

Empowering kids to express their emotions in a healthy way after a year filled with change

Emotional empowerment helps kids cope during stressful times and will also serve them well for the rest of their lives

Nationwide Children's Hospital

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NEWS PACKAGE

<p>SUGGESTED TEASE</p>	<p>KIDS HAVE SHOWN AMAZING RESILIENCE THROUGH A TOUGH YEAR, BUT THEY MAY BE HOLDING ONTO DIFFICULT EMOTIONS AFTER SO MUCH CHANGE.</p> <p>COMING UP, HOW HELPING YOUR CHILD EXPRESS THEIR EMOTIONS IN A HEALTHY WAY CAN EMPOWER THEM NOW AND IN THE FUTURE</p>
<p>ANCHOR LEAD</p>	<p>THOUGH MANY KIDS APPEAR TO BE INCREDIBLY ADAPTIVE WHEN DEALING WITH THE MANY CHANGES AND CHALLENGES OF THE PAST YEAR, THEY'RE LIKELY FEELING A LOT OF EMOTIONS AFTER THEIR ROUTINES, TIME WITH FRIENDS AND FAMILY AND EVEN THEIR SENSE OF SAFETY AND SECURITY WERE DISRUPTED.</p> <p>IF NOT ADDRESSED IN A HEALTHY WAY, DIFFICULT EMOTIONS, LIKE ANGER OR FEAR, CAN HAVE LASTING IMPACTS ON THEIR MENTAL HEALTH.</p> <p>BARB CONSIGLIO HAS THE DETAILS ON HOW EMPOWERING KIDS TO COMMUNICATE THEIR EMOTIONS CAN HELP THEM NOW AND ALSO THROUGHOUT THEIR LIVES.</p>
<p>(PACKAGE START) ----- CG: Courtesy: Nationwide Children's Hospital :00 - :03 Shot description</p>	<p>(Nats - Sound) :02</p> <p>AS A SCHOOL COUNSELOR, NANCY SECREST HAS SEEN HOW THE STRESS AND UNCERTAINTY OF THE PAST YEAR HAS AFFECTED HER STUDENTS. :06</p> <p><i>"We talk a lot about just not feeling good. They can't really put their finger on what it is that doesn't feel good."</i> :09</p>
<p>CG: Nancy Secrest School counselor</p> <p>Shots of kids at school</p>	<p>TEACHING KIDS TO IDENTIFY EMOTIONS – WHETHER THEY'RE FEELING HAPPY, SAD, ANGRY, OR SCARED – IS THE FIRST STEP TOWARD EMOTIONAL EMPOWERMENT, WHICH CAN HELP CHILDREN EXPRESS THEIR EMOTIONS IN A</p>

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<p>CG: Parker Huston, PhD Nationwide Children’s Hospital</p>	<p>HEALTHY WAY AND MANAGE NEGATIVE OR OVERPOWERING FEELINGS. :12</p> <p><i>“There’s been so many kids going through a shared experience that is causing stress right now. But the fact is that before the pandemic started, we were already in a mental health crisis for children in this country.” :12</i></p>
<p>Shots of Huston working</p>	<p>PARKER HUSTON IS THE CLINICAL DIRECTOR OF ON OUR SLEEVES, A MOVEMENT THAT OFFERS EDUCATIONAL RESOURCES TO HELP CHILDREN REGULATE THEIR EMOTIONS DURING THIS DIFFICULT TIME AND BEYOND.</p>
<p>Shot of child and parent</p>	<p>HUSTON, WHO IS ALSO A PEDIATRIC PSYCHOLOGIST AT NATIONWIDE CHILDREN’S HOSPITAL, SAYS ONCE KIDS CAN NAME AND COMMUNICATE DIFFERENT EMOTIONS, THEY CAN THEN WORK ON RECOGNIZING THEM IN THEMSELVES AND OTHERS. :16</p>
<p>Parker Huston (CG’d earlier)</p>	<p><i>“One of the important things is being able to understand, How am I feeling? And how are you feeling? And do those two match up, or are they different? That can impact our socialization.” :10</i></p>
<p>Shots of young children practicing deep breathing and reading a book with parent</p>	<p>THEY’RE SKILLS THAT SHOULD START YOUNG AND BUILD OVER TIME. THEY CAN BE AS SIMPLE AS STOPPING TO TAKE SOME DEEP BREATHS OR READING A BOOK WITH A PARENT AND DISCUSSING HOW THE CHARACTERS MAY BE FEELING. :09</p>
<p>Parker Huston (CG’d earlier)</p>	<p><i>“We can be more purposeful about teaching them and help them gain these earlier in life. Which only helps with resilience and their ability to withstand challenges that they might face.” :11</i></p>
<p>Shots of Nancy talking to student</p>	<p>NANCY HAS SPENT TIME GIVING STUDENTS THE TOOLS THEY NEED TO EMPOWER THEMSELVES, WHILE KEEPING HER DOOR OPEN WHEN THEY NEED SOME HELP. :06</p>
<p>Nancy Secrest (CG’d earlier)</p>	<p><i>“Sometimes they’re able to verbalize it, and sometimes it takes a little bit of work.” :04</i></p>
<p>CG: Amani 14-year-old</p>	<p><i>“It’s okay to talk to someone. And even if I don’t feel like talking to someone or I didn’t know how to express myself, writing it down, then showing it to a parent or someone that I trust.” :10</i></p>
<p>Shots of students at school</p> <p>(PACKAGE END) -----</p> <p>ANCHOR TAG</p>	<p>AT NATIONWIDE CHILDREN’S HOSPITAL, THIS IS BARB CONSIGLIO REPORTING. :02</p> <hr/> <p>GUIDANCE ON HOW YOU CAN HELP THE CHILDREN IN YOUR LIFE IMPROVE NOT ONLY THEIR</p>

