



Tips to Support the Mental Health of our Children

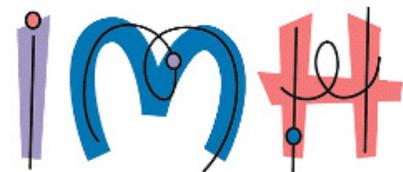
The past six months have been a challenging and stressful time for many of Wisconsin's children and families. As families prepare to transition their children back to school and continually adjust to the changing environments of early child care programs, it is critical to remember the mental health of our young learners.

The following tools and resources were identified by the Department of Children and Families and Department of Public Instruction as valuable supports for Wisconsin's early learners, families, caregivers, and instructional leaders.

Wisconsin Alliance for Infant Mental Health (WI-AIMH) Resources

For supporting infants and children: Earlier this year, WI-AIMH (www.wiaimh.org) created *Tips for Supporting Infants and Young Children's Transition as We Reopen* in both [English](#) and [Spanish](#). While many child care programs have been operating without pause, many children may be experiencing a transition to new or different environments as schools in Wisconsin reopen. The tips in this document provide guidance for supporting the mental health of infants, toddlers, and young children through all of these transitions by strengthening their relationships with caring adults.

Wisconsin Alliance for Infant Mental Health



For adult caregivers: Adults should consider their own emotional well-being as a vital component to supporting infants, toddlers, and young children. Our own willingness to care for ourselves and ask for help when needed helps to normalize discussing and acknowledging emotions for our children. Find [resources for adult self-care on the WI-AIMH website](#).

Office of Children's Mental Health Feelings Thermometer



WI First Lady Kathy Evers, in conjunction with [Office of Children's Mental Health](#), recently released a [Feelings Thermometer](#). This tool measures how you and your children are doing emotionally and suggests steps to take to shift your mood when it gets tough. The readings go from blue (the calm zone) all the way up to red (the furious zone) and lists suggested activities for each zone. Research tells us that just identifying a calming activity can work to reduce anxiety.

Department of Public Instruction Resources

[School-Based Mental Health Services for Students in Remote, In-Person, and Blended Learning](#) - This article highlights the importance of the role of educational leaders in supporting student mental health and wellness. Several resources to support staff development are included.

[Focus on Mental Health and Wellness During School Closure](#) - This resource provides mental health and wellness resources, organized by four topic areas: General Mental Health and Wellness; Child and Adolescent Mental Health and Wellness; Parent, Caregiver, and Educator Mental Health and Wellness; and Positive Parenting and Safe Home Environments.

[Mental Health, SEL, Trauma and Safety Online Training Materials](#) - This document provides links to the many Student Service Prevention and Wellness online learning modules for adults related to Mental Health, Social and Emotional Learning, Trauma and Safety.



Wisconsin Department of
Children and Families



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