

# Preparing For a Successful School Year

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## ***Greetings!***

Brittany Cephas is a Licensed Psychotherapist located in Columbia, Maryland. She offers mental health services to children and adolescents who are having a difficult time coping with social and emotional related issues. Brittany has over 10 years of mental health experience, and she is a Professional School Counselor. She loves helping children thrive using mindfulness, motivational interviewing, social skills training, and creative expression. Brittany is a Believer, a wife and a mother; she brings much care and compassion into any area.

# Today...

- To inform parents of children and adolescents about the signs and symptoms of social and emotional issues that may have a negative impact on academic success.
- To provide parents of children and adolescents with tools and helpful tips for addressing social and emotional issues at home, as well as in the school setting.

# Anxiety and Stress

What is Anxiety?

A reaction to stress; a persistent feeling of worry or apprehension.

And, in severe cases anxiety can escalate into to a mental health disorder.

# Anxiety and Stress

## Triggers of Stress and Anxiety

Child Development

Family Disruption

Academic Pressures

Parental Stress

Over-Stuffed Schedules

Media and Social Media

Bullying

Chronic Illness

# Anxiety and Stress

Signs your child may be experiencing issues with anxiety:

What should you be looking for?

- Eating Habits
- Sleeping Habits
- School Performance
- Changes in Behavior
- Mood
- Somatic Complaints

# Anxiety and Stress

**Here's what you can do to support your child:**

- Talk about it.
1. I've noticed \_\_\_\_\_. How have you been feeling lately?
  2. I have seen that \_\_\_\_\_. Has anything changed recently?
  3. I just wanted to check in with you because a little different lately. How's everything going with you (at school)?

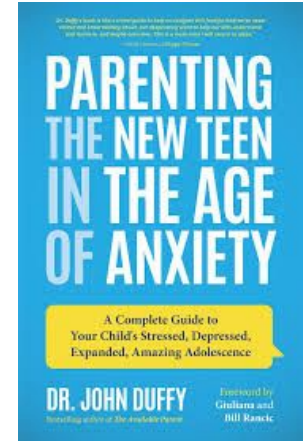
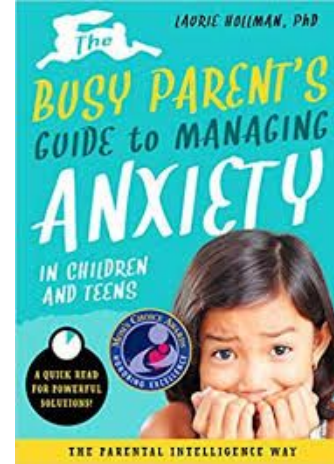
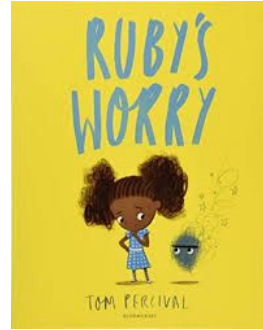
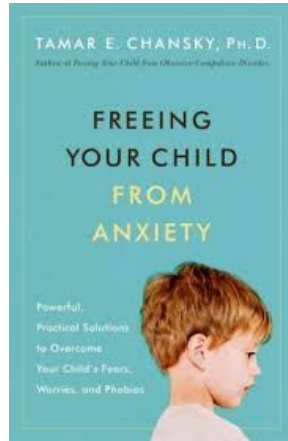
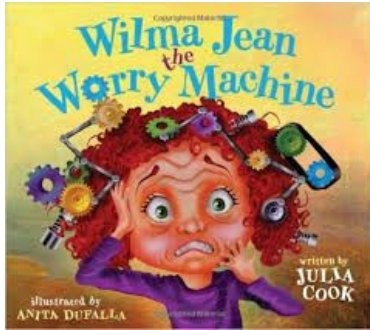
# Anxiety and Stress

- Teach them positive self-talk.
- Mightier App or Migther.com
- Practice breathing exercises.
- Front Loading/stay organized.
- Yoga/Massage/Acupuncture/Herbs & Vitamins
- Contact your child's Pediatrician.
- Contact your child's School Counselor.
- Seek professional mental health services.



# Anxiety and Stress

## Book Recommendations



# Anger Management

What is Anger?

It is a temporary emotion that impacts one's physical and emotional state.

Anger is not bad!

Healthy Anger: happens when the intensity of anger matches the activating event, and the anger is managed appropriately.

# Anger Management

## Causes of Anger in Children

Stressors

Learning Differences

Trauma

Changes in Family

Temperament

Grief

Mood Disorders

ADHD

Sensory Integration

Social Skills Deficits

Language-Processing

# Anger Management

What does Anger look like?

- Clenched fists
- Tightness or tenseness in the body
- Verbal outbursts
- A particular facial expression
- Physical aggression (ex: hitting)

# Anger Management

Signs your child may need help with Anger

- They can't control their aggressive impulses.
- Severe/frequent tantrums.
- Frequent outbursts of anger.
- Defiant on a regular basis.
- Have a hard time solving problems or taking responsibility for their actions.

# Anger Management

- They frequently lose friends or always in a conflict (even with adults).
- They are preoccupied with seeking revenge.
- They threaten to hurt themselves.
- They damage property.
- They repeatedly express dislike towards themselves or someone else.

# Anger Management

**Here's what you can do to support your child:**

- Be patient.
- Be calm.
- Work together to figure out what triggered the anger.
- Work together to come up with calming strategies.
- When you notice anger is coming, give gentle reminders of what you are noticing, and the calming strategies that you both came up with.

