



BHS A.S.S.I.S.T. Spotlight

August 2025

Your EAP is a free and confidential service, which provides assessment and short-term counseling for a variety of mental health, substance abuse and work/life related issues. To learn more about your available benefits, contact your BHS Care Coordinator at 800.245.1150.



Families Learn & Grow
Together

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Keeping Work Conflicts
Constructive

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Supporting Social Growth in
the School Years

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Recipe: Honey-Yogurt Berry
Salad

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Families Learn & Grow Together

Every moment offers a chance to connect, teach and learn together. The way families talk, play and problem-solve shapes a child's understanding of the world. While no two families are exactly alike, each one brings its own strengths, rhythms and traditions to the learning process.

Learning Through Daily Life

Children absorb so much through everyday interactions. Singing a song while brushing teeth, naming colors during a walk or including kids in cooking meals are simple ways to turn ordinary moments into learning. These activities help children build language, motor skills, curiosity and confidence. The key isn't perfection—it's connection. Being present, responsive and encouraging allows children to feel safe and supported as they explore and make sense of their surroundings.

Connection Builds Confidence

Family bonds create the foundation for lifelong learning. When children feel loved and understood, they are more open to new ideas and challenges. Creating space for conversation, laughter and shared experiences helps strengthen trust and emotional security. Whether it's solving a puzzle together, listening to a child's questions or making time for play, these interactions teach valuable social and emotional skills.

Growing Together

As children grow, families grow too. Parents often learn right alongside their children—figuring out new routines, discovering what works and adjusting along the way. It's completely normal to have questions or to feel uncertain at times. Connecting with other parents, sharing stories or learning from different perspectives can spark new ideas, encouragement and build confidence. Growth doesn't happen all at once—it's shaped by small, meaningful moments shared over time.

Nurturing Lifelong Learning

Every child and family is unique, but the need for love, patience and encouragement is universal. What matters most isn't having all the answers, but showing up with care and curiosity. The journey may not always be easy, but small, consistent efforts build deep trust and connection over time. By making learning part of everyday life, families create a strong, lasting foundation for their child's future. With kindness, consistency and shared joy, families raise children who are confident, capable and ready to keep growing.

If you'd like to learn about helping your family grow stronger together, your Employee Assistance Program (EAP) is here to support you. Call 800-245-1150 or visit www.behavioralhealthsystems.com to access your benefits.



Keeping Work Conflicts Constructive

If you've ever worked with a team, you know that conflict is inevitable. But what you might not realize is that conflict can actually be a good thing. When handled constructively, disagreement can spark creativity, improve decisions and strengthen working relationships. It's not the conflict itself that causes problems—it's how people respond to it.

When Conflict Turns Destructive

Unfortunately, many team disagreements don't play out in a healthy way. Unresolved tension can lead to lingering frustration, hurt feelings and a breakdown in communication. Over time, people may grow hesitant to speak up, fearing backlash or misunderstanding. This silence robs the group of fresh perspectives and honest dialogue, ultimately weakening the team's performance and morale.

Turning Conflict Into Growth

Disagreements don't have to be harmful. With the right approach, they can lead to better outcomes and stronger teams. Constructive conflict creates space for ideas to be challenged respectfully, helping people feel heard and valued. It also encourages a culture where diverse opinions are welcomed—not avoided—making room for more thoughtful decisions and innovation.

How to Keep Conflicts Constructive

To make conflict a positive force, everyone on the team must commit to certain ground rules. Speak up when you disagree, but do so respectfully. Focus on the idea—not the person—when offering criticism. Avoid sweeping generalizations and heated language that could trigger defensiveness. Stay calm, listen with an open mind and avoid multitopic arguments by sticking to one issue at a time. If emotions start to run high, take a break and return to the discussion with a clear head.

A Shared Commitment to Growth

Constructive conflict doesn't happen automatically. It requires effort, emotional awareness and leadership that models respectful communication. It also takes trust—the belief that everyone is working toward a shared goal. But when teams create a safe environment where ideas can be debated without judgment, conflict becomes a powerful tool. With practice, your team can turn disagreements into one of its greatest strengths.

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Supporting Social Growth in the School Years

Making friends is a big part of childhood. Some kids connect easily, while others need a bit more support and encouragement. As a parent, you can encourage their efforts and help create meaningful opportunities for connection.

Why Early Friendships Matter

Friendships help kids build confidence, empathy, and lifelong social skills. They also ease loneliness and support overall mental and physical well-being. These early bonds lay the groundwork for strong, healthy relationships.

How Parents Can Support Friendship Building

You can help your child make friends through simple steps. Set up playdates, help them connect with peers outside your neighborhood or explore clubs and activities they enjoy. Observe from a distance and adjust playtime based on how things go. If socializing is hard, try new settings where they can meet kids with similar interests.

Modeling Positive Social Behavior

Children learn about relationships by watching you. Show what healthy friendships look like by being kind, dependable and supportive. At home, create a safe, loving space where your child feels heard. When they face friend issues, listen with empathy and guide them in exploring solutions.

Friendship Is a Lifelong Skill

Helping your child form friendships now builds tools they'll use throughout life. Early social bonds nurture kindness, resilience and emotional awareness. When kids feel connected to others and supported by family, they're better prepared for the ups and downs of growing up—and for strong, healthy relationships ahead.

Strong friendships start early—with your support, your child can build the confidence and connection they need to thrive. Even small efforts to encourage social connection can make a big difference.

RECIPE: Honey-Yogurt Berry Salad • 10 Minute Prep/Total Time

Ingredients • 1-1/2 cups sliced fresh strawberries • 1-1/2 cups fresh raspberries • 1-1/2 cups fresh blueberries • 1-1/2 cups fresh blackberries • 1 cup reduced-fat plain yogurt • 1 tablespoon honey • 1/4 teaspoon grated orange zest • 1 tablespoon orange juice

Instructions • Place berries in a glass bowl; toss to combine. In a small bowl, mix remaining ingredients. Spoon mixture over berries.

