



New Rainbow Education Newsletter

TO EMPOWER, ELEVATE, AND TRANSFORM
BERDETTE HENRY, MS SP. ED.

NEW RAINBOW FEBRUARY NEWSLETTER



Managing Stress and Anxiety in Our Children

During the past 23 months, an increasing number of parents and children are experiencing mental health issues. The two major factors of living under conditions that require changes in our families' daily routines as well as trying to make adjustments in our normal, job and school routines contribute to our daily levels of distress. When it comes to our children, all of this can be difficult to navigate without our help.

Here are a few techniques that parents can try to help children manage their anxiety and stress:

- Try deep breathing techniques to help kids relax and calm down when they're feeling upset or stressed.
- Encourage kids to do more creative activities that they enjoy. This can help reduce stress and increase energy.
- Practice mindfulness 5,4,3,2,1 technique When kids experience overwhelming feelings of anxiety that are hard to control. [Here's how:](#)

Repeat this process as many times as necessary.

- Parents if you are feeling stressed and anxious, your child can sense it. Learn to take time for yourself and do the things that are nurturing and restorative. Self-care is necessary.
- Still having a difficult time helping your child manage anxiety and stress? Seek support.

MINDFULNESS

5-4-3-2-1

TECHNIQUE

- Look For 5 Things You Can See
- Become Aware Of 4 Things You Can Touch
- Acknowledge 3 Things You Can Hear
- Notice 2 Things You Can Smell
- Become Aware Of 1 Thing You Can Taste



What to look for:

Source: www.mayoclinic.org

Mood changes:

Look for feelings of sadness or withdrawal that last at least two weeks, or severe mood swings that cause problems in relationships at home or school.

Intense feelings:

Be aware of feelings of overwhelming fear for no reason, or worries and fears intense enough to interfere with daily activities.

Behavior changes:

Drastic changes in behavior or personality, as well as dangerous or out-of-control behavior. Fighting frequently, using weapons and expressing a desire to badly hurt others are also warning signs.

Difficulty concentrating:

Look for signs of trouble focusing or inability to sit still for any length of time, both of which might lead to poor performance in school.

Unexplained weight loss:

A sudden loss of appetite, frequent vomiting or use of laxatives might indicate an eating disorder.

Physical symptoms:

Compared with adults, children with a mental health condition may develop chronic headaches and stomachaches rather than sadness or anxiety.

Physical harm:

Sometimes a mental health condition leads to self-injury, also called self-harm. This is the act of deliberately harming your own body, such as cutting or burning yourself. Children with a mental health condition also may develop suicidal thoughts or actually attempt suicide.

Substance abuse:

Some kids use drugs or alcohol to try to cope with their feelings.

**This is not an exhaustive list.*

Author's Corner

So excited to bring you a book from a dear friend, Roz White:

Author Roz White shares...

If you are a child of an immigrant or an immigrant yourself, you may know the remark "Going Home", yet your zip code or area code may be different. From a kid's perspective it is essential that they understand that we all come from somewhere, even if it's America.

In "Home, where is Home?" you are introduced to Malachi and Karelle whose birthplace is America and is home to them. We learn that their parents have different places that they too call home. Their parents are from the Caribbean. The dad is from one island; the mom is from another island. But when their parents say they are going home, this can also mean any island in the Caribbean. In the first series, the family is going to visit one of their aunts whose home is in one of the French islands of the Caribbean. When I started to write this story, I thought of the puzzled faces of the kids around me when I would say I am going home. My goal is to write about immigration, geography, culture, genealogy, and simply the collection of us. I hope you can come along with me as we go home discovering, learning, and understanding our differences and our similarities. Where to next? Home.

[Malachi and Karelle Series Home, where is Home?](#) can be purchased on Amazon or Laurensimonepubs.com



MALACHI AND KARELLE SERIES



Written by Rosamond S. White
Illustrated by Clara-Jane Quinn

Author Rosamond S. White

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