

# VAPT enote

## SEPTEMBER 2017



Welcome!

This issue was prepared by MARY BETH MURRAY, LCSW, RPT. Mary Beth is a VAPT member and therapist at Partners in Parenting, a Richmond-based agency. Thank you for composing such a great enote!

#playon,

Anne Stewart, VAPT President

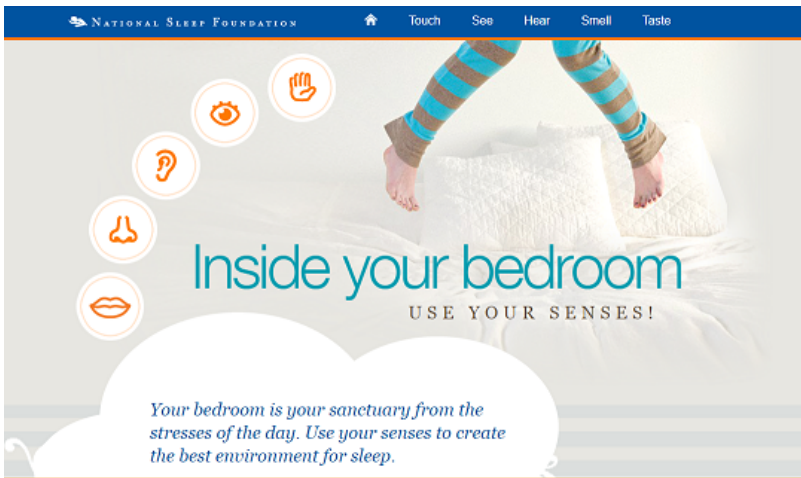
APT Board of Directors

### What Helps Children Adjust?

[http://www.huffingtonpost.com/dr-gail-gross/backtoschool-preparation-tips\\_b\\_3654582.html](http://www.huffingtonpost.com/dr-gail-gross/backtoschool-preparation-tips_b_3654582.html)



A new school year brings with it changes in routines and increased academic and social demands that cause anxiety for children and parents. Parents need to care for their own anxiety and support their children by acquainting them to new experiences as well as establishing good communication about feelings. This article has great tips to prepare your clients for a successful (re)entry!



## Sleep!!!

<https://sleepfoundation.org/bedroom/>

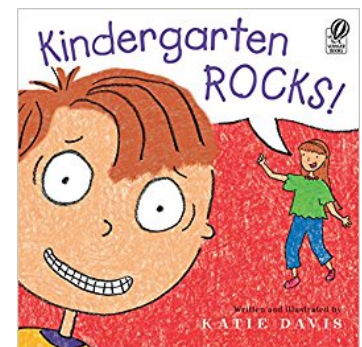
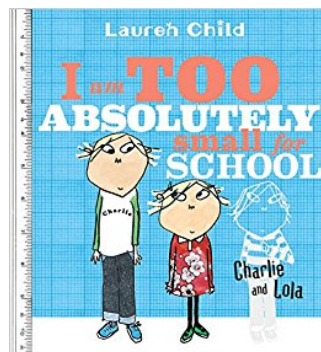
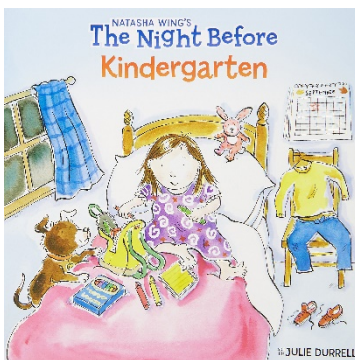
Adequate sleep is essential for children's well-being, especially when new stressors are on the horizon. The National Sleep Foundation provides an interactive webpage presenting strategies to soothe all five senses and create the best environment for sleep.

(Likely a great source of advice for play therapists, too!)

## School Changes: Ages and Stages

Changes that come with new school years are pronounced when a child moves to a new school district, enrolls in a new school or progresses to a higher-level school.

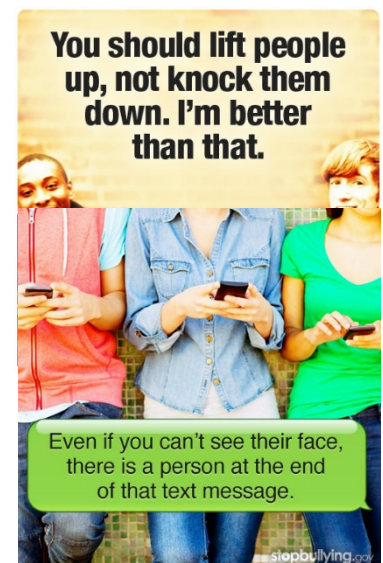
**KINDERGARTEN:** Children at this age benefit from rehearsing new routines so they become familiar. Visiting the school, arranging for play with classmates, driving the bus route and having pretend play about new aspects of the school experience can help children feel prepared.



