

When should I be concerned about my student?

This is a stressful time for all of us, but how do we know when a child needs help? Here are a few things to watch for:

Kids 4 years – 7 years

- Regression in milestones
- Separation anxiety
- Increased number of tantrums
- Increased aggression
- Trouble sleeping
- Harsh self-assessment (“I am ugly/dumb”)
- Physical symptoms – stomach aches, headaches, muscle aches, etc.

Kids 8 years – 14 years

- Difficulty concentrating
- Decrease in personal hygiene
- Defiance and irritability
- Feeling overwhelmed or apathetic
- Over-reliance on social media
- Being afraid to leave home
- Changes in sleep or eating patterns
- Physical symptoms – stomach aches, headaches, muscle aches, etc.

The Virtual Learner

- Becoming irritable or short-tempered during learning sessions
- Sudden deterioration in work quality or failure to turn in assignments
- Not re-doing work when given an opportunity
- Decreased participation
- Consistent and excessive tardiness
- A change in body language - slouching or appearing to "hide" from the camera

If your student is experiencing any of these symptoms, talk to your school counselor or social worker about referring them to Connections.

