

PARENT

NEWSLETTER



SETTING BOUNDARIES

WITH SOCIAL MEDIA AND YOUR TWEEN

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**DOES YOUR CHILD
STRUGGLE TO WAKE
UP FOR SCHOOL?**

Here are some tips from the experts to help them have a better start to their day.

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**DRUG-FREE WV
YOUTH COALITION**

Recently hosted a training session at Spring Mills High School to help prevent substance abuse.

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**HOW DO I SET SOCIAL
MEDIA BOUNDARIES
WITH MY TWEEN?**

Work with your child to set up rules and boundaries.

STRONGER TOGETHER

TMI is a model solution partnering police, school, health, and education to prevent substance use.





HOW TO HELP YOUR CHILD WHO STRUGGLES TO WAKE UP FOR SCHOOL

BY SYDNEY WINGFIELD

Struggling to wake up in the morning is something most of us experience every once in a while, even for kids. It's normal for a child to need extra encouragement to get ready for school occasionally. But when they refuse to get out of bed every morning, or it's a frequent battle to wake them up, it can be frustrating and concerning for everyone involved.

You might wonder if your child is staying up too late and needs to get enough sleep. Or perhaps they're [anxious about school](#) and worrying about an upcoming test.¹ You can run through a million situations to find the "why." Luckily, there are some things you and your child can do together to make mornings an overall better experience.

We spoke with pediatric experts to help you understand why your child refuses to get out of bed in the morning and a few tips on what you can do about it.

WHY DO SOME KIDS REFUSE TO GET OUT OF BED IN THE MORNING?

Various reasons might contribute to your child's unwillingness to leave bed when it's time to get ready—some of which have to do with school start times, which are obviously out of your control.² But before you jump to concerns about bedtime routine or anxiety, consider it as simple as what's going on in [your child's sleep cycle](#).

Nina-Mare Rueda, ND, a naturopathic physician who works in both prenatal and pediatric care, points out that a general understanding of your child's sleep and wake cycles can help crack this mystery. The human brain cycles through different sleep patterns several times a night, some of which are lighter, while others are much deeper.³ "A child may be in one of the deeper parts of that sleep cycle, so it's going to be harder to get them out of it."

Of course, there could be other factors involved, like late-night exposure to screens, psychological challenges, or specific medical issues like restless leg syndrome or sleep apnea. If you suspect anything affecting your child in those areas, it's best to seek the advice of a pediatrician or health care provider.

Dr. Sharma, MD, of FAAP and Dr. Rebillot, MD of TinyTotsERdocs both point out that, since this recurring behavior could be related to various issues, it's crucial to get to the bottom. "It's important to understand the different reasons why a child may have difficulty waking up in the morning and then seek the appropriate treatment strategies," they explain.



TIPS FOR ESTABLISHING A CONSISTENT MORNING ROUTINE

One strategy for helping ease the pain of getting up in the morning for school is to establish a morning routine that's predictable from day to day. Kids thrive on routine, and knowing what to expect and having tasks to complete can act as a motivator. For younger kids, it's helpful to break tasks down into small steps and offer praise when they do them successfully.



CONSIDER USING A REWARD SYSTEM



ASK YOUR CHILD HOW THEY'D LIKE TO BE WOKEN UP



PLAN FOR THE MORNING AT NIGHT

CREATING A CONSISTENT AND CALMING BEDTIME ROUTINE

Children tend to get insufficient sleep because of late bedtimes and early school start times.⁴ Ensuring you're following a consistent bedtime that allows your child to get the proper amount of sleep for their age may make mornings more accessible for both of you. Fortunately, you can do a few things to establish healthy sleep habits before climbing into bed.

