



PARENT POWER HOUR

October 4, 2016

SETTING PRIORITIES AND KEEPING A BALANCE

➤ 7 Habits of Highly Effective Teens

- https://www.iusd.org/chs/Handbook%20Files/HB_Seven_Habits_of_Highly_Effective_Teens8.pdf
- <http://www.seancovey.com/teens.html>

➤ PBS Kids

- <http://pbskids.org/itsmylife/school/time/article4.html>



PERFECTIONISM



- **Definition:** A disposition to regard anything short of perfection as unacceptable. MERRIAM-WEBSTER DICTIONARIES

- **Six Ways to Help Your Perfectionist Child Find Balance**
 - <http://psychcentral.com/lib/six-ways-to-help-your-perfectionist-child-find-balance/>

- **Helping Your Child Overcome Perfectionism**
 - [https://www.anxietybc.com/sites/default/files/Overcoming Perfectionism.pdf](https://www.anxietybc.com/sites/default/files/Overcoming_Perfectionism.pdf)

INDEPENDENCE

- Teaching Responsibility
- Learn Accountability
- Encourage Exploration
- Gain Confidence
- Not dependent on others for their success
- Failure=Learning (Learning from mistakes)



- <https://www.psychologytoday.com/blog/the-power-prime/201011/parenting-raise-independent-children>

SOCIAL EMOTIONAL LEARNING AND DEVELOPMENT

- **Social emotional learning (SEL)** is a process for **learning life skills**, including how to **deal with oneself, others and relationships**, and work in an **effective manner**. In dealing with oneself, SEL helps in recognizing our **emotions** and learning how to **manage those feelings**.
- <http://www.parenttoolkit.com/>



ACADEMIC DEVELOPMENT

- **Developing Academic Habits: Students Helping Themselves**
- **Having a distraction free, well-lit desk for study with a clock nearby.**
- **A specific block of time designated for homework, e.g. 4:30-6:30pm**
- **Finishing homework before dinner and before the student is tired at the end of the day whenever possible.**
- **Additional reading outside of just required homework**
- **Creating flashcards for memorization**
- **Outlining all essays before writing them.**
- **Proofreading homework and summarizing well. (Parents can help proofread essays).**
- **USE YOUR PLANNER**
- **Working ahead when possible to avoid procrastination.**
- **Keeping notes and notebooks organized and easy to locate.**
- **Actively paying attention in class and taking notes well.**
- **Asking teachers questions and meeting with them outside of class.**
- **Finishing a task once it is started.**
 - <https://heights.edu/developing-academic-habits-a-guide-for-parents/>
- <https://www.teachervision.com/growth-and-development/parenting/2872.html>
- <http://www.schoolfamily.com/all-grades>

COMMUNICATION PARENT AND TEACHER

- **Provide information** that will help the teacher get to know your child as an individual.
- Offer to help by signing up to donate items or **volunteer** your time.
- Ask the teacher about **expectations regarding homework** and what to do if there are problems with homework.
- Find out the **best way to contact the teacher**. Ask for times when it is convenient to talk. Don't expect them to be able to talk if you happen to be at the school and run into them.
- In **e-mail communication**, be brief, stick to the point
- Be diplomatic, especially in e-mail. Choose words carefully and avoid criticizing the teacher.
- Be positive and curious. Open with phrases such as "Can we talk about...?" Use "I" statements such as "I'm confused about..." so you don't put the teacher on the defensive.
- **Contact an administrator** that might be able to intervene if you are unable to communicate with a teacher.
- **Be a partner in your child's learning**. Assist with homework, help your child learn time management skills, talk about school matters at home.
- **Send a note of appreciation to the teacher** when things go well in class (and mention this to the principal).
- It may be difficult to hear what teachers have to say if they deliver bad news about your child. Try to focus on solutions and work with the teacher to come up with a **healthy plan to help your child learn**.

PARENT INVOLVEMENT

- Ways to help your child(ren)
 - **Create a Culture of Learning at Home**
- Student Attendance
- Volunteer
- Join A Committee