



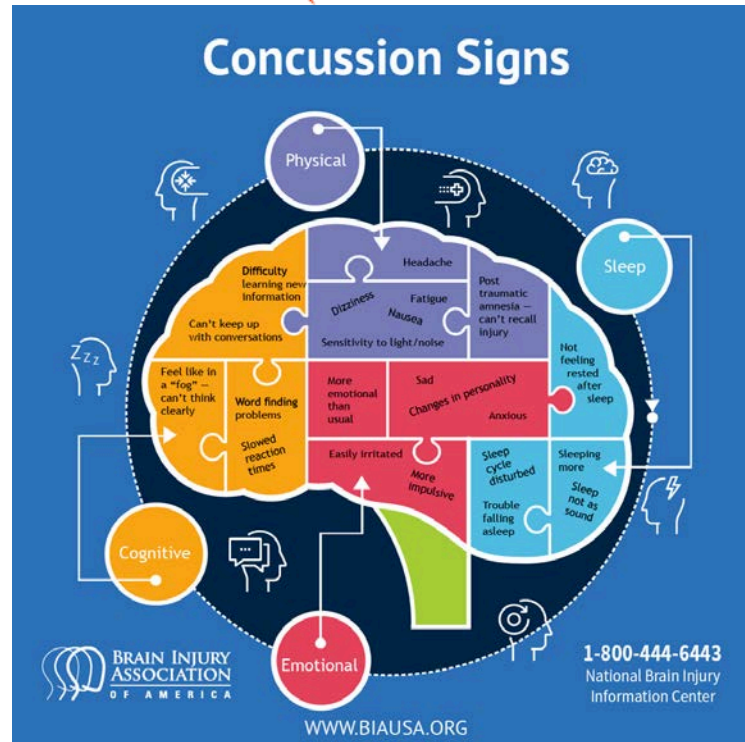
Feedback



Public Health
Prevent. Promote. Protect.
Wayne County, NY



September is
National
Preparedness
Month Learn
more at
[ready.gov](https://www.ready.gov)



The Importance
of Sleep for
Teenagers



**Resilience: Build
skills to endure
hardship**





FEEDBACK



PARENT NEWS

SEPTEMBER 2024



HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

COPIING SKILLS

Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging.

WELL BEING

Promote healthy eating, physical activity and enough sleep. Exercise and healthy sleep habits boost mood and reduce stress and anxiety.

TALKING

Encourage your child to talk about their problems and how they are feeling.

AUTONOMY

Allow your child to make their own decisions. This will help to build resilience.

ROLE MODEL

Be a positive mental health role model. Demonstrate positive behaviors which your child can learn from you.

SELF CARE

Make sure your child has time and space to look after themselves. Involve yourself in their hobbies.

PLAY

Promote play and creativity among your child. Allow them to explore.

RELATIONSHIPS

Support your child to build positive relationships with family and friends.



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EMERGENCY PREPAREDNESS



MAKE A PLAN



BUILD A KIT



BE INFORMED



Pay attention - their attempts to talk to you can be subtle



Talk while cooking together or go out for dessert



Let them know you're there to listen (and not judge)



Play a video or board game they choose



Share your feelings first



Talk during car rides



Use open-ended phrases like "tell me more"



Use a private journal just for the two of you



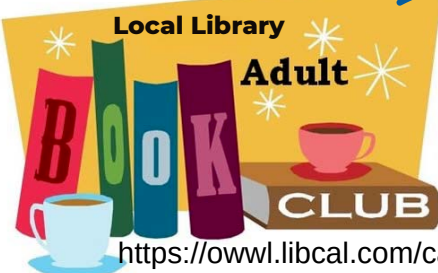
The less you react, the more they might share



Check-in if it is okay to check in about a certain topic first

HOW TO TALK TO TEENS, TIPS FOR FAMILIES

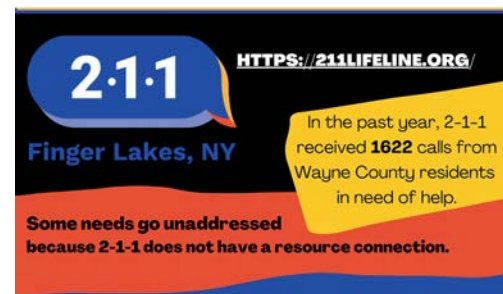
@teenhealthdoc



<https://owwl.libcal.com/calendar>



WAYNE COUNTY FOOD PANTRIES



[HTTPS://211LIFELINE.ORG/](https://211lifeline.org/)

In the past year, 2-1-1 received **1622** calls from Wayne County residents in need of help.

Some needs go unaddressed because 2-1-1 does not have a resource connection.