




# Welcome to the South Panola School District Parent Center Workshop







Workshops can be found on the South Panola School  
District website: [spsd.k12.ms.us](http://spsd.k12.ms.us)  
or for more information contact:  
Mrs. Dianne J. Wiley, Parent Involvement Coordinator  
204 College Street  
Batesville, MS 38606  
662-563-6044  
[dwiley@spanola.net](mailto:dwiley@spanola.net)





This school year the South Panola Parent Center has partnered with the Early Childhood Academy to provide a variety of workshops in the form of a series.





# Objective

The objective of the series is to provide opportunities for providers and families to learn ways to support the growth and developmental needs of children. The presentations in the series will be implemented using videos and engaging webinars.





# Who We Are





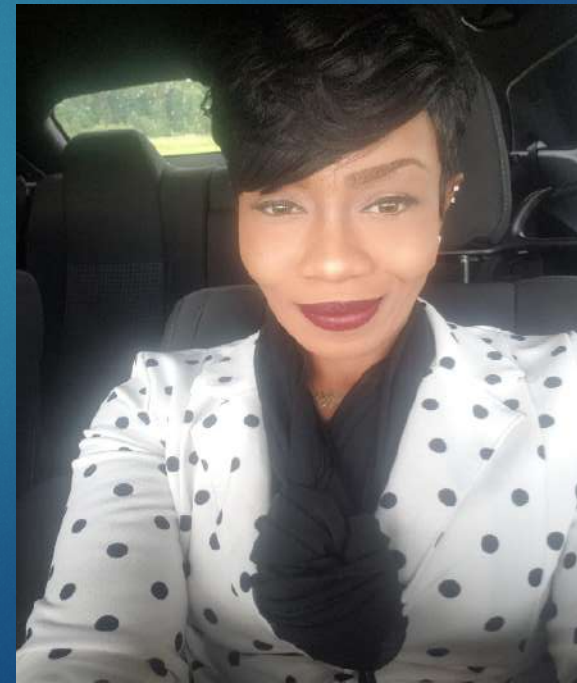
# Presenters:

**Ms. Tunga Otis & Mrs. Melissa Readus**

Family Engagement Specialists with the MCCB/Early  
Childhood Academy

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# Series One





The South Panola Parent  
Center  
Presents a Virtual Workshop  
On  
**Stress and Its  
Impact On  
Children**





# What is Stress?

- ▶ Stress is how the brain and body respond to any demand. At the most basic level, stress is your body's response to a situation or life event.
- ▶ We all experience stress from time to time.
- ▶ A stressor may be a one-time or short-term occurrence, or it can happen over a long period.





- ▶ Stress can affect children of all ages. Even very young children have worries and feel anxiety to some degree.
- ▶ Children can get stressed by all sorts of things.





# Child Stressors



SCHOOL WORK



BEING BULLIED



VIOLENCE IN THE  
HOME AND AT  
SCHOOL



FAILING GRADES  
IN SCHOOL



MOVING TO A  
NEW LOCATION



DEATH OF A  
FAMILY MEMBER





# Children and Stress

- ▶ Children respond differently to stress depending on their age, individual personalities, and coping skills.





- ▶ Families should be alert for any change in behavior.
- ▶ Any changes in behavior may be signs that your child is having trouble and may need support.





# Signs of stress and anxiety in children often show up as physical or behavioral changes



- ▶ Decreased appetite, other changes in eating habits
- ▶ Headaches
- ▶ New or recurrent bedwetting
- ▶ Nightmares
- ▶ Changes in their normal sleep patterns
- ▶ Upset stomach or vague stomach pain
- ▶ Mood Swings
- ▶ Acting out
- ▶ Becoming withdrawn





# Families Can Help Children Manage Stress and Anxiety

- ▶ As adults, we have our own tricks for managing stress, but children have yet to develop the habits. Because of this it is important to help give children a helping hand with managing stress.





# Tips and Activities for Families





# Maintain a Normal Routine

Helping children wake up, go to sleep, and eat meals at regular times provide them a sense of stability.





# Talk, Listen, and Encourage Expression

- ▶ Create opportunities for your children to talk, but do not force them.
- ▶ Listen to your child's thoughts and feelings and share some of yours.
- ▶ Keep having these conversations.
- ▶ Ask them regularly how they feel in a week, in a month, and so on.





# Reassure



- ▶ Remember that some levels of stress are normal; let your kids know that it's OK to feel angry, scared, lonely, or anxious and that other people share those feelings.
- ▶ Stressful events can challenge a child's sense of safety and security.
- ▶ Reassure your child about his or her safety and well-being.
- ▶ Discuss ways that you and the community are taking steps to keep them safe.





# Take Care of Yourself





# Model Self-Care and Positive Thinking

- ▶ Children look to their parents to determine how to react in situations. Children of all ages pick up on their parent's emotions.
- ▶ If you are anxious, your child will pick up on that anxiety and experience an increase in his/her own anxiety.
- ▶ So when you want to reduce your child's anxiety, you must manage your own anxiety.
- ▶ So when you think about your child's psychological well-being, think about your own as well.

children are great  
imitators. so give  
them something  
great to imitate.

