



HOW CAN YOU SUPPORT YOUR CHILD IN AND OUT OF SCHOOL.



SOCIOEMOTIONAL BENEFITS OF SOCIAL MEDIA

Social networking and building a community

Increase self-worth

Increase feeling “heard”

Connecting with friends/family

Increased exposure to other worlds

HEALTHY VERSUS UNHEALTHY USE OF SOCIAL MEDIA

Healthy

Maintaining reasonable hours

Connecting online and in person

Maintaining balance between social media, home, and school

Unhealthy

Being on the phone/computer all night

Only connecting with others online

Distracting from school and family obligations

Interrupted sleep patterns

Increased anxiety



WARNING SIGNS & BEHAVIORS TO LOOK FOR:

Negative social media	Lack of insight into owns feelings, behavior or personality	Changes in eating habits and lack of appetite	Not caring about learning, friends or school
Extreme mood changes	Confused thinking or problems concentrating	Feeling excessively sad or low	Excessive angry or bullying
	Thinking/talking/writing about suicide	Somatic complaints (headaches, stomach aches, etc.)	

GET THEM TO TALK

Many children may believe they shouldn't show their emotions to "be strong."

Ask questions that can't be answered with "yes/no" or "IDK"

"What can you control? Who can you ask for help?"

"What are the school rules? Did you speak to your teacher/school staff?"

"Tell me what has been the hardest part for you"



WHY IS IT IMPORTANT TO HELP YOUR KIDS CONNECT?

"There is no more effective neurobiological intervention than a safe relationship"

-- Bruce Perry, PhD, MD, researcher & child psychiatrist



Relationships bring our brain back into regulation

- Remember to connect before you redirect

Having a trusted adult is a significant to building resiliency.

It models co-regulation

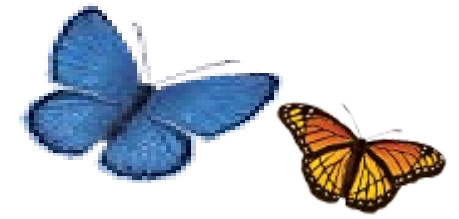
During times of crisis many communities look for “the helpers” for support.

You could be their main source of support and information.

You can help with providing some normalcy, structure and providing resources and information

Be creative and flexible with strategies

PROTECTIVE FACTORS



High self esteem

Emotion regulation abilities

Good coping and problem-solving skills

Sense of belonging in school, community, spiritual and/or culture

Rules and limits set in the home

Clear expectations and structured environments

Supportive relationships with family members

Presence of mentors/ role model

Physical and psychological safety

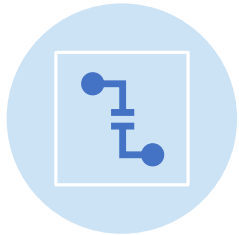
Adequate housing

Access to health care

Positive Self Talk



HOW TO PROVIDE SUPPORT



BE SPECIFIC
ASK
PERMISSION
TO PROVIDE
ADVICE



ARE THERE
OTHER
DYNAMICS THAT
ARE OR COULD
EXACERBATE
THEIR CONFLICT?



DON'T ALWAYS
TRY TO FIX IT.
HAVE THEM
BRAINSTORM AN
ANSWER.



HOW TO
RESPOND TO
URGENT
CONCERNS OF
CHILD SAFETY
IMMEDIATELY.



EMOTIONAL
CHECK-INS

PHONE APP'S THAT SUPPORT STUDENTS

Phone App's
for
Anxiety/Stress

• Breath

• Headspace

• Worry Watch

• Moods

• Calm

• Stop, Think,
Breath

• Colorfy

• Breath2Relax

• Sleep Time

• What's Up?

How to Get Involved



Sign up	Sign up to receive On Our Sleeves updates and resources at https://www.onoursleeves.org/get-involved/sign-up
Learn	Learn how to advocate for children's mental health responsibly at https://www.onoursleeves.org/get-involved/advocate
Educate	Educate yourself on how to talk to your kids about mental health at https://www.onoursleeves.org/find-help/support/how-to-talk-to-your-kids-about-mental-health

Thank You for What You Do!



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