

May 2024

Activities for Early Learning Staff



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>During May, celebrate Children's Mental Health Awareness Month and spread awareness about the importance of children's mental health and the need for services that support recovery, resilience, and success for youth. Access these resources for families.</p>		<p>1 Share May's Learning is Everywhere newsletter with families*.</p>	<p>2 Explore the What We See Iceberg.</p>	<p>3 Encourage open dialogue about feelings and emotions.</p>	<p>4</p>
<p>5</p>	<p>6 Teach children about mental health in an age-appropriate manner.</p>	<p>7 Share the three reasons good infant mental health matters.</p>	<p>8 Create an environment where diversity is valued, modeled and taught.*</p>	<p>9 Get resources to help staff, families & children experiencing trauma.</p>	<p>10 Learn how our senses work & what happens when they're out-of-sync.</p>
<p>12</p>	<p>13 Why biting is so common, and what can you do about it.</p>	<p>14 Listen to children without judgment and validate their feelings.</p>	<p>15 Demonstrate healthy coping mechanisms for stress and emotions.</p>	<p>16 Learn about and share eight tips to help children with self-regulation.</p>	<p>17 Let children know it's okay to talk about what's on their minds.</p>
<p>19</p>	<p>20 Discover the importance of routines & tips for helping children handle transitions..</p>	<p>21 Highlight and celebrate children's strengths and achievements.*</p>	<p>22 Tips for identifying causes of stress and ways to address stress.*</p>	<p>23 Learn about May's Full Flower Moon.</p>	<p>24 Promote activities that support mental well-being.</p>
<p>26</p>	<p>27 Consider alternative approaches to the Stoplight System.</p>	<p>28 Encourage play for healthy development.</p>	<p>29 Learn how to help children handle losses and changes.</p>	<p>30 Explore the connection between naps & children's ability to self-regulate.</p>	<p>31 Create consistent routines & share with families.*</p>



THE PENNSYLVANIA KEY



*Recommendations from the [Pennsylvania Family Engagement Framework](#)