[WWW.VERYBESTQUOTES.COM](http://WWW.VERYBESTQUOTES.COM)





# Connect with Others

- ▶ Talk to other families and your child's teachers about ways to help your child cope.
- ▶ It is often helpful for parents, schools, and health professionals to work together for the well-being of all children in stressful times.





# Encourage Physical Activity



- ▶ Kids feel better and more settled when they have an opportunity to burn off some energy.
- ▶ Go outside together and play or exercise whenever possible.





# Play Music



- ▶ Music has a profound effect on mood, sleep, stress, and anxiety.
- ▶ Use a variety of musical styles to set the tone in your home, car, or your child's room.





# Have a Dance Party

- ▶ Adding a physical component to your musical enjoyment gets your kids moving and is a fun way to be active.
- ▶ Crank up the tunes and have a dance party in your living room when your child is in a bad mood and watch their mood transform.





# Kid's Yoga





# Create a Calm Down Spot

You can create a place specially designed to allow children to calm down in a few steps:

- ▶ Find a spot and make it cozy (ask your child for help with that - maybe they can place a favorite blanket or stuffed animal inside)
- ▶ Add calming tools
- ▶ Explain how to use it and practice before
- ▶ When they are starting to escalate, catch it early and give them a calm reminder about their calm down spot





# Deep Breathing Activities

**BALLOON BREATHING**

**Step 1: Inhale Fully**  
Place your hands on your belly. Breathe in slowly through your nose to fill your lungs all the way to the top, as you feel your belly, abdomen and chest expanding out like a big balloon...

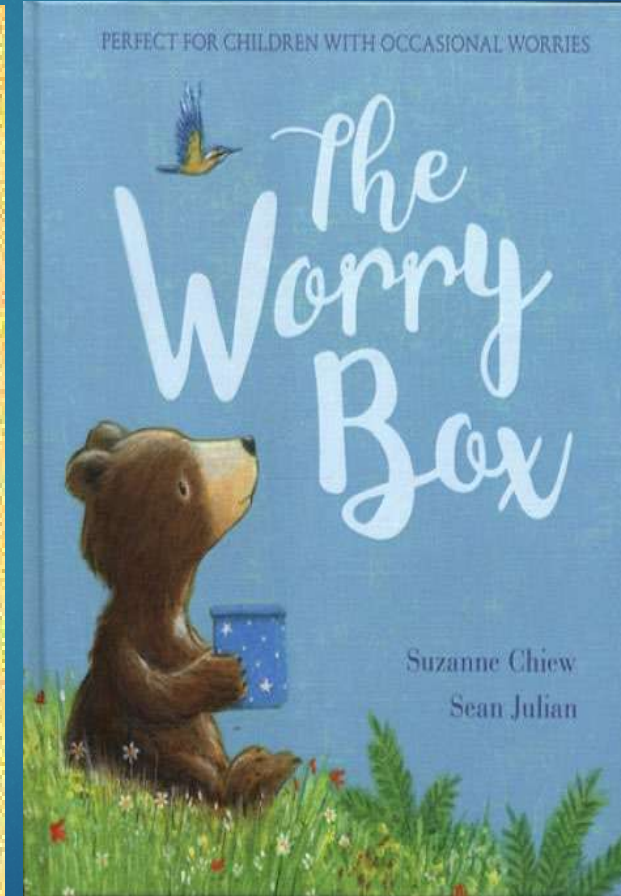
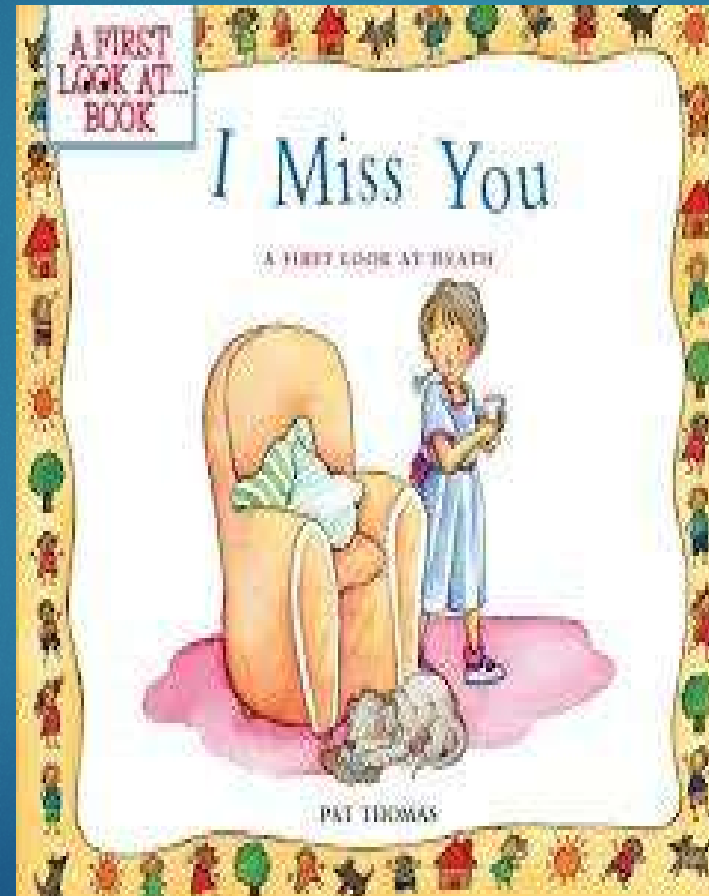
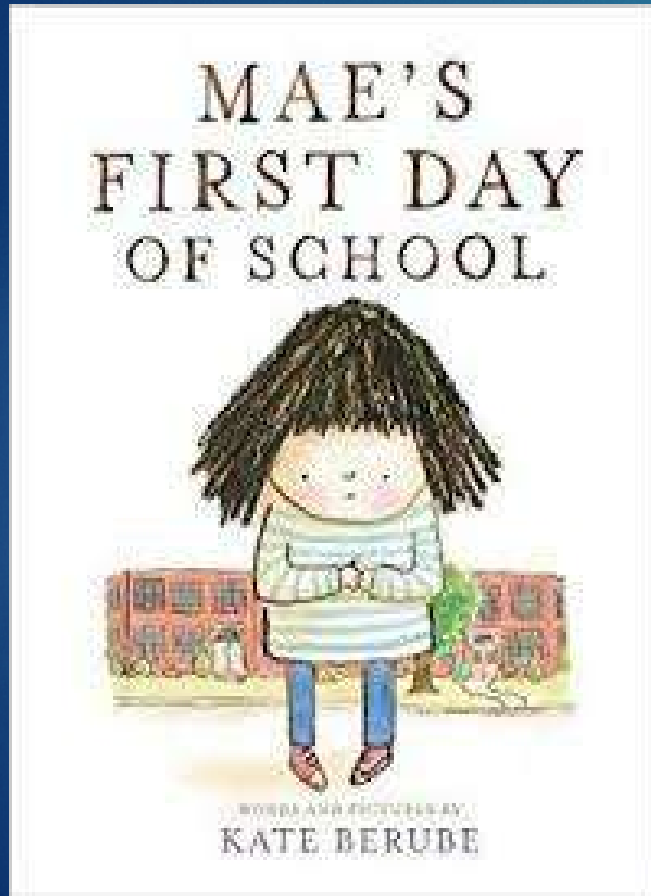
**Step 2: Exhale Fully**  
Now open your mouth and slowly blow **all** of the air back out of your lungs, letting your belly sink down flat, as if deflating that imaginary balloon. Repeat, but the next time close your mouth and practice breathing in, and out, through your nose, as you feel your belly expanding and shrinking.

