goals & work towards them, step by step.



Get enough sleep.



Say what you want, need & hope for.

Try again when something doesn't work out the way you hoped it would.



Be responsible for your choices at school & at home.



SAY, "THANK YOU" WHEN SOMEONE COMPLEMENTS YOU.

DRINK PLENTY OF WATER

Give yourself a hug.



Start a new hobby or sport. Join a club at school.



SPEND TIME WITH CARING ADULTS.



Limit how much time you spend in front of screens.

COMPLETE YOUR SCHOOL ASSIGNMENTS



DO random acts of kindness.

HELP OTHERS





# CONVERSATION STARTERS

Back-To-School Edition



What is your favorite memory from this summer?

**ON OUR SLEEVES**

The Movement for Children's Mental Health



How are you feeling about the start of the school year?

**ON OUR SLEEVES**

The Movement for Children's Mental Health



Is there anything you're worried about with going back to school?

**ON OUR SLEEVES**

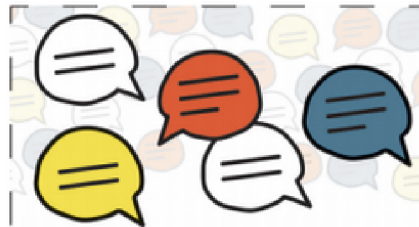
The Movement for Children's Mental Health



What do you like most about yourself?

**ON OUR SLEEVES**

The Movement for Children's Mental Health



If you could make a rule for your classroom, what would it be?

**ON OUR SLEEVES**

The Movement for Children's Mental Health



What are you most excited about learning this year?

**ON OUR SLEEVES**

The Movement for Children's Mental Health

**ON OUR SLEEVES**

The Movement for Children's Mental Health

# Back-to-School Conversation Starters (cont'd)



What's your favorite thing to do at school?

**ON OUR SLEEVES**

The Movement for Children's Mental Health



What do you hope to get better at this year?

**ON OUR SLEEVES**

The Movement for Children's Mental Health



Which friend are you most excited to see again?

**ON OUR SLEEVES**

The Movement for Children's Mental Health



How are you going to make new friends?

**ON OUR SLEEVES**

The Movement for Children's Mental Health



What adult will you go to when you need help or support at school?

**ON OUR SLEEVES**

The Movement for Children's Mental Health



**ON OUR SLEEVES**

The Movement for Children's Mental Health