

# Mental Health Note

The beginning of a new school year can be an exciting yet scary time for both children and their families. The new school year brings exciting experiences, friends, and teachers; however, these changes can lead to feelings of anxiety in children.

To prepare children for a successful transition to (or back to) school Karen Remley recommends using daily, predictable routines for children. One way to support these predictable routines in your home is the use of a visual schedule. A visual schedule is a picture schedule that is posted at the child's eye level that lists the activities your child completes during their morning and/or evening routine. *If you are interested in a visual schedule to use at home, you can scan the QR code to print and make one or ask your child's teacher for an already printed copy.*



A good night's sleep can also go a long way in helping children transition successfully into the new school year. Healthy sleep patterns, meals, and knowing what to expect help children cope with changes in routines.

Saying "Good-bye" can be hard for children of all ages. There are many strategies that can be helpful to ease the transition. The *National Association for the Education of Young Children*, recommends the window wave as an easy strategy that can be done at a door, through a window, or on a school bus. After the parent and child say good-bye, the parent gives closure to the transition by waving to the child or blowing kisses. The child will know she is loved and is now ready to begin her day in a positive way. Giving children a hug at the door helps them transition into the classroom or onto the school bus, and away from their parent. Children are reassured when parents let them know that they will be back to pick them up before saying goodbye.

Sensing they are valued, they enter the classroom or school bus feeling safe and secure.

Family photos can be used as a comfort object in the classroom. In Summit's classrooms, we use family photos to support children who struggle with transitioning away from their families not only at the beginning of the year but throughout the program year. If you think your child would benefit from having photos of loved ones in the classroom, please feel free to provide those to your child's teacher.

Children respond to changes differently. Your child's teacher and the disability / mental health specialist for your child's class are available to provide you with additional resources if you are concerned about your child's ability to transition to the new school year, a classroom, or any new challenges that they may face.

## 2023 Recommended Immunizations for Children from Birth Through 6 Years Old

VACCINE	Birth	1 MONTH	2 MONTHS	4 MONTHS	6 MONTHS	12 MONTHS	15 MONTHS	18 MONTHS	19-23 MONTHS	2-3 YEARS	4-6 YEARS
<b>HepB</b> Hepatitis B	HepB	HepB			HepB						
<b>RV*</b> Rotavirus			RV	RV	RV*						
<b>DTaP</b> Diphtheria, Pertussis, & Tetanus			DTaP	DTaP	DTaP		DTaP				DTaP
<b>Hib*</b> Haemophilus influenzae type b			Hib	Hib	Hib*	Hib					
<b>PCV13, PCV15</b> Pneumococcal disease			PCV	PCV	PCV	PCV					
<b>IPV</b> Polio		IPV	IPV			IPV					IPV
<b>COVID-19**</b> Coronavirus disease 2019								COVID-19**			
<b>Flu*</b> Influenza								Flu (One or Two Doses Yearly)*			
<b>MMR</b> Measles, Mumps, & Rubella						MMR					MMR
<b>Varicella</b> Chickenpox						Varicella					Varicella
<b>HepA*</b> Hepatitis A						HepA*		HepA*			

### FOOTNOTES

**RV\*** **Hib\***  
Administering a third dose at age 6 months depends on the brand of Hib or rotavirus vaccine used for previous dose.

**COVID-19\*\*** Number of doses recommended depends on your child's age and type of COVID-19 vaccine used.

**Flu\*** Two doses given at least 4 weeks apart are recommended for children age 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.

**HepA\*** Two doses of Hep A vaccine are needed for lasting protection. The 2 doses should be given between age 12 and 23 months. Both doses should be separated by at least 6 months. Children 2 years and older who have not received 2 doses of Hep A should complete the series.

### ADDITIONAL INFORMATION

1. If your child misses a shot recommended for their age, talk to your child's doctor as soon as possible to see when the missed shot can be given.

2. If your child has any medical conditions that put them at risk for infection (e.g., sickle cell, HIV infection, cochlear implants) or is traveling outside the United States, talk to your child's doctor about additional vaccines that they may need.

Talk with your child's doctor if you have questions about any shot recommended for your child.

### Friendly Reminder:

An immunization record is required to be on file for all children enrolled with Summit Early Learning.

## Health Team Highlight



FOR MORE INFORMATION  
Call toll-free: 1-800-CDC-INFO (1-800-232-4636)  
Or visit: [cdc.gov/vaccines/parents](https://cdc.gov/vaccines/parents)





This year, Summit Early Learning is continuing the use of the PBIS framework within all of our

sites and classrooms. We are excited for more training opportunities around the Pyramid Model and supporting the social emotional needs of the children and families that we serve.

### What is PBIS?

Positive Behavioral Interventions and Supports (PBIS) is an evidence-based three-tiered framework for improving and integrating all of the data, systems, and practices affecting student outcomes every day. It is a way to support everyone to create the kinds of school where all students are successful. PBIS isn't a curriculum or something you learn during a one-day training. It is a commitment to addressing student behavior through systems of change.

