

Aug

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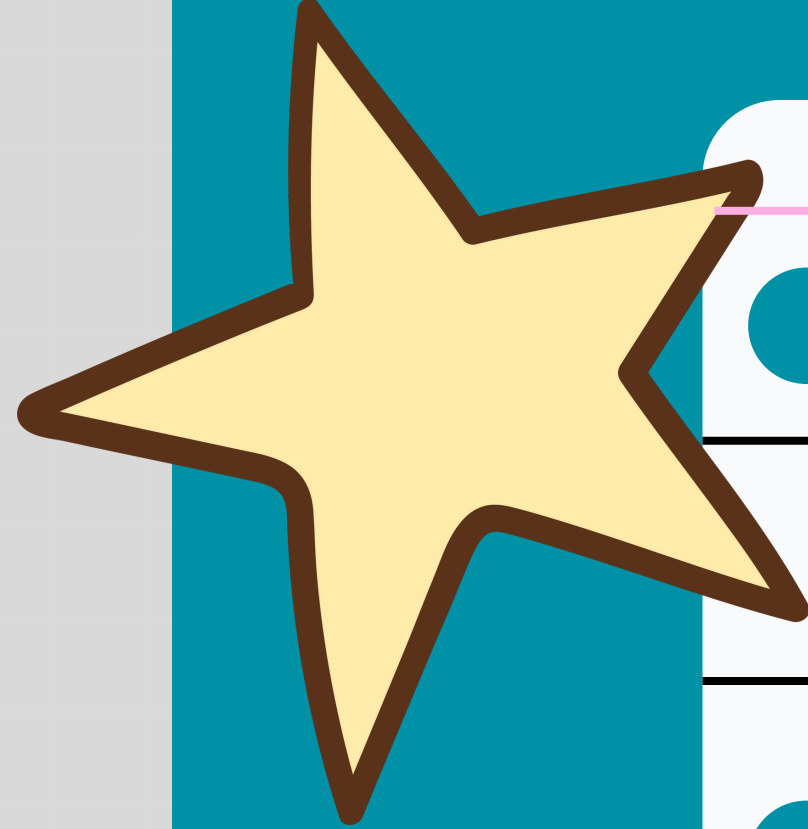
Feb

Mar

Apr

May

Resources



Quick and Easy Behavior Interventions



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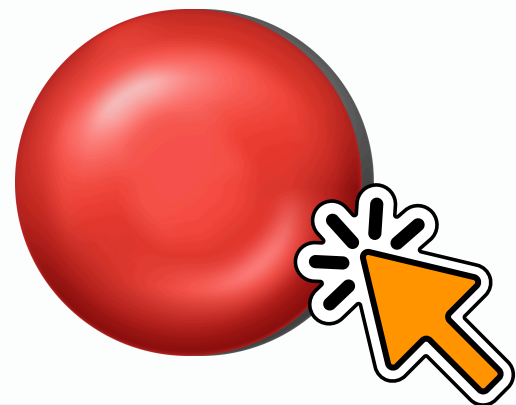
Feb

Mar

Apr

May

Resources



Surviving the Holidays.

Winter break brings its own unique challenges such as routine changes, travel, and excitement. Coping skills can help parents and students navigate this unstructured time.

- Help your children identify their feelings.
- Model emotional regulation.
- Practice coping skills when calm.
- Praise when your child appropriately express their emotions.

For more information click the button.

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How:

- Identify feelings:
 - feelings chart
 - mirror.
- Model emotional regulation.
- Practice coping skills when calm.
- Praise when your child appropriately express their emotions.

Resources and Tools

- Feelings Thermometer
- Feelings Check-in
- Coping Skills for Children

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Additional Resources

● Suffolk Public Schools-Parent Help Center

CHKD Parenting Resources

● Western Tidewater Community Services Board

