



Family Newsletter: Mental Health and Well-being for Learning



PRAIRIE SPIRIT
SCHOOL DIVISION

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Mental Health Literacy

The Power of Co-Regulation

Co-regulation is more than sharing a calm nervous system with another person; it also involves modeling for children and youth how to listen to their bodies and brains so they can recognize what brings relief and calm.

It does not require adults to constantly soothe, fix, or remove stress, but instead supports children in developing awareness of their own nervous systems through observation and practice. By modeling pause, reflection, and intentional response, we teach children a lifelong skill for self-regulation.

Understanding Regulation and Co-Regulation

- **Why it matters** – Large parts of our brains are dedicated to attaching to other people. We do better when we have other people to help us regulate through hard times. This is especially true for children. We all often need support to regulate well enough to problem-solve or reflect.
- **Adult tip** – Stay calm and present during challenging moments. Your regulated response helps your child feel safe, supported, and models the skills for regulation.

Creating Predictable Routines

- **Why it matters** – The unknown often increases worry and dysregulation. Consistent routines help children know what to expect, reducing stress, and supporting emotional regulation.
- **Adult tip** – Develop consistent, predictable routines for mornings, after school, and bedtime to provide structure and support regulation (while recognizing that flexibility within that routine is important).

Responding to Big Feelings with Empathy

- **Why it matters** – When children feel seen and understood, their nervous system can settle more quickly.
- **Adult tip** – Name what you see (“I can tell you’re frustrated”) and make room for your child’s emotions before offering guidance or solutions. If we rush too quickly to guidance/solutions, we often face more resistance.

Building Regulation Skills Together

- **Why it matters** – Skills like deep breathing, movement, and taking breaks are learned through practice with adults.
- **Adult tip** – Practice calming strategies together during calm times, not just during moments of stress, so that the skills are familiar when you need them.

Balancing Stimulation and Rest

- **Why it matters** – Overstimulation can make regulation harder for children and adults alike.
- **Adult tip** – Build in quiet, screen-free time. Try different kinds of activities together and notice what helps your family recharge.



Family Activities to Support Regulation & Co-Regulation:

- Create a calm space at home with books, soft items, or drawing materials where family members can unplug, relax and reset.
- Practice a daily regulation check-in by asking: “How does your body feel right now?”
- Choose a family calming activity such as stretching, walking, or listening to music together.
- Make a “Feelings Chart” and invite children to point to or name emotions throughout the day.

Mental Health Supports

Rapid Access Counselling (RAC)

Family Service Saskatchewan's [Rapid Access Counselling Program](#) is delivered through a partnership of member agencies in communities across Saskatchewan.

Counselling sessions are available to children, youth, adults, and families in Saskatchewan. Virtual counselling is available to support families.

For more information and to book an appointment: www.counsellingconnectsk.ca



Kids Help Phone (KHP)

[Kids Help Phone](#) (KHP) is always here for young people in Saskatchewan and across Canada – any day, any time, day or night. KHP's e-mental health services are free, multilingual and confidential. If you know a young person who is struggling with a problem, big or small, you can encourage them to contact KHP for support - by calling, texting or going online (see details in graphic below).

KHP offers support without obstacles, help with any hardship and support in any moment of need. The following links provide more KHP information:

- KHP helps kids understand [mental health](#).
- In 2023, over 50 Canadian musicians created a song in support of KHP's [Feel Out Loud](#) mental health movement.

KHP KIDS HELP PHONE **Feel Out Loud**

Join the movement at KidsHelpPhone.ca

Call. 1 800 668 6868	Text. 686868	Online Message. KidsHelpPhone.ca
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Sask Ag Matters

[Sask Ag Matters](#) offers free mental health support services for Saskatchewan agriculture producers. This program offers free mental health support services for Saskatchewan agriculture producers, their family members and agricultural workers.

Each individual is financially covered for six hours of therapy per year with trained and registered mental health professionals who have a background in farm culture.