

May 2022

Preschool to Patriot Press

The Lincoln County Early Childhood Newsletter

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www.lincoln.kyschools.us/o/lcearlychildhood

May is Mental Health Awareness Month

Each year millions of Americans face the reality of living with a mental illness. Mental health is an incredibly important part of your overall health. During May, Mental Health Awareness Month is a national movement to raise awareness about mental health, fight stigma, provide support, educate the public, and advocate for policies that support people with mental illness, as well as their families.

The Lincoln County Early Childhood Program uses mental health consultation to help staff, families, and children. A mental health consultant is trained to help young children and the adults in their lives. They make sure all children have the skills to talk about and manage their feelings, build relationships with other children and adults, explore their environment, and solve problems. These are important skills for doing well in school.

As a parent or guardian of a young child, you are your child's first and most important teacher. If you are concerned about your child managing their emotions or behaviors, making friends, problem solving, or adjusting to new environments, please ask your child's teacher or family liaison about getting help from a mental health consultant.

Mental health consultants can share strategies, tips, and ideas that families can try at home to help their child. Our teachers are happy to work with your family to help make your child more successful and ready for kindergarten.

TOGETHER

for Mental Health

Special Visitors...



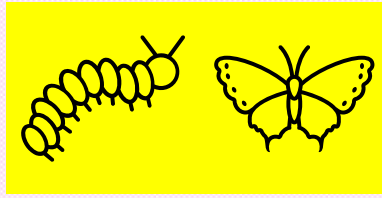
Hustonville Preschool had a special visit from a **Beekeeper**, to go along with their insect study. The students had a blast and learned a lot!



Waynesburg Preschool had a special visit from Andrew with Inter-County Energy. The students loved meeting all the reptiles!



May's PACT (Parent And Child Together) Activity...



Part 1: Life Cycle of a Butterfly

- Have your child act-out the life cycle of a butterfly:
- Crawl like a caterpillar
- Form a chrysalis or cocoon by letting your child bundle up in a blanket or sheet
- Then emerge into a butterfly and flutter around the room

Part 2: Go on a Butterfly Hunt

- Head outside to see if you can spot any butterflies
- Be sure to check near flowerbeds
- Take pictures of any butterflies you find, and send them to your child's teacher 😊

