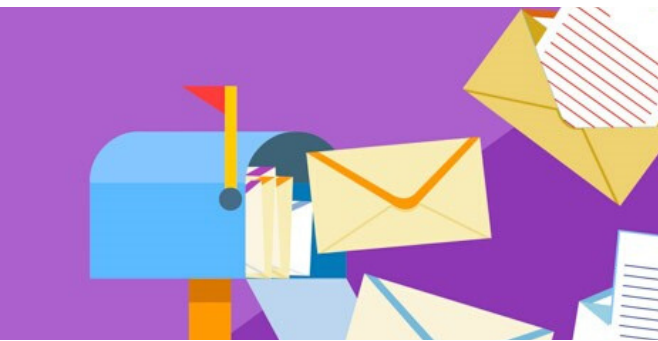


HELLO, FROM MS. SARA

ASSOCIATE MARRIAGE AND FAMILY THERAPIST AND ASSOCIATE
PROFESSIONAL CLINICAL COUNSELOR



A NOTE OF ENCOURAGEMENT

DURING OUR SCHOOL CLOSURE...

Dear Parent/Guardian,

As you may know by now, the County of Riverside Department of Public Health issued an amended order closing school until June 19, 2020. Although your child will not be in school until the next school year, I just wanted to let you know the Mental Health Team at Banning Unified School District is still thinking of ways to support your child and their family during our school district closure. I know you are doing everything you can to support your family during this time. This newsletter contains resources to help your child de-stress, to practice coping skills, and to practice sharing emotions. This newsletter also contains more information about how to talk about COVID-19 with your children and how to request counseling. Please use what works best for you and your family.

Sincerely,
Ms. Sara

TAKE A PEEK!

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WAYS TO HELP YOUR CHILD DE-STRESS AT HOME

IN THE MOMENT STRESS CAN BE OVERWHELMING FOR KIDS...

The article in the link to the right contains a few ways you can help your child de-stress while at home during the school closure.



How You and Your Kids Can De-Stress During Coronavirus | Parenting Tips & Advice

If you are feeling stress about COVID-19, you are not alone. Here are some tools for kids and parents to use to help navigate these worries and stresses in this o...

WAYS TO HELP YOUR CHILD STAY CALM AT HOME

USING COPING SKILLS IS A GREAT WAY TO HELP YOUR CHILD STAY CALM AT HOME...

Listed below are some easy ways your child can practice coping skills at home.



Calming Glitter Jar

Making a calming jar is a fun way to help a child calm down and relax. Watching the glitter in the jar can help a child slow down their feelings and thoughts. The video link below shows you how to make a calming glitter jar at home.

Deep Breathing Bubbles

Deep breathing exercises is a helpful way for a child to use to calm down or self sooth. Using bubbles is a great way to practice deep breathing. The video link below shows you how to make bubbles from home.

DIY Stress Ball

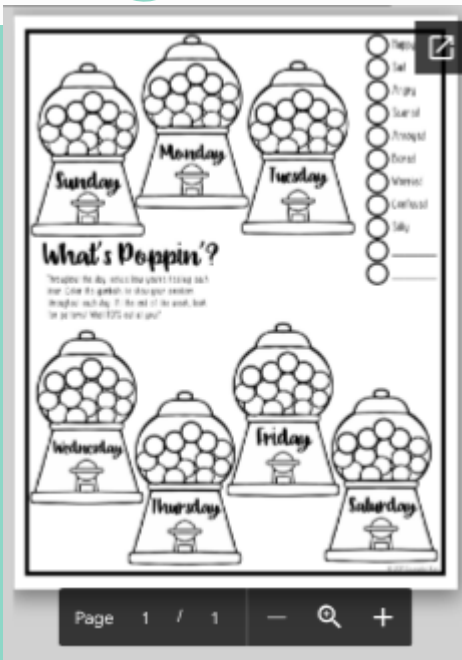
Stress ball is a great way to help a child calm down. There are several ways to make a stress ball. The video link below shows you how to make a stress ball at home with just two items.



WHAT'S POPPIN'? A WAY TO TALK ABOUT EMOTIONS WITH YOUR CHILD

THROUGHOUT THE DAY, YOUR CHILD MAY BE FEELING DIFFERENT EMOTIONS...

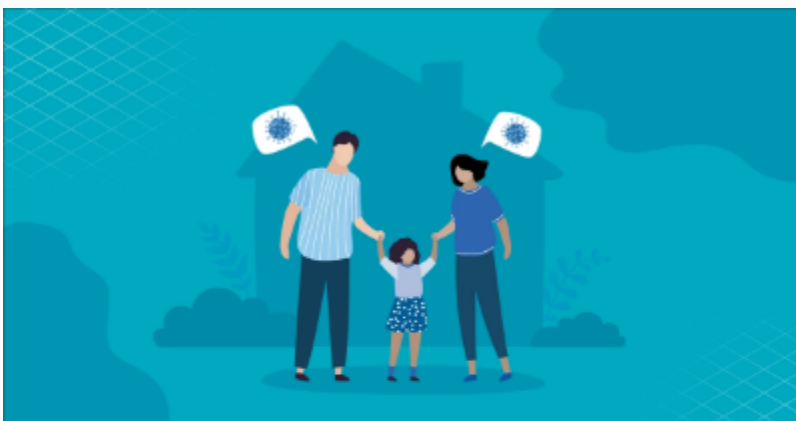
Talking about emotions can help your child process their feelings and better recognize different emotions in themselves, emotions in others, and feel supported. Counselor Keri made a wonderful free worksheet (attached in the link to the left) that can help you talk with your child about emotions. For each day of the week, your child can practice naming the emotions he/she feels throughout the day. At the end of the week or at the end of the day, you can talk with your child about the emotions he/she has experienced.



