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**Tri-State / National REACH
Employee Assistance Program
1-888-734-8217**

NEWS YOU CAN USE

August 2023

Information and tips from your EAP to help you live healthier and happier

Back to School Tips for Parents

Research shows that outcomes are generally better for children whose parents actively engage them in daily conversations about their lives in and out of school. As a result, these kids tend to have better grades, are less likely to abuse drugs and alcohol, have higher self-esteem and are more likely to attend college. According to a recent survey, teens who were asked what they needed most to succeed in life, the majority responded by saying they desired more communication with their parents.



"Back-to-school time offers a great opportunity to talk with children about what is happening in their lives," says Michael Faenza, president of the National Mental Health Association (NMHA). "By spending at least 15 minutes a day listening and talking with your child, parents can provide valuable emotional support, especially during the turbulent times of childhood and adolescence."

Additional back to school tips

In order to promote positive behavior, higher academic achievement and prevent school bullying, the NMHA recommends the following for parents:

- **Spend time each day talking to your child about what happened at school.** Engage in discussion about your child's friends, classes and activities. Give your child positive feedback about his or her new experiences.
- **Praise and encourage your child** to become involved with school activities and try new things.
- **Attend school functions and stay involved in your child's education.** Children whose parents are more involved with their education have higher achievement, are better adjusted and are less likely to drop out of school. Introduce yourself to your child's teacher(s) within the first few weeks of school.
- **Make a point to learn about how your child develops not just physically,** but socially and emotionally, as well. If you are aware of what's typical behavior and thinking for your child's stage of life, you will be able to tell more readily when things may not be right.

Your EAP is here to help

If you need help with any personal, family or work-related concern, contact your Employee Assistance Program (EAP). We can provide you or your dependents with short-term counseling, referrals or information to help you face life's challenges. All EAP services are FREE and strictly CONFIDENTIAL. If you need help, why not call an EAP professional today? We're here to help.

Tri-State / National REACH EAP

1-888-734-8217

If you or one of your dependents needs help with a personal, family or work-related issue, contact Tri-State / National REACH Employee Assistance Program for professional assistance. We provide anonymous, confidential telephone counseling, referrals or information to help you or your immediate family members for issues including:

- Marital, Family and Relationship Issues
- Alcohol or Substance Use
- Job Concerns
- Bereavement
- Parenting Issues
- Stress
- Depression and Anxiety
- Debt Relief

If you have a problem, there are solutions ...and your EAP is here to help.
Anonymous, confidential help is just a phone call away **1-888-734-8217**.

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