



Northern Virginia Family Service  
Early Childhood Division  
Head Start/ Early Head Start



## Mental Health Newsletter October 2018

### Be Connected!!!

Studies have proven that positive healthy relationships and connections with family, friends, school, church, neighbors, and community have positive social-emotional and health benefits. Having a supportive and healthy network of individuals to trust, discuss difficult things, relieve stress, brainstorm, who can help give different types of resources can be beneficial to your social, emotional, and physical health. In fact, individuals who report having a positive and healthy social network also report having higher gratification with their life and tend to become sick less and live longer lives. Social connection also helps us rewire our brains as well. The healthy or unhealthy interaction in relationships can rewire our brains to be more positive, more adaptable, more efficient, and more resilient OR less. At the end of the day, adults can make their choices to participate in healthy or unhealthy relationships while children can-not. That is why it is important to be able to identify healthy and unhealthy relationships especially when we have children.

Healthy relationships should build people up and notice what people are doing right. This also means that individuals should be held accountable for contradicting behaviors. Healthy relationships create a support for another individual and that is reciprocated or given back to another individual. Encouragers are used and open

This is a stark change to what was traditionally done in schools and at home. It was found that physical discipline and negative speech to children produced low self-esteem, attention seeking behaviors, an unhealthy need to please others, the impression that children were born a specific way and did not have a choice to change, more aggressive and undesirable behaviors, the belief that the child could not do anything correctly on their own, and more.

Make intentional choices to be positively connected and be heard! We are looking for more parents to participate **in Policy Council!** **You only visit with us 1x a month and transportation costs are paid!** **WE WANT TO HEAR YOU and YOU CAN make decisions regarding HS,EHS, and the Extension Grant!** We would love to see you there!