Summit Early Learning's Positive Behavioral Interventions and Supports (PBIS) empowers all staff, families, children, and caregivers to establish safe and positive learning environments by modeling, teaching and enhancing positive behaviors through best practices. The goal is to promote student success leading to school readiness and lifelong positive results.

Our PBIS Key practices include Be Safe, Be Kind, Be a Team Player, and Be Respectful. Throughout the year, our children will learn how to live out these key practices in the different areas of the classroom, in hallways, on the playground, or other areas that we visit. Our hope is that we can work together as educators and parents to strengthen these practices at home as well.

### What can you do?

Speak with your child's teacher about your child's classroom routine or your Home Visitor about developmental milestones. Ask how

you can reinforce the ideas and rules at home. You could talk about how to Be a Team Player with siblings, how to Be Respectful when helping parents with age appropriate chores, how to Be Safe when riding in a vehicle or visiting the grocery store and how to Be Kind when meeting a new friend or visiting a family member.

Be on the lookout for PBIS ideas at upcoming Parent Meetings, during Family Events or in later editions of the monthly newsletter.

We welcome parents to volunteer in the classroom with your child to see how we support a classroom routine and emphasize our key practices.

If you would like to learn more about Summit's implementation of PBIS, or would like to add a parent's interest to our PBIS Leadership and planning team, please contact your child's teacher, Home Visitor or Center Director and we can connect you with a current member of the PBIS Leadership Team.

### 1 | Be S.M.A.R.T.

The popular SMART framework is the gold standard in business for breaking down goals, so why not use it for our family? It stands for specific, measurable, achievable, results-focused, and timely. In short, the guidelines will help to keep your goals realistic while focusing on the how as much as the what. It's helpful to differentiate short term goals from long term.



### 2 | Everyone helps

Plan a time for the whole family to sit down and discuss goals together, whether it be a family meeting or pizza night. Parents can plan out ideas and main points ahead of time, and allow each

family member to provide their own thoughts and suggestions as well.

### 3 | Visibility is key

Write down goals and keep them out in plain sight. For younger kids, drawing pictures aids in their processing of information and well as committing the goals to memory.

### 4 | Focus on process along with outcome

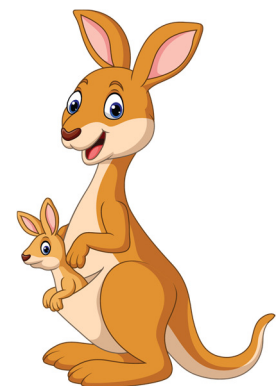
Of course, attaining a goal is success, but don't discount all the other good stuff that comes along the way. Small efforts should be positively reinforced, and opportunities to encourage each other can be taken advantage of in order to keep spirits and motivation high.

### 5 | Follow up

Research tells us that the more we review and reflect on our goals, the more likely we are to achieve them. Decide how often you'll

follow up, and stick with it. Strategize what's working and what's not, and adjust from there.

While it will take a bit of extra effort and what few brain cells you have left at the end of the day, taking the time to set family goals is well worth the investment. When we become intentional about what we'd like to accomplish as a family, we're not only creating a more meaningful family life, but we're also creating a road map for our family's future.



# YOUNG CHILDREN AND VACCINES



National Center on  
Health, Behavioral Health, and Safety

## Protect Your Child With Vaccines



### Why does my child need vaccines?

Vaccines can protect your young child from 14 dangerous diseases. Diseases that vaccines can prevent could be very serious.

Some preventable diseases are common in the U.S., like whooping cough and flu. Others are rare here, but they happen in other countries. Unvaccinated people who travel abroad can bring diseases back with them. This puts young children at risk, if they do not have their vaccines.

### What is the vaccination (immunization) schedule?

The vaccination (also called immunization) schedule tells you when your child needs to get vaccines. This schedule is set by the Centers for Disease Control and Prevention (CDC). If you follow the schedule, it will help protect your child early in life, before your child is exposed to serious diseases. For some vaccines, your child needs three or four shots before they are 2 years old. Your child might also need booster shots when they get older.

### What are the side effects of vaccines?

Some side effects of vaccines are soreness where the child got the shot, fussiness, or a low fever. These go away in a few days. Serious side effects are rare.

### How to protect your child's health

- Learn which vaccines your child needs to stay healthy. You can find information on the CDC website ([www.cdc.gov/vaccines/parents](http://www.cdc.gov/vaccines/parents)).
- Get your child's vaccines at the times your child's doctor recommends.
- Some vaccines need more than one dose. Get all recommended doses.
- Ask the doctor how to take care of your child after they get a vaccine.
- If shots are stressful for you or your child, ask the doctor for tips.
- Get a vaccine tracking card from the doctor or from your state health department. Use it to keep a record of your child's vaccines.
- Ask the doctor to send you reminders about when your child needs their next vaccines.
- If your child has missed any vaccines, work with the doctor to catch up.

### Have more questions?

Talk to your child's doctor or visit [www.cdc.gov/vaccines/parents](http://www.cdc.gov/vaccines/parents).



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