



May, 2026 | Issue 46



MAY IS _____
MENTAL HEALTH
AWARENESS
MONTH



The temperatures are gradually increasing as May ushers in the blooming of tulips, daffodils, and crocuses. This month holds significance as we observe Mental Health Awareness Month, a time dedicated to shedding light on the importance of mental well-being. The purpose of Mental Health Awareness Month is to foster open conversations, dispel stigmas associated with mental health challenges, and emphasize mental wellness.

Our newsletter for this month is packed with valuable resources for both parents and families, offering guidance on enhancing mental wellness and promoting events for the entire family to enjoy. We encourage you to share this newsletter with your loved ones and invite them to subscribe to our mailing list through the provided link.

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Ask the Expert

Q. How Can I Support My Family's Mental Health?

By: Child Focus, January 2026

Supporting your family's mental health doesn't have to be complicated. Predictable routines, healthy boundaries, and space for rest all play a part in helping your child understand their

feelings and cope with challenges. Following are six mental health practices you can start using right away.



Emotional Check Ins

When you give your child the space to name how they feel, you help them build the foundation for emotional resilience. Regular check-ins don't need to be long or formal. A quick moment each day or week creates opportunities for connection before stress becomes overwhelming. Try using open questions like “What was the hardest part of your day?” or “What are you proud of today?” These conversations help your child reflect and feel seen.

For younger children, picture cards or color charts can be helpful tools to express feelings without needing the right words.

Set Healthy Boundaries Regarding Screens

Screens are a big part of modern family life, but too much time online can interrupt sleep, relationships, and focus. Setting consistent limits helps your child learn how to find balance and be more present in their daily routine. Choose moments to keep tech off, like during meals, short car rides, or the first thirty minutes after school. These breaks give everyone a chance to reconnect and reset. Children learn best by watching, so modeling your own screen boundaries also shows them what balance looks like in action.

Build a Predictable Routine That Supports Stability

Daily routines create a sense of safety for children and help everyone feel more grounded. Predictability lowers stress and supports better sleep, focus, and emotional regulation. Starting the day with calm, low-pressure routines sets a positive tone for what follows. These habits reduce the need to rush and give your child more control over their morning routine. Just like mornings, evenings work best when they follow a predictable pattern. Choose quiet activities like reading or puzzles and stick to a consistent bedtime. A clear wind-down routine helps the body and brain transition into rest.

Use Movement and Play to Support Emotional Health

Physical activity and unstructured playtime are essential for managing stress and improving mood. These skills work for both children and adults. Moving the body helps release tension while playing invites creativity, confidence, and joy.

Even short bursts of movement count. Add in a dance break between chores, a walk around the block after school, or free play time before dinner. Let your child lead the way when possible and give them space to explore without pressure to perform.

Create Balance by Watching for Overloaded Schedules

Busy calendars can leave little room for emotional recovery. Children and caregivers alike need regular space to rest, reflect, and reset. When routines are too packed, stress builds quickly and small challenges can feel overwhelming. Watch for signs that your child may need a slower pace, such as irritability, trouble focusing, or withdrawing from activities they usually enjoy. Protect one or two blocks of time each week that are free from obligations. Use these for unstructured family time, outdoor play, or simply doing nothing at all.

Know When to Seek Extra Support

Every family experiences ups and downs, and many mental health needs can be supported with daily care, patience, and connection. But there are also times when extra help is the best next step. If you notice ongoing signs of stress, behavior changes, or emotional difficulty in your

child or yourself, do not wait to reach out. Early support can help prevent deeper challenges and bring a sense of relief.



Did You Know?

Child Mind Institute Launches 'Mirror' Journaling App Co-Developed with Teens to Support Youth Mental Health

The science team at Child Mind Institute translated research into scalable tools that make a real difference in people's mental health. This Mental Health Awareness Month, they have shared that more than 200,000 people have made their journaling app "Mirror" part of their mental

wellness routine. Mirror provides a secure, judgment-free space to reflect, build resilience, and find support when it matters

