



**FIGHTING
ACEs**
Because Kids Grow Up

Beating Back-to-School Worries



What a week! For thousands of families in Florida and beyond, children returned to in-person learning at school -- many of them for the first time in a year-and-a-half! There is no doubt that the Delta variant of the Coronavirus is surging, and rules like mask mandates seem fickle and uncertain. No wonder children are feeling unprecedented anxiety and fear. As an adult, you model the behavior your children will imitate...you set the tone.

Are you being calm, supportive, positive, and loving to help your child transition back to school and adjust to new socialization challenges?

At Center for Child Counseling, we are seriously committed to a public health approach to tackling Adverse Childhood Experiences (ACEs). We work hard to help our clients as well as families in the community to address health concerns (both mental and physical) using productive and effective tactics. There are ways you can help your children face their anxieties using a trauma-informed approach.

Equip yourself with the knowledge and skills you need to ensure your children will thrive during this period of back-to-school challenges. Our new blog "[Beating Back-to-School Worries](#)" is available now to help you.

[Read the Blog Now](#)

Back-to-School Routine Setting

Watch our skilled therapist, Darla Mullenix, discuss how establishing routines helps to calm anxiety as your children return to school amid the pandemic.



Change is Hard - But We Can Help

Change is difficult for everybody but it can be especially hard for children who may not yet have developed the necessary life skills to understand it. You can help your child prepare for change by implementing some simple steps that will help them cope better with transitions -- such as returning to in-person learning at school.

This [handy tip sheet](#) gives an overview of ways you can help your children deal with transitions.



A WAY OF BEING WITH CHILDREN

Effective Transitions Tips to Promote Child Well-Being and Resilience

Children and Transitions

Transitions are simply changes – from one activity to another, from one place to another, from one level of energy to another, from daytime activities to nighttime sleep, etc. We all make these changes constantly throughout the day, and they tend to come very naturally. For children, transitions can be very challenging. The truth is that making transitions takes a lot of brain function and skills – skills a child may not yet have developed. There are ways to make transitions easier, however. This, in turn, can make life easier for teachers and families.



Why are Transitions Difficult for Children?

Transitions require the mastery of various skills:

- Flexible thinking
- Coping skills
- Language and communication skills
- Self-regulation

Children may be at a place developmentally where they have not yet achieved mastery of these skills. They need help from adults.

Additional considerations:

- Children live in the moment
- They may be tired, hungry, or confused
- Children don't like fun activities to end
- Transitions may cause anxiety in some children



Questions to Ask Yourself to Ensure Appropriate Transitions

- What is the developmental stage of the child or children?
- What is the temperament of the children?
- How many transitions are appropriate for this age group?
- Is the time allowed for transitions appropriate?
- What is the nature of the activities that follow each other?
- Are the directions given age appropriate?
- What is your attitude as the teacher/parent/caregiver during the transitions?
- Does the environment support transition?



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Helping Children With Transitions

- Give clear and age-appropriate directions
- Teach children the expectations for transitions
- Be supportive, attentive, and nurturing
- Provide visuals
- Provide a preview
- Establish routines
- Be prepared for the unexpected
- Limit transitions
- Plan ahead
- Be realistic
- Give a time warning
- Be balanced
- Create rituals
- Encourage success



Remember to prepare for the fact that some children will need more assistance than others.

In the Classroom

- Make a list of predictable and unpredictable transitions
- Re-evaluate and determine if any changes in the flow of the schedule are needed
- Be aware of emotional transitions

Age-Appropriate Transitions

Infants & Toddlers

- Fewer transitions are recommended
- Preparing and guidance are especially important
- Children with limited self-regulation and communication skills may experience more challenges
- Physical closeness and nurturing are very important



Pre-Schoolers

- Informing children about the transition ahead of time helps promote feelings of safety and increased self-control
- Incorporate more songs and movement activities
- Plan slowing down activities

What Do Children Learn as They Master Transitions?

