

## **Ways that Parents Can Support Their Child's Well-being with Researched-Based Tips**

October 2018

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In our September edition, I wrote about the powerful impact that developmental relationships between children and educators can have on achievement. Positive, meaningful relationships at school and at home can boost a child's sense of emotional well-being, which is also conducive to academic engagement and success.

We live in such a fast-paced world today, with many distractions and demands. Our children are experiencing some of the same stressors that we feel as adults, but they have the added emotions that come with trying to fit in socially or perform well in school. I would say, more than ever, it is crucial that we take time to listen to and engage with our children, or the children in our lives. We can put electronics aside for set times to encourage focused, face-to-face time.

Here is a brief list of tips for parents from "Challenge Success," a Stanford-affiliated, research-based organization you can find online:

- Define success on your own terms – consider the qualities you hope your children have, resisting parent peer pressure
- Maintain play time, down time, and family time – avoid overscheduling
- Love your children unconditionally – let them know they are loveable
- Discipline and set limits – provides security and important life skills
- Allow children space to develop on their own and make mistakes
- Build responsibility at home and in the community – for example, age-appropriate chores
- Unplug – set electronics limits and monitor content
- Ease performance pressure – Ask "how did the day go?" instead of "how was your test?"
- Debunk college myths now – help children find the "right fit" or choose better options

OVSD educators are expanding their expertise this year with trainings in the Multi-Tiered System of Supports framework (MTSS as discussed in our cover story), which includes social-emotional learning, or SEL. Recently, during one of my campus visits, I met school psychologist Caitlin McClelland, working in one of the classrooms at Hope View Elementary School. She was talking to students about what goes on inside our bodies when we experience various emotions.

She used a well-known curriculum created by Leah Kuypers, MA Ed., OTR/L, called The Zones of Regulation, or "The Zones," which uses four colors to correspond with certain groups of emotions. The lesson is focused on helping students develop self-regulation skills with their thoughts and feelings, so they can learn and accomplish their goals even when they are experiencing these emotions. It is a powerful message, using simple techniques, and our students are engaged!

We will continue to explore these topics throughout the year as we work to support our students. I firmly believe that "relationships matter."