Little Twisters Yoga.com





# Read Helpful Books with Your Child





# Encourage Self Regulation



Practice strategies  
to help children  
regulate their own  
behavior and  
emotions.





# We Invite You to Contact the Following Local Resources and Professionals for Additional Support



For more resources please call or visit your local Early Childhood Academy

## Mississippi Behavioral Health Services

156 & 158 Hwy 51 North  
Batesville, MS 38606  
662-712-6257 or 1-800-834-9348  
[msbehavioralhealth.com](http://msbehavioralhealth.com)

## Communicare

100 E. Frontage  
Sardis, MS 38666  
662-487-2746

## Tri Lakes Behavioral Health Center

155 Keating Road  
Batesville, MS 38606  
662-563-5646





Thank you for your participation.  
If you have any questions or concerns, please feel free to contact us

Ms. Tunga Otis  
1-901-568-5608

or

Mrs. Melissa Readus  
662-645-2711

And as always, call or visit  
Mrs. Dianne Wiley at your local parent center  
204 College Street  
Batesville, MS 38606  
662-563-6044





WE ARE ALL WORKING TOGETHER TO  
BETTER OUR HOMES, SCHOOLS, AND  
COMMUNITIES









# Appendix 1

[The Coping Skills for Kids Workbook by Janine Halloran](#). Over 75 strategies for kids to try to help them manage their stress and worry. This book also includes colorful worksheets to help kids learn more about their anxiety and what they can do to manage their stress.

[David and the Worry Beast by Anne Marie Guanci](#). This book is a child named David who has anxiety that festers into a beast, and the more anxious he gets, the bigger it grows. David must learn to control his thoughts and anxiety to persuade his beast to shrink.

[What To Do When You Worry Too Much by Dawn Huebner, PhD](#) This book presents several ways that can help kids manage anxiety, including setting a time for worries, thinking about things that make you happy and resetting your body with activity or relaxation.

[The Kissing Hand by Audrey Penn](#) This classical story is about managing separation anxiety when kids start school.

[When I miss you by Cornelia Maude Spelman](#) A perfect story for little ones who have a hard time dealing with the fact that they are away from their parents during the day. The story suggests strategies that may be used to provide reassurance that parents will come back at the end of the day.





# References

- ▶ (2017). Anxiety Management in Kids. Retrieved from <https://youtu.be/tBjeO9hpTxQ>.
- ▶ (2018). Kids Yoga with Bari Koral: Clap It!. Retrieved from <http://m.youtube.com/watch?v=nCNS-Lpubaw>