CREATING A CONSISTENT AND CALMING BEDTIME ROUTINE



AVOID FOOD AND DRINK
RIGHT BEFORE SLEEP



STEER CLEAR OF SCREENS



INTRODUCE CALMING
BEDTIME RITUALS

WHEN TO CONTACT A HEALTH CARE PROVIDER

If you've exhausted every strategy and the issue isn't resolving, or if you suspect something more concerning contributes to your child's sleepiness in the morning, it's always a good idea to consult a pediatrician or health care provider.

"It's beneficial to reach out, even if it's during a wellness visit with your primary care physician," Rueda shares, pointing out that a provider might want to look further at blood-sugar regulation, thyroid balance, adrenal balance, metabolic rate, and [how the body is responding to stress](#). "This helps to give you a snapshot of your child's health."



Additionally, if your child is showing any signs of anxiety depression, or their teachers report behavioral or mood-related issues at school, it's essential to check in with a health care provider. Suppose you notice your child snoring loudly or gasping while sleeping. That might also warrant a call to a medical professional, as it could signal sleep apnea or other sleep-related disorders.

You know your child best. If their refusal to get out of bed in the morning is out of character or accompanied by other mental or physical issues, reaching out to a pediatrician or a health care provider is always a good idea. Together, you can work on a strategy or treatment plan to make mornings more pleasant for everyone involved.

[READ FULL ARTICLE](#)



YOUTH COALITION HOSTS TRAINING SESSION AT SPRING MILLS HIGH SCHOOL

By Ainsley Hall, The Martinsburg Journal

Recently, high school students throughout Berkeley County visited Spring Mills High School to hear from Joe Markiewicz, master facilitator, and national youth trainer at Building Stronger Communities, about putting together Drug-Free Youth Coalitions in their schools.

Students are working together to help prevent their peers from using drugs and alcohol through positive messages. Through The Martinsburg Initiative, Markiewicz talked with the students about ways they can reach out and make a difference in their communities.

Karla Hillard, English teacher at Spring Mills High School, and Carol Hamilton, former assistant vice principal, worked together to start a drug-free coalition at their school. They wanted to create a place where students could work together and share their experiences as they encouraged their peers not to use drugs.

After her brother died from an overdose, Hillard became passionate about helping students deal with these issues and helping them spread positive messages throughout the school.



"We are trying to focus on community engagement and positive affirmation," said Aicha Sy, president of the Spring Mills High School Drug-Free Youth Coalition. "We also hope to start reaching out to the middle school to create positive engagement because that's where it starts."

[READ FULL ARTICLE](#)

HOW DO I SET SOCIAL MEDIA BOUNDARIES WITH MY TWEEN?

PARENTS.COM



Children often discover how to access social media before we want them to, but we can make our digital parenting lives about mentorship instead of endless power struggles. Parents Ask Your Mom columnist Emily Edlynn, Ph.D., suggests working together to set reasonable family rules.

In an example of feeling like we are parenting against the riptides of social and cultural currents, children are increasingly able to access technology before we are ready. As schools rely more and more on technology starting at younger ages, I often hear parents voicing their concerns in my office. Your dilemma brings up several vital struggles relevant to the modern parent: how to monitor a tween's technology use realistically, how to set appropriate rules, and what to do when the tween (almost inevitably) breaks those rules.

SUPERVISION AND SUSPICION

I could see how this recent experience with Instagram sneakiness would ratchet up supervision of your child's iPad use. Through social media trials and tribulations with my children, I have learned that although monitoring has a role, we do not want to set ourselves up for an impossible task. It takes much effort to remember to do a daily check of what's been happening on the iPad or phone, and our children often know more than we do. We can set controls and check all day, but chances are they will figure out loopholes. It can feel like a bottomless pit of supervision and suspicion that ultimately is not serving our child or our relationship with them.



MENTORSHIP VERSUS CONTROLLING

Experts offer a key research-based conclusion for parents in this digital age: be more of a mentor than one who restricts. If we can shift gears from trying to control our children's digital behaviors to teaching about living a healthy and responsible digital life, everyone benefits. It helps to manage our own expectations by anticipating that our children will have missteps as part of the learning process. Responding to these mistakes with the mindset of "well, this is a teaching opportunity" instead of "you have lost your iPad forever" is a step toward more effective digital parenting.