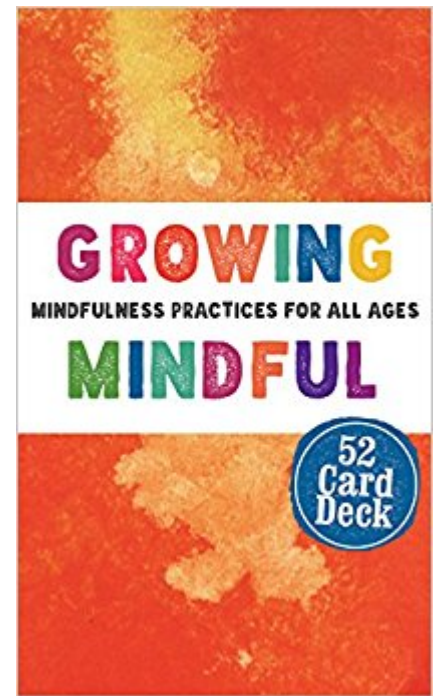
**MIDDLE SCHOOL:** Finding their classes, managing combination locks and feeling socially accepted are high on the worry list at this age. Help middle schoolers develop organizational and study skills, explore their identity and practice assertiveness. Therapists can engage tweens in understanding the difference between passive, aggressive and assertive communication. Role playing exaggerated passive and aggressive responses can be fun and enlightening.



StopBullying.gov offers guidance and resources for kids, teens, parents, educators and community members including online courses, images for raising awareness and a smartphone app to help parents address and prevent bullying with their children.



**HIGH SCHOOL:** Achieving good grades, excelling in sports, performing well on important tests, time management, college acceptance and overall life success are common worries of teenagers. Teens benefit from practicing fun mindfulness strategies, such as yoga poses, counting while breathing, listening to relaxing music, engaging in art-making and taking in sights. The Growing Mindful deck of cards provides 52 mindfulness activities, such as scanning the room for an item of every color in the rainbow, searching for something perfectly still and observing objects with an artist's eye.



## HELP FOR PARENTS

When parents manage their own anxiety about school changes they are better able to support their children. The National Child traumatic Stress Network has created this 5-Minute Relaxation podcast for parents.

<https://www.youtube.com/watch?v=bpIWvwiBQTo&index=1&list=PLmW1ACrTaZIPVd2bIN6Ka5nN0iVemDnQE>

## Chapters and Chapter Chairs

Find the chapter chair for your region – help arrange a gathering and/or trainings for CE's in your gorgeous part of Virginia!

- **Central Virginia VAPT** | Chairperson George Enfield | ghenfield@gmail.com
- **Forest VAPT** | Chairperson Norma White | norma.white@couplesandkids.com
- **Harrisonburg VAPT** | Chairperson Anne Stewart | stewartal@jmu.edu
- **Northern VAPT** | Chairperson Megan Fiore Winn | <mfioreapt@gmail.com>
- **Richmond VAPT** | Chairperson Jan Williamson | jlwilliamson@mindspring.com
- **Roanoke VAPT** | Chairpersons Jennifer Thomas | playtherapy@verizon.net  
Kim Montgomery | kim@botetourtcounseling.com
- **Rockbridge Area VAPT** | Chairperson Katie Masey
- **Staunton VAPT** | Chairperson Lisa Rochford lisa@connectedchild.info
- **Southwest VAPT** | Chairpersons Donna Callis | dcallis@highlandscsb.org  
Sydney Peltier | sydney@thriveworks.com
- **Tidewater VAPT** | Chairpersons Debbie Balak | dbalak@cox.net  
Holly Tracy | peacebypiece@cox.net

Stay in Touch with our VAPT Play Therapy World! **VAPT benefits** = **Enotes**. **FB**. **Twitter**.

**Website**

Reduced Registration at all national APT and branch VAPT workshops!

Visit often for updates on trainings and resources, research, and fun!

**Website** -see <http://vapt.cisat.jmu.edu/>

**FB** – see <http://www.facebook.com/pages/Virginia-Association-for-Play-Therapy/234395618441>

