



Week of October 26, 2020

FRANK FOWLER DOW

School 52's Newsletter for Parents

Be Smart, Be Brave, Be Kind, Be YOU!



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Start Time: 9:00am
End Time: 3:30pm

Parent Hacks: Learning at Home

Navigating social challenges leads to increased confidence

When parents are overly involved in their children's social lives, their kids can't develop the confidence and resilience they need to thrive. Swooping in and saving your child from every social challenge won't help them in the long run—it might actually hurt them. Your child is more likely to establish healthy friendships and feel more sure of themselves if they are armed with "social survival" skills. And these skills won't just help them navigate the playground successfully. They'll also make your child feel more confident in the classroom, too. To help your child strengthen their social skills::

- **Empower them to take action.** If your child comes to you with a problem, listen closely while they tell you about it. Say, "That sounds frustrating. What did you do next?" Then, give them a chance to find their own solution. Sometimes, all kids need is someone to listen to them.
- **Model resilience.** Talk about your own struggles and how you faced them. Studies show that when children hear stories about how family members overcame obstacles, they become more resilient in the face of challenges.
- **Teach them to be assertive.** Help your child learn how to speak up for themselves. When they want something, ask them to make a strong case for it. Or, have a family debate night. When you encourage your child to speak up at home, they'll find their voice at school and in the world!



Family meetings promote communication and closeness!

Sometimes parents and children get so caught up in outside activities, they forget to make time for one another. Family meetings are a great way to reconnect and remind everyone that family comes first. Here are a few guidelines:

- **Meet regularly** at a convenient time. For instance, Tuesdays after dinner, with dessert.
- **Keep meetings short**—about 30 minutes or less. (But if the family is having fun, don't stop!)
- **Have parents lead meetings.** You should make sure rules are followed and have the final say on big decisions.
- **Designate someone to take notes** at each meeting. This will help everyone remember what was discussed or decided.
- **Discuss family news,** concerns, goals and successes. Reward accomplishments.
- **Give everyone** a chance to speak. No one interrupts anyone else. Each person's opinion deserves respect.
- **Don't use meetings** as a time to criticize. Discipline problems should be handled separately.
- **Include a fun activity.** Play a short game, sing a song or learn a tongue twister.
- **Brainstorm** ways to improve your meetings. Ask family members how they think the meeting went and see if they have any suggestions for improvement.

Mr. Simpson's Motivational Quote

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You cannot make people learn. You can only provide the right conditions for learning to happen.

