



BUILDING HEALTHY HABITS

Mental Health & Seasonal Wellness

Hey families,

May is Mental Health Awareness Month. This is a good time to remember that taking care of our feelings is just as important as taking care of our bodies. Spring can also bring allergies and asthma symptoms, so it's important to care for both mental and physical health this month.

How to support your child's well being:

Children may not always say how they feel. Instead, you may notice changes in their behavior.

Some signs a child may need extra support:

- Sleeping more or less than usual
- Feeling angry, sad, or upset more often than usual
- Not wanting to talk or spend time with others
- Complaints like headaches or stomachaches

Simple ways to help at home:

- Talk with your child every day (How are you feeling today?)
- Keep daily routines the same when possible
- Encourage play, movement, and outdoor time
- Show healthy ways to handle stress: talking, breathing exercises, resting
- Let children know it is okay to ask for help

Early Childhood - HRL Preschool

Helping Little Children With Big Feelings

Young children are still learning how to handle emotions. Crying, tantrums, and frustration are normal at this age.

What helps at home:

- Say the feeling out loud: "You are feeling mad"
- Help them calm down with hugs, deep breaths, or quiet time
- Keep daily routines the same (meals, naps, bedtime)
- Give simple choices: "Do you want this cup or that one?"
- Read books about feelings together, such as "*The Color Monster*" by Anna Llenas
- Make sure to pause during reading and ask questions like, "What color do you feel today?"

Spring tip: Playing outside helps children feel calmer and sleep better. Even short outdoor time can help.

Allergy and Asthma reminder:

Spring weather can make allergies and asthma worse.

Families can help by:

- Watching for allergy or asthma symptoms
- Making sure medications are up to date
- Keeping inhalers or medicine easy to access
- Checking pollen levels on high allergy days
- Talking to a doctor if symptoms get worse
- Checking news or weather apps for air quality

Resource Family Corner

Mental Health Support for Families in NYC

Help is available if your child or family needs support:

- Schools counselors and social workers
- Community clinics and health centers
- 24/7 crisis support lines: NYC Well call: 1-888-692-9355 or text: WELL to 65173
- Doctors who can help with referrals

Allergy and Asthma support:

- Schools and clinics can help with care plans
- Families can update medication plans with doctors
- Ask for help if symptoms affect school or sleep

