

SOCIAL MEDIA

September: Week 1

(Image: September Week 1.png)

Going back to school is a big change for all kids. They may feel uneasy, especially during this pandemic as some rules may change or there may be confusion. Keep in mind that the changes children experience, even if they are positive, take extra energy and your child may be more tired and less able to tolerate difficulties during this time. The confidence of knowing that their caregivers will support them helps children to focus on learning because they know that their security needs will be met.

Use this Sesame Street toolkit to encourage your kid to approach this change as an adventure!

<https://sesamestreetincommunities.org/activities/the-adventure-continues-back-to-school/>

#123connectwithme #securebase #parenting #backtoschool

Tag: @SesameStreetInCommunities

September: Week 2

(Image: September Week 2.png)

Children going to child care, preschool, or school need to know they have a secure base, especially during times of change. Sometimes children ask directly when they need extra reassurance, but sometimes children might express their needs through behaviors such as clinging, complaining, crying, or resisting. Remember you are their secure base and they will benefit from your remaining calm, listening, and knowing that providing that extra reassurance and comfort is so important when needed.

Having you as their secure base, your child can approach the school year with a sense of adventure!

Learn more: <https://sesamestreetincommunities.org/activities/the-adventure-continues-back-to-school/>

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September: Week 3

(Image: September Week 3.png)

A secure child knows that their parent or caregiver will be there for them when they are afraid or sad, face challenges, or feel sick. One way to serve as a secure base is to identify what the child needs in the moment when they ask for your support. If you are not sure what your child needs, you can ask them.

Watch this video to learn how you can nurture a strong attachment with your child through everyday moments. <https://www.zerotothree.org/resources/230-responsive-care-nurturing-a-strong-attachment-through-everyday-moments>

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Tag: @ZEROTOTHREE

September: Week 4

(Image: September Week 4.png)

Change may make your child feel uneasy, especially big changes like starting school, preschool or daycare. The challenge of getting children to school and adults getting to work on time can add to anxiety a child might be feeling about separating from caregivers. Here are pointers for helping children escape the cycle of anxiety: <https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

#123connectwithme #anxiety #parenting #backtoschool

Tag: @ChildMindInstitute