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MENTAL HEALTH MEMO

When a flower does not grow, we don't beat up the flower, we change its' environment. Here are tips to help your flowers (children) grow.

Descriptive Praise!

Pre-Teach Coping Skills

Adult Self-Regulation

Pick and Choose Battles

Build Relationships

Build SEL Skills

Nicole Brookover
IECMH Consultant
Hopewell Health Centers
nicole.brookover@hopewellhealth.org
(740)-517-3452