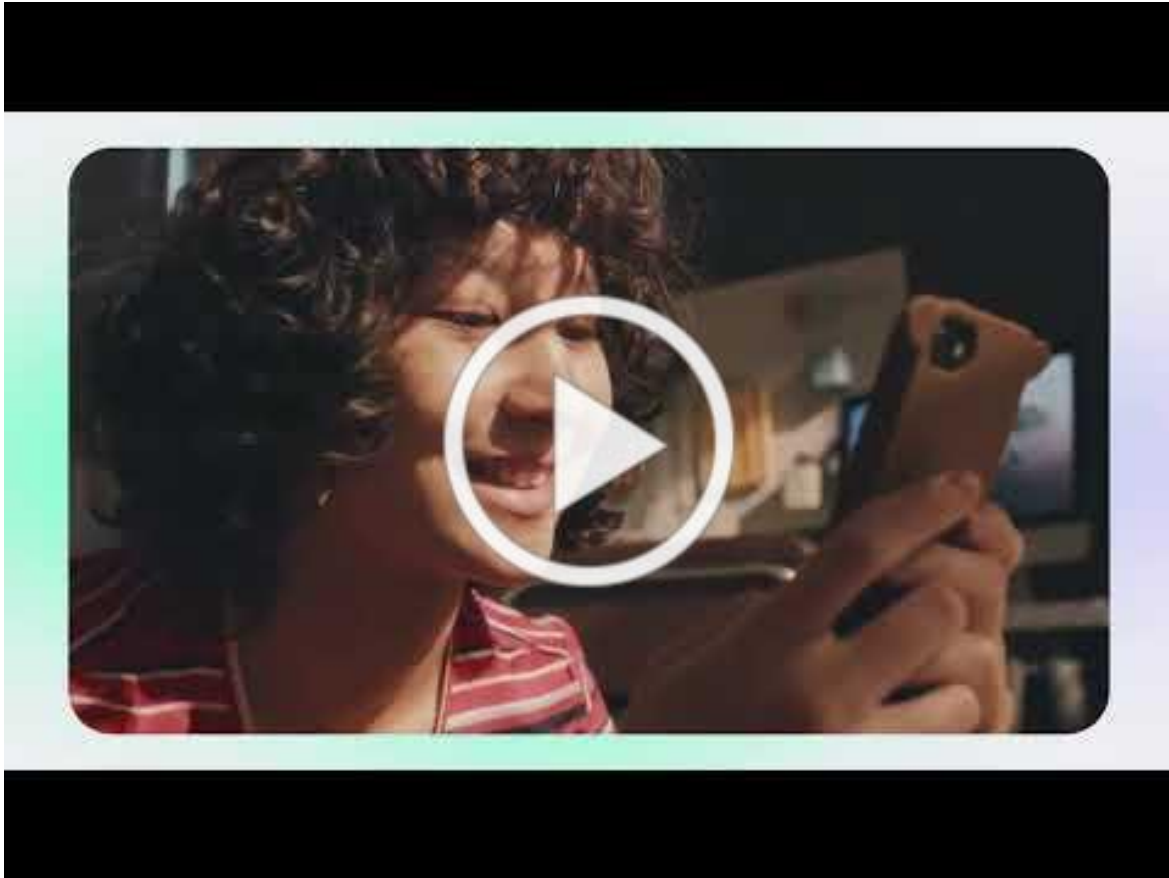


What is Mirror?

Mirror is a digital journaling app created by experts at the Child Mind Institute to support the mental health and emotional well-being of teens and young adults. It offers a safe space for self-reflection through text, audio, and video journaling — with AI-powered insights, mood checks, and guided prompts.

Mirror is specifically designed for youth mental health, incorporating principles of child development and psychology. It was developed with leading mental health experts and offers clinician-designed prompts and AI-powered insights to help teens build resilience and gain deeper insights into their emotions.

For more information, please check out the video below and additional details from [Child Mind Institute](#).




**THE
GUIDANCE
CENTER**
NURTURE THE FUTURE
Family Resources & Support



We want to hear from you!

**Are you a
parent?**



[tgc.surveymonkey.com/r/
NTFparent](https://tgc.surveymonkey.com/r/NTFparent)

**Do you work with children
under the age of 4?**



[tgc.surveymonkey.com/r/
earlychildstaff](https://tgc.surveymonkey.com/r/earlychildstaff)

**Do you work in a
K-12 school?**



[tgc.surveymonkey.com/r/
School-Parents](https://tgc.surveymonkey.com/r/School-Parents)

What is Nurture the Future?

Nurture the Future is a parent support program offered by The Guidance Center to families in Downriver communities. Parents and caregivers of children pre-birth through young adulthood have access to a variety of resources including workshops, support groups, family-centered activities, and informational resources.

We are interested in obtaining input from different stakeholders in our community. Your input helps us to target programming to best meet the needs of the Downriver Community. All of your responses will be anonymous and confidential.

We kindly ask that you share this flyer with friends and family with children who live in the Downriver area



Heroes Day

A FREE Family Event in Partnership with the Michigan State Police and Wayne County Sheriff

Join us for a fun and inspiring event where children can meet real-life heroes from our community! Kids will have the chance to connect with the people who help keep us safe every day, to learn, ask questions, and celebrate the bravery and dedication of those who serve. Bring the whole family for a memorable day of community, connection, and heroism!

Thursday, June 11, 2026 6-8pm
Heritage Park (at the Sheridan Pavilion), 12111 Pardee Rd, Taylor, MI 48180

- Arts, crafts with The Guidance Center's Nurture the Future program
- Interactive play with the Music Lady and the Balloon Guys
- Cardio drumming, face painting, petting farm
- Visit SWAT trucks, marine units, police cars, and more
- K9 demonstrations



Register at www.guidance-center.org/heroes

Children must be accompanied by an adult.

For questions contact Leslie Windless at 734-262-6836.



REGISTRATION



By: Little Guide Detroit, May 6, 2026

May is **National Water Safety Awareness Month**. The best way to ensure the best summer ever is to make sure your kids are safe in and around the water! During May Water Safety Awareness Month, we are celebrating swim lessons and achieving the water safety skills you need to know.

But first the facts – did you know that:

- Drowning remains the #1 cause of death for children ages 1-4, and the second leading cause of unintentional injury death for children 5-14
- More children ages 1–4 die from drowning than any other cause of death
- 70% of toddler drownings happen when the child isn't expected to be in the water (non-swim time)
- Children younger than 1 year old are more likely to drown at home, and for children younger than 5, 87% of drowning fatalities happen in home pools or hot tubs
- 50% of children drown within 25 yards of a parent or other adult
- 88% of child drownings occur with at least one adult present
- Taking formal swim lessons can reduce the risk of drowning by up to 88%

Top FREE Swim Lessons Near You for Summer 2026:

- **Huron-ClintonMetroparks:** Partners with local,5 community orgs to provide free, certified instructor-led lessons.
- **Wayne County Family Aquatic Center:** Offers 2-week sessions from late June through August.
- **Detroit Public Schools & City Pools:** Locations include Brennan Pool, Chandler Park, and others.
- **YMCA of Metropolitan Detroit:** Offers free lessons for kids ages 5-17 at various branches and schools.

Tip: These, programs fill up incredibly fast. It is highly recommended to monitor the YMCA Detroit Swims page and Metroparks events page in May 2026 for the exact registration opening time.

The Guidance Center

Nurture development. Foster resilience. Cultivate well-being.



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