- Strategies and calming techniques used during transitions teach children a variety of lessons:
- Helping to prevent negative behaviors by promoting self-regulation
 - Developing an understanding of the sense of time
 - Assisting children to develop social-emotional skills
 - Empowering children to maintain self-control

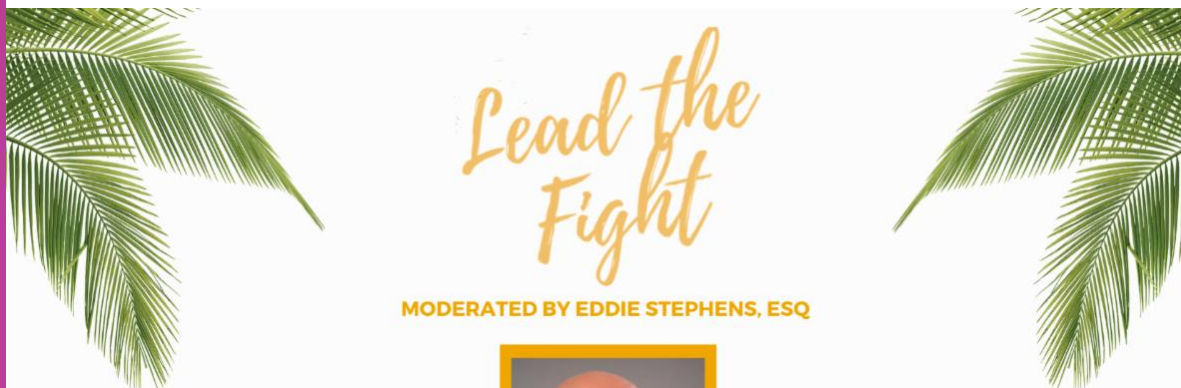
Get more resources at: www.centerforchildcounseling.org/awayofbeing

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A Forum to Fight ACEs



MODERATED BY EDDIE STEPHENS, ESQ



DR. MIMI GRAHAM



DR. SHANNON FOX-LEVINE



MS. AMBER PAYNE



MR. EDWARD TIERNEY

On Wednesday, August 18, Center for Child Counseling will host the second part our Lead the Fight live panel series designed to effectively address the effects of childhood trauma and adversity on families by

harnessing the power of education, advocacy, and action. This virtual event is designed for sector leaders who are empowered to make changes within their own organizations and for the general public.

During the event, will explore effective strategies to promote resilience in childcare, school, and pediatric settings. This important conversation and call to action will be hosted by Center for Child Counseling's CEO, Renée Layman, and moderated by Eddie Stephens. The panel consists of Dr. Mimi Graham, Dr. Shannon Fox-Levine, Mr. Edward Tierney, and Ms. Amber Payne.

[Register Now](#)

Become More Trauma-Informed...Every Day



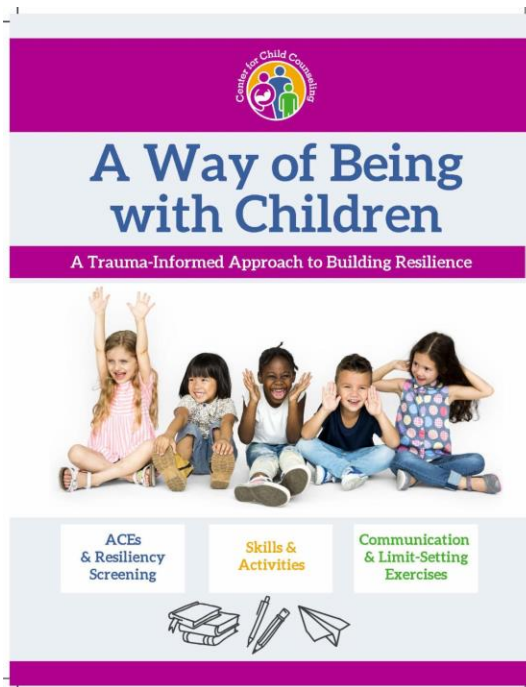
We recently launched "[A Way of Being with Children: A Trauma-Informed Approach to Building Resilience.](#)"

This online training for teachers, caregivers, and parents assists with social-emotional behavioral support and interventions. It also provides adults who regularly interact with children and families in early learning and elementary environments with the knowledge and support needed to promote positive, trauma-informed interactions with children.

Free for Palm Beach County Teachers!

Contact [Dominika Nolan](#) for registration questions, including discount codes and group rates. Supported by grants from the [Florida Blue Foundation](#), [Early Learning Coalition of Palm Beach County](#), and [Children's Services Council of Palm Beach County](#), the course and manual are free to teachers, caregivers, and parents in ELCPBC childcare centers and the School District of Palm Beach County.

[Learn More](#)



Want to get involved?

Learn more about [Fighting ACEs](#) in Palm Beach County. Use [#FightingACEs](#) to join the conversation.

[Contact us](#) to learn more about workshops.

[Donate Now](#)

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