

Tackling Anxiety and Self-esteem at Barbizon in Red Bank

For all kids, facing a variety of challenges during their formative years can cause stress and anxiety, and confidence plays a key part in overcoming many of these obstacles. Below is a testimonial from a parent who enrolled her child in a modeling and mentoring program at Barbizon of Red Bank, an opportunity that did wonders for her confidence and self-esteem.

My daughter, Sara Tedesco, has excelled under the Barbizon experts' mentoring. We did research on Barbizon and saw that it covered everything Sara was interested in, so we signed her up! She learned about health and fitness, set a face care regimen, makeup and hair tips, how to appropriately get in and out of the car, runway etiquette and even how to set a table properly. Every time I picked her up, she would get in the car and say, "Oh my gosh, you'll never guess what we did today! It was fun!"

Through Barbizon, Sara was given the opportunity to model in several fashion shows in Atlantic City, New York and New Jersey. She competed in the Miss NJ Teen USA pageant at 15 years old. She also has collaborated with photographers and fashion designers in photo shoots. Most recently, she was featured on a billboard for a swimwear company in Times Square in New York City!

Sara has gotten real experience, has learned so much about herself and her confidence has exceedingly grown. We are beyond proud of what she has accomplished and are so excited to see how Barbizon will continue to help her succeed in the future.

— Jennifer Tedesco

Preparing Your Child Emotionally for Back-to-School Success

BY DR. DANA SPADA

As summer wanes and the air grows crisp with the promise of a new school year, many parents may find their child facing a whirlwind of emotions for the return to school. By taking proactive steps to emotionally prepare your child for the return to school, they can approach the new academic year with confidence, resilience, and enthusiasm. Together, you can navigate the transition successfully and set the stage for a rewarding school experience.



Here are some helpful tips:

Open Communication: Start by having open and supportive conversations with your child about their feelings and concerns regarding the upcoming school year. Listen actively, validate their emotions, and offer reassurance. Understanding their anxieties allows you to address them effectively.

Establish Routines: Gradually reintroduce school-like routines a week or two before classes begin. Set regular bedtimes and wake-up times to help adjust their sleep schedule. Encourage them to start reading or engaging in educational activities to ease into the academic mindset.

Celebrate the Positive: Focus on the exciting aspects of the new school year, such as seeing friends, participating in extracurricular activities, or learning new subjects. Encourage optimism and enthusiasm about the opportunities ahead.

Prepare Together: Involve your child in back-to-school preparations, such as shopping for school supplies or choosing a backpack. This involvement fosters a sense of ownership and excitement about the upcoming school year.

Manage Your Own Emotions: Children often mirror their parents' emotions. Stay positive and calm when discussing school-related topics, even if you have concerns. Your confidence and support will reassure your child and build their own resilience.

Stay Connected: Maintain open lines of communication with teachers and school staff throughout the year. Building a collaborative relationship ensures that any challenges your child faces can be addressed promptly and effectively.

If you or your child are experiencing challenges or want more information and support, you can find us at LEAF by Dr. Dana Spada Psychotherapy.

LEAF Psychotherapy

www.LeafPsych.com | 732-947-4777 | Info@LeafPsych.com

COLTS NECK | LITTLE SILVER | HAZLET | SEA GIRT