

The

Shelby County Schools Student Support Services

CLINIC VIEW

Newsletter

Student School Based Clinics Highlights

February 2023 Vol. 3, Issue 6

Inside this Issue:

- Talk and Listen to Your Child
- Start the conversation.....
- Family Solutions
- Get Your Flu Shot
- Contact Us

Important dates:

- January 16th: No School- MLK Day

Contact Us

Division of Student Support Services
Clinic/Health Promotions Department
901.416.6432

Talk and Listen To Your Child

While Covid and the Flu vaccines remain top of mind, don't overlook the emotional and mental stress that the past few years have played on your children. Good mental health ensures good physical health. Just as you stressed over current events the last few months, so have your children. Take time to ask them how they are feeling and listen to what they say.

If you or anyone in your family has been impacted by the tragedy of Tyre Nichols or any one else that has died and you find it hard to have this conversation, feel free to contact Family Solutions at Christ Community Health Services at 901-701-2871 or contact someone in your local health center to make an appointment with a Licensed Behavioral Health Provider.

Children are more aware and resilient. They watch us and mimic our behavior. They are aware of our stressors and many times carry them. So, take a moment and do these few things for your children's mental and physical health.



For more information, contact
Brittany Hart, Family Care Facilitator, at
(901) 701-2871 or Brittany.hart@christchs.org

Student School Based Clinics are opened year-round.

Text: SCS901 to 91999 or call 901-842-2379 to schedule an appointment at the School Based Clinics for all your healthcare needs including dental.



Tips to Start the Conversation with Your Child?

Start the conversation with child by asking broad questions such as how are they feeling about what's going on.

- Listen to their responses without judgement.
- Normalize their feelings and let them know it's okay to feel scared, worried, angry, etc.
- They often wonder if their loved ones are/will be safe, reassure them as much as possible that you (adult) will do all that's possible to stay safe
- Limit exposure to news, social media and the actual watching of the video. I'd recommend not allowing the child to watch the video.
- Encourage expression of feelings through a variety of ways such as art, music, exercise, role play, etc.
- Maintain open ongoing communication.
- Provide regular check-ins with your child and ask how he/she is doing.
- Parents usually know their children best, consider what helps them feel safe and try to provide that.



February is National Children's Dental Health Month.

(Please click the link above for more information and resources from American Dental Association.)

Healthy Smile Tips



Brush your teeth 2x/day with fluoride toothpaste.



Clean between your teeth daily.



Eat healthy foods and limit sugary beverages.



See your dentist at least twice a year.

ADA American Dental Association*

