

# CONNECTIONS

## CORNER

September Edition

by Mrs. Newell & Mrs. Nill

### Navigating Changes

Change creates stress for many kids and they each react in their own way. For kids who have a particularly hard time, there are some ways we can help them deal with change that works to decrease anxiety and promote coping and resilience. Some of the following ideas may help:

- Preview upcoming changes in schedule or routine with your child. Help him or her anticipate what's coming with details about the event.
- Talk about the feelings that change creates, especially anxiety or fear. Then make sure you validate those feelings. Fear is real and it can be paralyzing.
- Create a sense of control for your child by giving them some choices (even if they're token) during the transition. For instance, you can allow your child to plan special lunches (with a treat) that you'll pack.
- Help your child think about other new things they've experienced and how they got through them successfully, and how worry always gets smaller as you get used to things.
- Talk about the skill of flexibility and how it keeps you from getting stuck and allows you to try new things.
- Set up some rewards for practicing flexibility and the courage to try new things even if they're scary or hard. Concrete rewards give kids something to focus on and provide motivation to face fear and change.

### Mindful Family Activity

#### Take a listening walk together.

Go someplace—even your backyard—and walk together in silence, listening for sounds you typically overlook: leaves rustling, a pine cone falling from a tree, your own steady breath. To enhance the quietest sounds (and make it more fun), you can turn paper cups into amplifiers by cutting a hole in the sides of two cups and hooking them over your ears, drinking side facing forward. Although nature is especially relaxing, a listening walk can occur anywhere!

### Virtual Tech Tip of The Week!

Check out the **Securely Home Parent updates!** [CLICK HERE](#)

New Feature: Offline schedules allow parents to set times to block internet access on their child's device. This can be helpful with managing screen time and usage during dinner, bedtime, etc.

### Resources

Back Snack Program at Liberty View: [CLICK HERE](#) for a flyer which provides more information.

Meal Pick-Up for Virtual Students: [CLICK HERE](#) for more information about locations and times for food service pick-up.

Johnson County Mental Health Center 24/7 Crisis Line: [913-268-0156](tel:913-268-0156)

Coming Next Month...

October is Bully  
Prevention Month

### Contact Us!

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