



Children's Mental Health Awareness Day 2020

Social Media Calendar (April 30th to May 9th)

DAY	SOCIAL MEDIA MESSAGE (1-2 posts per day)	#HASHTAG (2-3 hashtags per post)	RESOURCES (1 resource per post)
Thursday, April 30th	1) Tomorrow starts Mental Health Awareness Month and a week from today (Thursday, May 7 th) is Children's Mental Health Awareness Day. Join us in spreading awareness, building healthy brains, and ending exclusionary discipline for our youngest kids.	#ChildrensMentalHealthAwareness #EndExpulsion #IgniteInclusion #ActEarly #RethinkDiscipline	Children's Mental Health Awareness Day Toolkit: https://www.mkekids.org/how-to-help/toolkit Mental Health Awareness Month Toolkit: https://www.mhanational.org/2020toolkit
Friday, May 1st	1) A Strong Foundation for mental health begins early – we all have mental health, even babies and very young children. Let's all work together to support this! Share these messages far and wide! Celebrate Children's Mental Health Awareness next week (Thursday, May 7 th is Awareness Day)! 2) Just as the levelness of a table is what makes it functional, the mental health of children is what enables them to function well in all areas of life. We need a strong foundation early in life to build healthy brains so kids can have healthy relationships with others and succeed in school and life. All of us have a role to play in providing positive experiences to young kids.	#ChildrensMentalHealthAwareness #ActEarly #StrongFoundationforMentalHealth #WobblyTables #SupportTheFutureLeaders #AllTogetherforProsperity	Early Childhood Mental Health: <ul style="list-style-type: none"> https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/what-is-early-childhood-mental-health-tipsheet.pdf http://www.promotingmentalhealthiowa.org/pdf/5Things.pdf Messaging for Children's Mental Health: http://eccp.civicanopy.org/message-platform/#section2

Saturday, May 2nd	<p>1) All parents need support, especially in times like these. There are many resources in the community ready to support and connect parents to one another. Children's Mental Health Awareness Week is a great time to explore and share these opportunities!</p> <p>1) You can't know it all, but you can do a lot. Connect with community resources, especially mental health professionals, to help you when you are unsure or when something is extra challenging.</p>	<p>#WobblyTables #ItTakesAVillage #ActEarly #StrongFoundationforMentalHealth #ChildrensMentalHealthAwareness #AllParentsNeedSupport</p>	<p>Protective Factors for Families: https://fiveforfamilies.org/hear-from-parents/</p> <p>Betty Brinn Children's Museum family support: https://www.bbcmkids.org/play-cloud/</p> <p>The Parenting Network family support: https://www.facebook.com/TheParentingNetwork/</p> <p>Early Childhood Mental Health Consultation: https://www.mkekids.org/resources/for-providers/iechmc.html</p>
Sunday, May 3rd	<p>1) This week is Children's Mental Health Awareness Week! Each day, we will share resources, tips, and facts to help community members, teachers, parents, and resource providers work together. Build healthy young brains to set kids up for success in long-term learning, relationships, and health.</p> <p>2) You can use your voice and resources to advocate for better outcomes for kids. Whether it is speaking up in a meeting with a funder, working with families to petition an elected official, or sharing information far and wide, you can make a difference. This week is also NAMI Wisconsin's week of Action Online! Learn how to advocate, learn about the issues, and talk to your legislators.</p>	<p>#AllTogetherforProsperity #ActEarly #ChildrensMentalHealthAwareness #ItTakesAVillage #WeAreTheVillage #StrongFoundationforMentalHealth</p>	<p>Children's Mental Health Awareness Day Toolkit: https://www.mkekids.org/how-to-help/toolkit</p> <p>Children's Mental Health Story 1: https://www.mkekids.org/how-to-help/toolkit/story-early-support.html</p> <p>What Can Advocates and Policymakers Do? https://namiwisconsin.org/nami-wisconsin-events/action-on-the-square/ https://www.zerotothree.org/resources/1844-what-can-advocates-and-policymakers-do</p>

