



Wings

A Weekly Newsletter for Families

May: Week 4
Parenting Tips

“A two-year-old is kind of like having a blender, but you don’t have a top for it!”
- Jerry Seinfeld

May is Mental Health Month

Mental health issues in young children can be triggered by things like:

- Loss of a loved one
- Divorce or separation of their parents
- Major transition (new home, new school, etc.)
- Traumatic experiences, like living through a natural disaster or fire
- Teasing or bullying
- Difficulties with friends or classmates

Here are some of the signs to look out for – especially if they come on suddenly:

- Changes in sleeping or eating habits
- Excessive worry or anxiety
- Hyperactivity
- Persistent nightmares
- Persistent disobedience or aggression
- Frequent temper tantrums

If you are concerned about your child’s behavior, it’s important to get the right care for them. Discuss your concerns with your child’s doctor as soon as possible.

There are many mental health resources for parents and caregivers. And remember – there is help and hope for your child.



•• INFANT Inspiration

Dealing with Colic – Try these tips if your baby has frequent severe, unexplained crying spells.

- Feed your baby in an upright position and in a quiet, calm room.
- Massage them
- Remain as calm as possible and never take out your frustrations on your baby.

•• TODDLER Tales

Handling Outbursts – Crying is a way for toddlers to tell you they want or need something. If the tears aren’t caused by hunger, physical pain or fear, allow your child to cry a bit – don’t make a big deal out of it. Boredom can bring on tears, so keep your child busy. Teach toddlers to describe their feelings so they won’t cry as much.

•• PRESCHOOL Power

Managing the Urge to Cry – Preschoolers may cry if they expect to be hurt physically or even emotionally, like being rejected by friends. Encourage preschoolers to breathe deeply and count silently to calm down. They can take a break or get away from a situation to regain their self control. Giving themselves a hug and thinking comforting thoughts can also help.

