



Mental Health Minute



For questions or concerns related to your student's mental health,
please contact Mrs. Amanda Ellerkamp, MS, LPCC
at Trinity High School (701-456-9256)

For more resources, see: <https://trinitycatholicschools.com/mrs-amanda-ellerkamp>

MAKE MENTAL HEALTH A PRIORITY THIS SCHOOL YEAR



Most children adapt to the new school year without any issues. However, this environment requires kids to sit still, pay attention, follow rules, and socialize with their peers while learning new things. It's also a time when their brains and bodies undergo massive development.

If children have a mental health condition like anxiety, ADHD, or depression, school is typically where symptoms begin to emerge.

If you've noticed your child has unusual difficulties in school or is behaving differently, discuss your concerns with their teacher and a mental health professional. These experts can offer insight into whether your child's struggles are normal for their age or it's time to schedule a mental health evaluation.

BACK-TO-SCHOOL SUPPORT TIPS FOR PARENTS

- **Create a Routine Together:** Create a daily and weekly routine that will work best for your family. Discuss and include wake up times, breakfast, studying, etc. Establishing set times for homework, extracurricular activities, and family time. Having a routine that works for everyone can help you and your students feel more organized and prepared!
- **Encourage your Child's independence:** Allow students to pack their own bags, set out their clothes and makes their lunches and snacks. Age appropriate decision making skills helps develop autonomy and self-confidence.
- **Practice Communication:** Good communication is KEY! Make a habit of asking your child about their day and listening to their answers. Validate their emotions as you talk with them to show support for their well-being.
- **Set up a Positive Study Environment:** Make sure students have a dedicated space in your home where they can study and complete homework. This space should be equipped with the necessary tools and (ideally) free from distractions.
- **Make Time for Play and Relaxation:** Adjusting to a new school routine and all the responsibilities that it brings can bring up a lot of feelings – for kids and parents alike! Plan fun activities that you can do together as a family so everyone can unwind and have fun.

MOST IMPORTANTLY:

Remember to take time to attentively listen to one another, letting your child know that you are there for them - no matter what!