Controlling our child's digital behaviors is different from offering a healthy degree of structure. At this tween stage, external limits are a critical step toward a child eventually developing their internal limits. I have seen well-intentioned parents restrict their children's phone use so heavily that they do not know how to manage time on their devices when they leave for college. We may consider rules imposing our authority over our child's will, including the ensuing power struggle. Still, when we deliver limits effectively, children learn responsibility and skills for developing their limits. The considerable payoff is how much less work this is for us as we watch our child build self-sufficiency.

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THE FAMILY WHO MAKES RULES TOGETHER

As a child enters the world of social media, have an open discussion about the family rules, the reason for the rules, and what will happen if the child violates these rules. The more collaborative this process, the more buy-in your child will have and the more likely they will follow the rules. Research supports that involving a child in collaborative problem-solving, including offering choices, increases their internal motivation. In a huge win-win, the more children feel internally motivated, the less structure they need from us.

SOME CONVERSATION STARTERS FOR THE DINNER TABLE:

"TELL ME YOUR IDEAS FOR RULES ABOUT USING SOCIAL MEDIA."

"WHAT DO YOU KNOW ARE THE RISKY PARTS OF BEING ON SOCIAL MEDIA?"

"WHAT ARE THE REASONS YOU WANT TO USE INSTAGRAM?"

"WE HAVE A RULE THAT YOU NEED TO BE YOUNGER FOR INSTAGRAM. DO YOU KNOW WHY WE DECIDED THAT?"

BREAKING THE RULES

The hard part is responding once a child breaks a family rule about social media. I understand the impulse to impose more limits (I've been there). Still, if we view this as a learning opportunity, several strategies can help address this in a way that promotes growth instead of leading to a power struggle.

GET THEIR PERSPECTIVE.

SHOW EMPATHY.

CONNECT FAMILY VALUES WITH THEIR BEHAVIOR.

INVITE THEIR IDEAS.

These strategies do not just help teach children about social media, but taking the above steps gives them an opportunity for critical thinking while prioritizing communication and family values.

THE BOTTOM LINE

You may have noticed I still need to answer part of your question: Is 11 old enough to be responsible on social media? The short answer is probably not. (We could agree that many adults are irresponsible on social media, so it's not all about age!) However, 11 is still young enough to start learning how to use social media. You and your child can work together to develop a plan to do this on a comfortable platform, with limits, mentorship, and an eye toward their future as adults using social media for good.

[READ FULL ARTICLE](#)

EVERY CHILD DESERVES A GOOD START

If you have an Infant or toddler at home and have concerns about their development with moving, talking, hearing, vision, playing, learning, or growing, we are here to help.

West Virginia's Infant and Toddler Early Intervention Program. Telehealth and In Person appointments are available at NO COST TO YOU.

(304) 267-3595 ext 132





A MODEL SOLUTION

TO A NATIONAL PROBLEM

Our mission is to prevent substance use disorders, build strong families, and empower the Martinsburg community through police, school, community, health, and education partnerships.

1

Increase awareness

of how to prevent substance use disorder through community empowerment.

2

Mitigate negative consequences

Resulting from substance misuse or trauma through community interventions, medication overdose.

3

Identify, risk stratify and offer appropriate interventions

for individuals experiencing risk factors of trauma or substance misuse.