WAYS TO TALK TO YOUR CHILD ABOUT COVID-19

IS TALKING ABOUT COVID-19 STILL DIFFICULT?

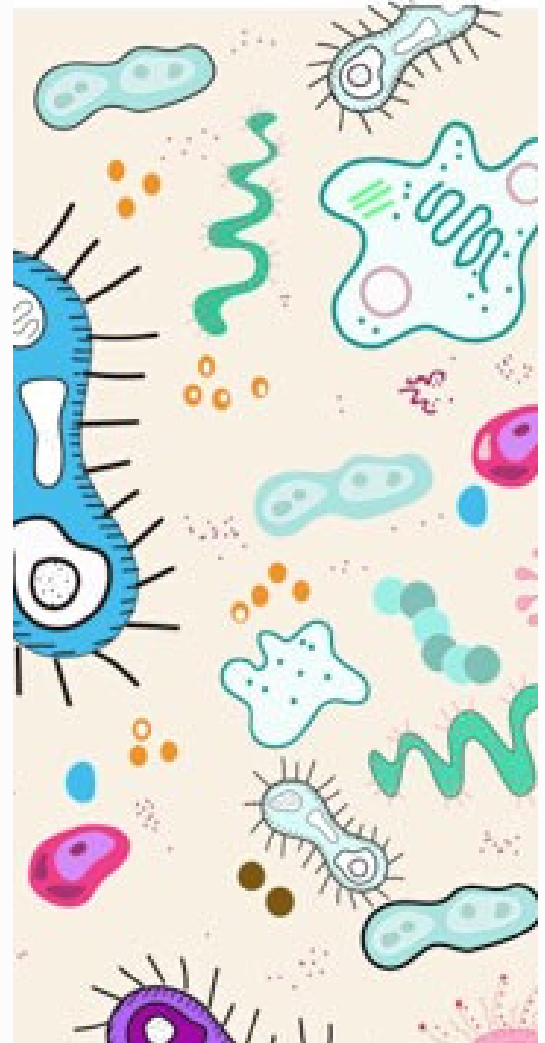
Or are you still thinking of ways to talk to your child about what's going on? The link below is a helpful resource to keep the conversation going...



How to Talk to Kids About Coronavirus

As novel coronavirus, called COVID-19, continues to spread to multiple countries, including the United States, it's important for adults to communicate calm...

CHLA / Mar 25



WANT TO CHECK-IN WITH ME?

HERE'S A WAY TO DO THAT...

Due to the school closure, our Mental Health Team at Banning Unified School District is still offering ways to check-in with your child. The link to the right offers a way to check-in with me for your child to let me know how they are doing and/or to request counseling services via telehealth (by phone or by video chat). If you request counseling services, I will be contacting you by phone to review informed consent and to set up a day/time to see your child via telehealth.

If your child has another associate therapist and/or licensed therapist, please contact him/her using their email information posted on school's website (link listed below).

Please note: If you or a loved one is experiencing thoughts of suicide or is in a state of emergency, please call 911. Please feel free to contact the Crisis Text Line by texting SHARE to 741741 from your phone.

WANT TO STAY UPDATED ON THE LATEST SCHOOL NEWS?

VISIT BANNING UNIFIED SCHOOL DISTRICT WEBSITE...

Banning Unified School District's website: <https://www.banning.k12.ca.us/>

Sara De Herrera, AMFT, APCC

My name is Sara and I am the Registered Associate Marriage and Family Therapist and Registered Associate Professional Clinical Counselor at Hemmerling Elementary School for Banning Unified School District. I have the wonderful opportunity to work with Tier II/III students to help meet their needs at school. If you are receiving this newsletter, it means I have consent for your child. Please contact me via email if you have any questions, comments, and/or concerns; happy to help in any way I can.

Email: sdherrera@banning.k12.ca.us

Sara De Herrera, AMFT, APCC
Registered Associate Marriage and Family Therapist (AMFT 105888)
Registered Associate Professional Clinical Counselor (APCC 4984)
Supervised by Nicole Beilstein, Licensed Marriage and Family Therapist Supervisor
Banning Unified School District

Check-In With Ms. Sara

If you are checking-in with me it means I have consent to see your child for counseling services. If telehealth is requested, I will be contacting you to review informed consent for telehealth services. You may also use this form just to check-in with me to let me know how your child is doing.

Sara De Herrera, AMFT, APCC
Registered Associate Marriage and Family Therapist (AMFT 105888)
Registered Associate Professional Clinical Counselor (APCC 4984)
Supervised by Nicole Beilstein, Licensed Marriage and Family Therapist Supervisor
Banning Unified School District

* Required

Student's Name: *

Your answer

Student's Parent/Guardian Name: *

Your answer

Student's Parent/Guardian Email: *

Your answer

How Are You Feeling Chart



How are things overall with your child? *

1 2 3 4 5

Very Poor (Red) ○○○○○ Excellent (Dark Green)

Would you like to provide an update in how your child is doing? *