



Early Childhood Mental Health

September Newsletter

Back to School!

We're officially back to school! We want to start out by saying "Welcome back!" to families we know from last year, and "Hello!" to our new families. This newsletter is written by the mental health consultants that work at your child's center. Check the second page for our names and pictures. The newsletter comes out at the beginning of every month and is a great way to learn more about your child's development!

Whether starting daycare for the first time or coming back for a second or third year, the first few weeks of school can be difficult for everyone. So we want to give you some tips for starting the year right.

Children do best with consistent routines. By following the same routine each morning, children begin to expect what is coming next, making the transition into the school day easier for them. For instance, try to wake your child up at the same time everyday and follow a simple routine like this: drink milk, brush teeth, get dressed. As you are doing your morning routine each day, talk to your child about what you're doing and what comes next. After a few weeks, ask your child if they can tell you what comes next. You'll be surprised at how quickly they pick it up!

Give your child plenty of rest. When your child is getting used to going to school again (or for the

first time!), the first month of school can feel exhausting. They may be used to being able to lay down whenever they are tired at home, but at school, there is a specific naptime. So make sure your child is getting lots of sleep at night. Infants need about 13-16 hours of sleep per day, and 1 to 2 year olds need 11-14 hours of sleep per day.

Ask your child about their day. When you see your child at the end of the day, ask what they did at school that day. This is a new skill and their memories are just forming. By age 2 or 3, a child may be able to tell you at least one thing from their day. At first, try asking leading questions like "Did you go outside today?"

Get to Know Your Child's Teachers

Your child's teachers are very important people in your child's life. By getting to know the teachers that work with your child each day, you can help provide important insight and learn new parenting skills.

Remember that your child's teacher has a lot of helpful knowledge about children. If you have questions about something your child is or is not doing, ask the teacher



if she can help! Even if the teacher does not know how to answer your question, she will be able to ask someone else. The mental

health consultants are always here to help you find ways to help your child grow and thrive!

It is also easier for teachers to work with your child if you communicate important things to them, like how they're feeling and how you work with them at home. Together we can do even more to help our children succeed!

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.

☺ [A Kissing Hand for Chester Raccoon](#) by Audrey Penn

Songs 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 are some ideas:

☺ Five Little Monkeys Jumping on the Bed



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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.



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:

- Rosemount



Cindy Cruz

Centers:

- Edgewood
- Roosevelt
- UPO Home Visitors