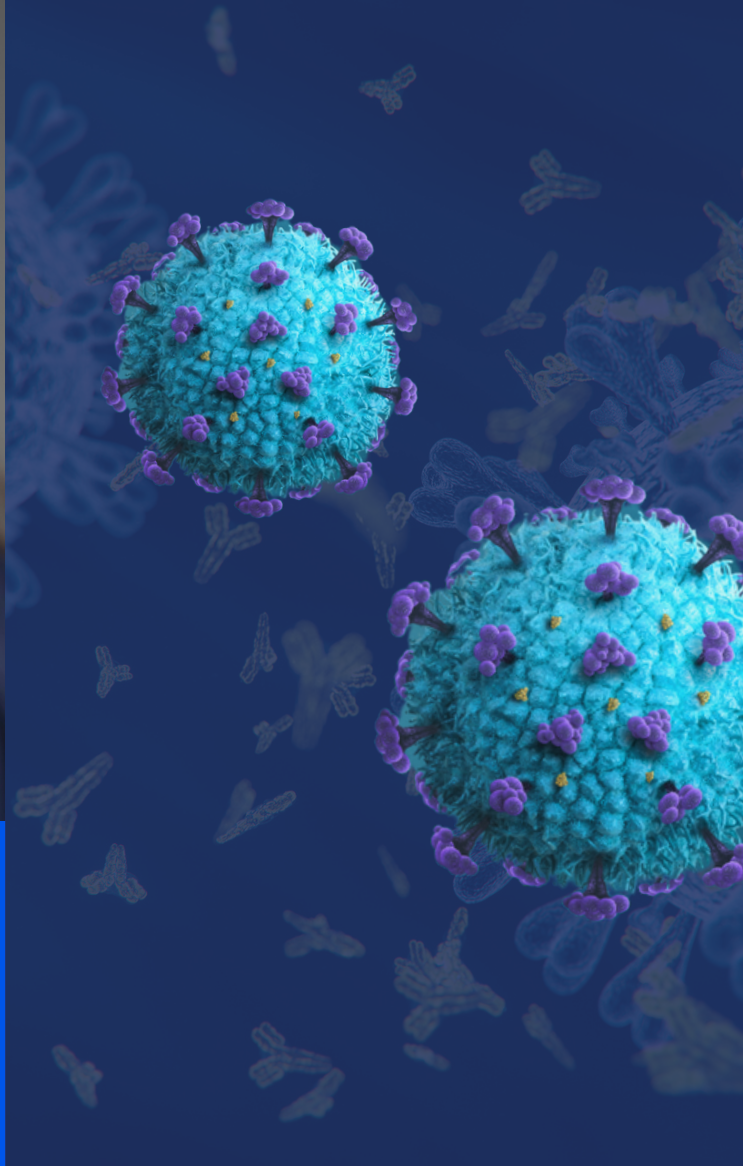
4

Evaluate and report performance.



THE
MARTINSBURG
INITIATIVE

A POLICE, SCHOOL, COMMUNITY PARTNERSHIP

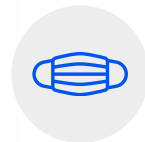


COVID IS STILL ALIVE AND WELL.

Protect yourself
and others.



GET YOUR VACCINE



WEAR A MASK



WASH YOUR HANDS



West Virginia
Immunization Network

A PROGRAM OF The Center for Rural Health Development





It's a family affair.

Get your family and friends vaccinated for COVID-19, Flu, Pneumonia, Meningitis, Shingles, and mpox.

Everyone 6 months and older should get a COVID-19 vaccine.

All adults need an annual flu vaccine.

1 in 3 will develop shingles in their lifetime, but vaccines can reduce the risk

CDC recommends meningitis vaccines for all preteens and teens.

Children under 2 and adults over 65 are most at risk for pneumonia.

People at risk of mpox should get both doses of the vaccine to get the most protection against infection.



Community
Education
Group

Join our list for updates.



[vaccines.gov](https://www.vaccines.gov)

1 (833) 734-0965

#BoostUp!

STRONGER TOGETHER

 themartinsburginitiative.com

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NORTH MIDDLE SCHOOL

SOUTH MIDDLE SCHOOL

MARTINSBURG HIGH SCHOOL

Contact us to be a mentor.

