



# Early Childhood Mental Health

## June Newsletter

### Summer is Here!

Summer is an exciting time! It's a great time to relax and unwind. It's also a great time to get ready for changes in your child's learning and schooling. Some children will stay at the learning center they go to now, others will go to different centers and some will begin Pre-K. There are things you can do throughout the summer to make the change a lot easier!



Remember that your child is always learning. Your child learns from you, people who have around, television shows they watch, music they listen to, and different things they see and hear in the community. Plan activities where your child

can show you what they know and other activities that you can teach them something new. Early activities help to shape their attitude towards school, teachers and learning.

Help your child to build their skills throughout the summer. The more activities your child is able to do, the more independence the teacher will allow him/her in the classroom. The better skills they have, the better their self-confidence. For example, have your child complete daily chores that are appropriate for his/her age. This will help your young one to be prepared for following directions and meeting adult expectations. You can also start practicing a "school night" routine. Even though it is the summer, keep the rules going so that your child can transition much easier when school starts.

You are your child's biggest advocate. It is very im-

portant to build a good relationship with the new teacher. Provide the teacher with as much truthful information as possible. The better communication you have with the teacher, the better the teacher will be able to help your child grow throughout the year. Ask the teacher questions and allow the teacher to ask you questions too. Show your child that you are working with their teacher.

Last but not least, YOU may be in shock that your child is growing up so fast! Talk to other parents and family members about their experiences. Find healthy blogs about parenting online. Follow productive social media pages where you can find helpful tips.

### Behavioral & Educational Solutions, P.C.

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### Book of the Month

Read to your child! Kids love hearing their parents read books. You don't have to read the exact words. Sometimes it's fun to ask your child questions about the pictures instead.

Llama Llama Mad at Mama by Anna Dewdney

© [David Goes to School](#) by David Shannon

© [Llama Llama, Mad at Mama](#) by Anna Dewdney

### Song of the Month

Ask your child to sing with you! Even young children like to "sing along" with their parents. If you don't know what song to sing, here is one idea:

© You Are My Sunshine

### Frequently Asked Questions

#### What are examples of learning activities?

Reading, going to the park, visiting the museum, visiting the library, going to the zoo. You can also have your child name the fruits and vegetables when you go to the grocery store or name

colors when you are walking/driving down the street. Be creative!

#### What if I had a bad experience with school?

Unfortunately, this happens. It may be helpful to find a trusted adult at your

child's school who you can talk with, if you ever have any problems. Allow your child to see what schools and teachers are all about for themselves!



## Behavioral & Educational Solutions

8609 2nd Avenue, Ste 404B  
Silver Spring, MD 20910

Phone: 240-398-3514  
www.besdc.com

We are dedicated to delivering multi-disciplinary, culturally sensitive, systems focused on developmentally appropriate services. At Behavioral & Educational Solutions, P.C. (BES) we believe that children do not grow-up within vacuums; hence, our services are driven by the goal of establishing strong, collaborative, engaged relationships between the family, school, and other systems.

Behavioral & Educational Solutions, P.C., is an allied health/related services support company serving DC and Montgomery County. We are a fully bilingual (English/Spanish) company.



Behavioral & Educational Solutions, P.C.

## Meet Us!

Our mental health consultants have over 20 years of combined experience helping families and teachers of young children. We are available to meet with parents, observe children, and help teachers support healthy social-emotional development.

Each daycare center has its own mental health consultant. Look here to find the contact person for your child!



**Andrea Howard**  
Centers:

- H.D. Woodson HS
- Azeeze Bates
- C.W. Harris
- Paradise



**Angelina Nortey**  
Centers:

- Atlantic Gardens
- Frederick Douglas
- Ballou HS
- Anacostia HS
- Luke C. Moore HS
- Dunbar HS



**Mawule Sevon**  
Centers:

- Educare
- Rosemount



**Cindy Cruz**  
Centers:

- Edgewood
- Roosevelt
- UPO Home Visitors