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	EMOTIONAL EMPOWERMENT, BUT ALSO THINGS LIKE GRATITUDE AND HAPPINESS, CAN BE FOUND AT ON-OUR-SLEEVES-DOT-ORG (OnOurSleeves.org) AND ALSO INCLUDES ACTIVITIES, DISCUSSION STARTERS AND MENTAL HEALTH RESOURCES FOR KIDS OF EVERY AGE.
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SOCIAL MEDIA

<p> Share it! Suggested tweet:</p> <p> Suggested post:</p>	<p>Kids have been through a lot of changes over the past year, but @OnOurSleeves behavioral health experts say empowering them to express their emotions in a healthy way can help them cope during these challenging times and will also serve them well in the future. https://bit.ly/3nIIWQI</p> <hr/> <p>Though kids have appeared to be incredibly adaptive during the many changes and challenges of the past year, they're likely feeling a lot of emotions after their routines, times with friends and even their sense of security were disrupted. On Our Sleeves®, powered by behavioral health experts at Nationwide Children's Hospital, say empowering children to identify and express their emotions in a healthy way can help them cope in these trying times and will also serve them well in the future. https://bit.ly/3nIIWQI</p>
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EXTRA BITES

<p>CG: Parker Huston, PhD Nationwide Children's Hospital</p>	<p>Huston says many activities that helped kids cope changed this year: <i>“For many kids sports is an outlet, or a club or a band, or something like that. So when those have been changed or altered for some reason, kids have had to try and figure out how to cope in different ways.” :14</i></p> <p>Huston says it's important that kids can regulate their emotions: <i>“When we have really strong emotions that might impact our behavior, or our ability to function, we need to be able to regulate those emotions. Instead of letting our anxiety maybe spiral out of control, or let our sadness dominate the way that we think for days and days, that we can figure out ways to reduce that and get it back to a manageable level.” :20</i></p> <p>Huston explains how to help kids identify emotions: <i>“You start getting them used to identifying these emotions, and putting themselves in that place as well. ‘How would you feel if you were in that situation and how would you respond?’ And you start coaching them through thinking this through a little bit more purposefully.” :15</i></p>
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<p>CG: Parker Huston, PhD Nationwide Children's Hospital</p>	<p>Huston explains how emotional skills can grow over time: <i>"As parents, we can start to label that for them at first. So at first it's like we're carrying the weight for them. Over time though, it's, 'Hey, let's pause. Tell me how you're feeling. Tell me what you're thinking. Tell me what happened.' You're trying to backwards coach them until they can be the ones to stop in the moment."</i> :20</p> <hr/> <p>Secret says simple things can help kids in the moment: <i>"It's been really successful. They're like, you know what, I had no idea that listening to music would help me feel better, or I had no idea that going and getting an ice cold glass of water would help. And it's funny that some of the simple things really helps them."</i> :14</p>
<p>CG: Nancy Secret School counselor</p>	<p>Secret says On Our Sleeves resources helps her connect with students: <i>"The On Our Sleeves campaign and their resources has honestly given me a path on how to meet their needs, how to give them tools. The way that they have the program organized and the resources organized are very inviting, very non-threatening."</i> :16</p> <p>Secret says she is there for her students if they need help talking through emotions: <i>"I'm talking about how to take care of yourself. And if you've done all these things and you still don't feel well, let's talk about next steps without making it threatening or scary, 19:46:18 and making them think that there's no help for them."</i> :15</p>
<p>CG: Amani 14-year-old</p>	<p>Amani says the past year brought a lot of changes: <i>"We weren't able to go to school and the things that we were used to like seeing our friends every day, whether it's the ride to school or the way back home or the way you're interacting with the teachers and your other peers and students. It was just different from what I'd always been used to."</i> :15</p> <p>Amani says it's helpful to have a counselor to talk to: <i>"It's helpful because there's someone there that you can always talk to and someone that's just there to help you and even the walks and stuff. It's good sometimes to just take a break from a class, even if there's a lot going on, you can just go sit down and talk with her."</i> :17</p>

References

¹On Our Sleeves, Nationwide Children's Hospital, 2021. Online: <https://www.onoursleeves.org/>

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