Monday, May 4th	<ol style="list-style-type: none"> 1) Most children begin to sort shapes and colors by the age of 2! This is also when kids get excited with other children and may do what they have been told not to do. And that's okay! These are some of the many developmental milestones to look for in your child. 2) Adults can help one another help kids. Mental health professionals called Early Childhood Mental Health Consultants can work with teachers, caregivers, and home visitors to better support kids in their social and emotional development. It is effective and cost efficient. 	<p>#NoSuchThingAsABadKid #AllTogetherforProsperity #RethinkDiscipline #SupportTheFutureLeaders #ChildrensMentalHealthAwareness #ActEarly</p>	<p>CDC developmental milestone checklists https://www.cdc.gov/ncbddd/actearly/milestones/index.html</p> <p>Infant & Early Childhood Mental Health Consultation: https://www.mkekids.org/resources/for-providers/iechmc.html</p>
Tuesday, May 5th	<ol style="list-style-type: none"> 1) Work together to name your kids' emotions. "Children aren't born knowing how to make friends, wait patiently, care for others, and manage their emotions" 2) Kids do well if they can. "Challenging behavior is the way children communicate to us that their social and emotional needs are not being met or are not as well-developed". Give extra support to kids who are tired, hungry, or angry. Everyone has bad days, even young kids! 	<p>#WobblyTables #SupportTheFutureLeaders #ChildrensMentalHealthAwareness #NoSuchThingAsABadKid #RethinkDiscipline #ActEarly</p>	<p>Healthy social-emotional development:</p> <p>Talk, Read, Sing: https://www2.ed.gov/about/inits/ed/earlylearning/talk-read-sing/feelings-families.pdf</p> <p>Mood Meter: https://www.naeyc.org/resources/pubs/yc/mar2017/teaching-emotional-intelligence</p> <p>Kids Do Well If They Can https://livesinthebalance.org/step-one-first-video</p>

Wednesday, May 6th	<ol style="list-style-type: none"> 1) Everyone has bad days, even young kids! Name your own emotions and help kids name theirs. Show kids how to de-stress like with deep belly breaths and the Breathe, Think, Do! strategy. 2) You can support kids' social and emotional health by using children's books, turning daily routines into activities, giving effective praise, and modeling back and forth. Warmth and affection—even on bad days and when children are adding to your stress—are critical to children's well-being, especially in the early years. 	<p>#NoSuchThingAsABadKid #ItTakesAVillage #RethinkDiscipline #WobblyTables #ChildrensMentalHealthAwareness #ActEarly</p>	<p>Deep breathing apps: https://medium.com/@KaylaEMatthews/6-deep-breathing-apps-to-keep-you-calm-and-focused-5b4beaf760f6</p> <p>Breathe, Think, Do! https://sesamestreetincommunities.org/activities/breathe-think-do/</p> <p>Promote children's social and emotional health: https://www.naeyc.org/resources/pubs/yc/mar2018/promoting-social-and-emotional-health#books</p>
Thursday, May 7th	<ol style="list-style-type: none"> 1) Today is Children's Mental Health Awareness Day. We have focused this week on how to build healthy young brains. These tips are also helpful for ending discipline that excludes young kids from preschools and other early education centers. Too many young kids in Milwaukee are suspended or expelled. 2) A Strong Foundation for mental health begins early – we all have mental health, even babies and very young children. Let's all work together to support this! Share information and advocate! 	<p>#EndExpulsion #IgniteInclusion #ItTakesAVillage #WeAreTheVillage #ChildrensMentalHealthAwareness #StrongFoundationforMentalHealth</p>	<p>#EndExpulsion Fact Sheets: https://www.mkekids.org/how-to-help/toolkit/factsheets.html</p> <p>Children's Mental Health Story 2 https://www.mkekids.org/how-to-help/toolkit/story-breathe.html</p> <p>What Can Advocates and Policymakers Do? https://namiwisconsin.org/nami-wisconsin-events/action-on-the-square/</p> <p>https://www.zerotothree.org/resources/1844-what-can-advocates-and-policymakers-do</p>

Friday, May 8th	<ol style="list-style-type: none"> 1) Build partnerships with families. All parents need support navigating how to raise a kid and any stresses that are part of it. Guide parents to community resources. 2) The voice of caregivers is valuable when it comes to the health of their children. If there is a group of people making a decision about a child, then caregivers need to be involved in that decision. Lift up family leaders. 	<p>#SupportTheFutureLeaders #AllTogetherforProsperity #ItTakesAVillage #WeAreTheVillage #AllParentsNeedSupport #ChildrensMentalHealthAwareness</p>	<p>Guide to developing relationships with families: https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/building-partnerships-developing-relationships-families.pdf</p> <p>Betty Brinn Children's Museum family support: https://www.bbcmkids.org/play-cloud/</p> <p>The Parenting Network family support: https://www.facebook.com/TheParentingNetwork/</p>
Saturday, May 9th	<ol style="list-style-type: none"> 1) "Crawl an inch in their socks" = "walk a mile in their shoes". Take the kid's perspective, especially if the kid is from a different background. 2) Give permission to kids, especially to boys, to express their emotions. Praise them and support them in doing so in a helpful way. Help them know that is okay to cry. 	<p>#EndExpulsion #IgniteInclusion #RethinkDiscipline #NoSuchThingAsABadKid #ActEarly #ChildrensMentalHealthAwareness</p>	<p>Dealing with Implicit Bias</p> <ul style="list-style-type: none"> • https://www.zerotothree.org/resources/series/preventing-expulsion-from-preschool-and-child-care • https://www.nea.org/assets/docs/23840_Confronting_Implicit_Bias_Thru_Exemp_Teacher_Prep-v2.pdf <p>Children's Mental Health Story 3: https://www.mkekids.org/how-to-help/toolkit/story-boys.html</p>