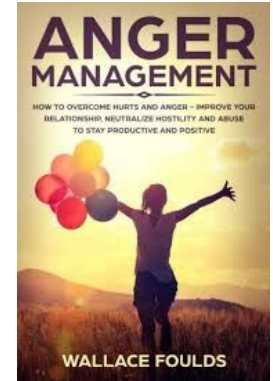
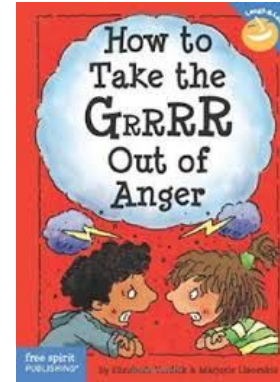
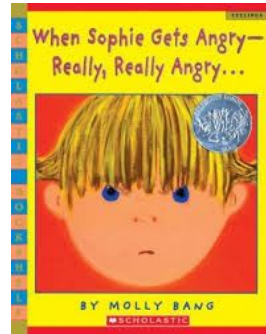
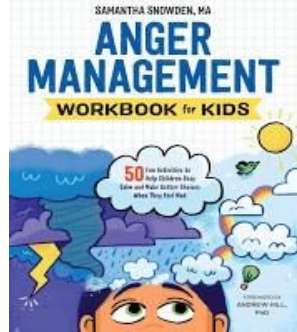
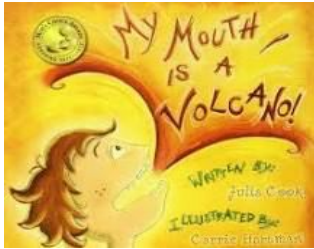
# Anger Management

- Use/give positive feedback.
- Set limits with love.
- Consult with your child's pediatrician.
- Request a meeting with your child's School Counselor.
- Seek mental health services.



# Anger Management

## Book Recommendations



# Self-Esteem/Self-Image

- Self-Esteem is: feeling good about yourself.
- Self-Image is: ideas you have about yourself (ex. abilities, appearance, etc.)

It is essential for children to feel good about themselves because it: gives them confidence in trying new things, makes them feel proud, helps them cope better with mistakes they make, and they do better at home, school, and with friends.

# Self-Esteem/Self-Image

What causes low self-esteem in children:

- Ongoing or chronic stressful life events.
- Issues in the family.
- Tragic events in the news/media.
- Poor academic performance.
- Poor social skills.
- Bullying.
- Child abuse.

# Self-Esteem/Self-Image

## Children with Self-Esteem

- Feel liked and accepted.
- Feel confident.
- Think good things about themselves.

## Children with Low Self-Esteem

- Lack confidence.
- Compare themselves to their peers.
- They are hard on themselves.

# Self-Esteem/Self-Image

How Self-Esteem develops in children

As kids grow, self-esteem can grow too!

This happens when children:

- Make progress towards a goal
- Learn a new skill
- Feel understood and accepted
- Help, give, or be kind

# Self-Esteem/Self-Image

**Here's what you can do to support your child:**

Every child is different! But, every child's self-esteem can be raised.

Here's what you can do:

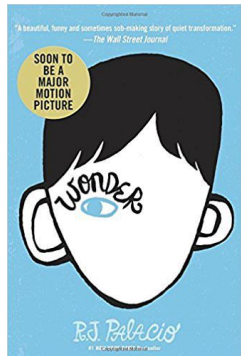
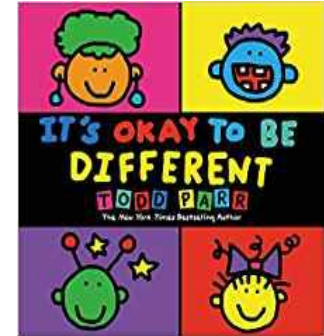
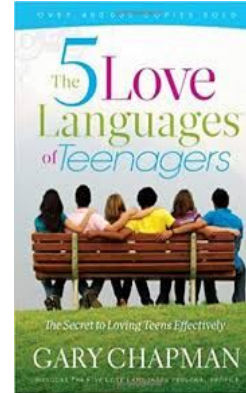
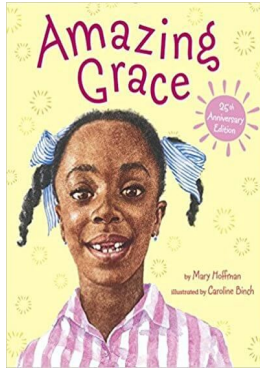
- Help your child learn to do things.
- Teach your child how to do new things.
- Praise your child

# Self-Esteem/Self-Image

- Focus on your child's strengths.
- Set a good example.
- Limit and management internet access.
- Help them explore the things they like.
- Let your child help and/or support a good cause.
- Contact your child's School Counselor.
- Seek professional mental health services.

# Self-Esteem/Self-Image

## Book Recommendations





# Suggestions

- Attend back to school night.
- Come with lots of questions, and ask them!
- Request for child's teacher/school counselor's email/contact.
- Give your child's teacher/school counselor your contact information, and invite them to contact you when you are available.
- Ask your child's teacher to share classroom expectations, grading systems, rewards and consequences.

# Suggestions

- If your child comes to you with concern, take it serious and handle it with care.
- Ask how can you help.
- Spend special time with them when you can.
- Contact your child's school counselor for assistance.
- Request meetings with school staff.
- Building a network with other parents in the school.

# Let's Chat!

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