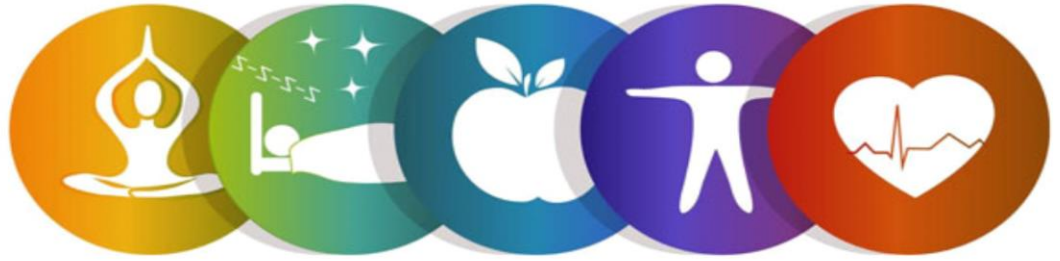


## In this issue >>>

- Supporting your child's physical and mental health as they return to school
- Behaviors to look out for
- Mental health resources
- Next Wellness Committee Meeting and Wellness Walk

# WELLNESS



A Monthly Insight into Promoting your Health and Well-Being

Issue #2

## Wellness Committee Newsletter

Wellness means taking care of your body and mind

### Checklist for parents >>>

- Monitor your child's health and keep them home from school if they are ill.
- Teach and model good hygiene practices for your children:
  - Wash your hands with soap and clean water frequently. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
  - Refrain from touching your face.
  - Ensure waste is safely collected, stored and disposed of.
  - Cough and sneeze into a tissue and disinfect your hands afterward.
- Prevent stigma by using facts and reminding children to be considerate of others.
- Encourage your children to ask questions and express their feelings with you and their teachers. Remember that your child may have different reactions to stress; be patient and understanding.
- Be on the lookout for bullying at school and online.

Have a wellness idea or question? Thinking about becoming a Wellness Champion?  
--Reach out to me and/or come to the next Wellness Committee meeting on 10/28/2020 at 3pm! See invitation later this month.

Christine Panos, MPH, BS, COTA  
845-292-5910 Ext. 2196  
Christine.Panos@co.sullivan.ny.us

### Onward and Upward >>>

The pandemic has caused major disruptions to daily living and children are feeling these changes deeply. While the return to school will evoke feelings of excitement for many students, others will be feeling anxious or frightened.

Children respond to stress and anxiety in many ways. If possible, maintain or create opportunities for your child to play and relax. Keeping regular routines and schedules as much as possible, especially before they go to sleep will help keep their stress levels low.

Providing age-appropriate facts about the pandemic, explaining what is going on and giving them clear examples on what they can do to help protect themselves and others from infection will be helpful.

Keeping an eye out for stress and anxiety is just as vital as promoting you and your family's physical health i.e. wearing a mask in public, washing hands frequently, and social distancing. Stress and anxiety can look different in children and adolescents.

If your child is immobilized by stress and anxiety, talk to their healthcare provider. Also, check out these resources for additional support:

[Healthy parenting](#)  
[Protecting your family's mental health](#)  
[Helping children cope](#)

Please join us on the next County Employee Wellness Walk on October 7<sup>th</sup> at 5:30pm at Hanofee Park. See email invitation for more information. Bring your family! Bring your dog! We look forward to seeing you!



### Signs of stress and anxiety in children and adolescents

- Excessive crying and irritation
- Excessive worry or sadness
- Returning to behaviors they have outgrown, like toileting accidents or bedwetting
- Unhealthy eating or sleeping habits
- Use of alcohol, nicotine, or other drugs
- Irritability and "acting out"
- Difficulty with attention and concentration
- Poor school performance or avoiding assignments
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain