

WHY EMOTIONAL WELLBEING MATTERS

A child's emotional health affects how they learn, connect with others, and manage stress.

When children feel safe and supported, they are more likely to:

- Focus and learn
- Build healthy friendships
- Feel confident
- Manage big emotions
- Stay engaged in school

YOU ARE NOT ALONE

Your involvement makes a powerful difference. When families and schools work together, children are more likely to feel safe, supported, and ready to learn.

Early support makes a lifelong difference.

PARENT RESOURCES

- 988 Suicide & Crisis Lifeline – 24/7 emotional support
- School Counseling Office – Local school-based services
- National Alliance on Mental Illness (NAMI) – Parent education & support
- Mental Health America – Screening tools and guides
- Local Community Clinics – Behavioral health services

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GROWING HEALTHY MINDS

Supporting Your Child's Emotional Wellbeing in School

A GUIDE FOR PARENTS & CAREGIVERS

Helping Families Build Confidence, Safety, and Strong Emotional Health

SIGNS YOUR CHILD MAY NEED SUPPORT

Common Warning Signs

- Sudden mood changes (sad, angry, withdrawn)
- Trouble sleeping or frequent nightmares
- Drop in grades or school participation
- Avoiding friends or favorite activities
- Frequent headaches or stomachaches
- Saying things like “I’m overwhelmed” or “Nothing matters”
- Increased irritability or emotional outbursts

If something feels off, trust your instincts.

FREE SCHOOL-BASED RESOURCES

California public schools offer many no-cost supports for students and families, including:

- School counselors, psychologists, and social workers
- School-based mental health programs funded through state initiatives
- Individual or group counseling during the school day
- Behavioral and academic support teams (such as SST or MTSS)
- Family workshops on stress, behavior, and emotional wellness
- Referrals to free or low-cost community services

HOW TO SUPPORT EMOTIONAL HEALTH



Build Connection

- Spend a few minutes each day checking in
- Show interest in feelings, hobbies, and friendships
- Ask open-ended questions
- Validate feelings: “That sounds really hard”



Teach Coping Skills

- Deep breathing
- Taking breaks when needed
- Positive self-talk
- Drawing, journaling, or outdoor play



Create Routines

- Consistent sleep schedule
- Regular healthy meals
- Limited screen-time
- Quiet homework space



Partner with the School

- Communicate early with teachers or counselors
- Attend meetings or workshops
- Utilize the free, school-based resources that are available to your child

You can request help at any time—just ask your school counselor or administrator.

WHEN AND HOW TO SEEK HELP

If You’re Worried:

- **Talk with your child** calmly and supportively
- **Contact their teacher or school counselor** and share what you’re noticing
- If concerns continue, **ask for a referral** to school-based mental-health services.

Seek Professional Help If Your Child:

- Shows ongoing sadness, anxiety, or anger
- Avoids school or isolates from friends
- Has difficulty coping with daily tasks
- Talks about self-harm

If your child talks about harming themselves or others call **988** or go to the nearest emergency department immediately.

TIPS FOR SUPPORTING SCHOOL SUCCESS

- Celebrate small achievements
- Encourage healthy sleep and breakfast
- Establish consistent morning and evening routines
- Help your child stay organized with a backpack or homework checklist
- Teach problem-solving skills (“What can we try next?”)

