

Parents can not anticipate every circumstance their child will face, but parents can help their child learn to problem solve and build their self confidence. Include child in family decisions, allow choices to increase independence, express your faith in their ability, remind them of their strengths and of your unconditional love.

Parents can also help their child learn to problem solve by discussing (“what if...?”) or acting out (“role play”) difficult social situations.

SKILLS FOR DEALING WITH STRESS

PARENTING STRATEGIES

- Responding to Teasing** Teach options (walk away, say “stop”, move close to an adult, ask an adult to help) and how to decide which to use
- Responding to Being Left Out** Teach options (ask to join in, find other people/activities, share your feelings, ask for help)
- Dealing with Group Pressure** Teach options (say “no”, suggest an alternative activity, find an excuse), model and allow independent thinking and decision making
- Accepting Limits and Consequences** Set limits and consequences for your child’s behavior, limit negotiations with child, be consistent and follow through with consequences, talk about and teach acceptable behaviors in response to limits/consequences (no whining, arguing, yelling), don’t expect your child to like your limits and consequences, model staying calm.
- Reacting to Failure or Mistakes** Teach your child that everyone fails/makes mistakes and to learn from them, help them identify and express their feelings, praise effort more than performance
- Taking Responsibility for Own Behavior.** Discourage blaming or denying, support admitting wrongdoing, teach how to apologize, discuss appropriate behavior, praise honesty, don’t allow child to redirect your attention to others.



Need help? Don't know where to start?
Dial 2-1-1 or go to www.ne211.org.

Resources

BOOKS FOR CHILDREN

- Andrews Angry Words*, by O’Tool
- Don’t Pop Your Cork on Mondays*, by Moser
- Inside of Me: I Feel*, by Walter
- Me First and the Gimme Gimmes*, by Jampolsku and Cirincione
- Sometimes I Feel Like I don’t Have Any Friends*, by Zimmerman and Shapiro
- The Care and Keeping of Friends*, American Girl Library

BOOKS FOR PARENTS

- How to Discipline Your 6 to 12 Year Old Without Losing Your Mind*, by Wyckoff and Vnell
- Normal Children Have Problems Too*, by Stanley Turecki, M.S.
- Parenting With Love and Logic*, by Jim Fay and Foster Cline
- Skillstreaming the Elementary School Child*, by McGinnis and Goldstein
- SOS Help for Parents*, by Lynn Clark, Ph.D.
- Raising Happiness*, by Dr. Christine Carter

COMMUNITY RESOURCES

Your school social worker, counselor or psychologist can help with parenting strategies or finding community resources.



1-888-866-8660
For the hearing and speech impaired with
TTY equipment call 1-888-556-5117

www.nebraskafamilyhelpline.ne.gov

- Trained counselors 24/7/365
- Children’s behavioral issues
- Parent/child conflict resolution
- Youth mental health referrals

NEBRASKA FAMILY HELPLINE

*Provided by LPS School Social Workers
BECAUSE FAMILIES MATTER*

LINCOLN BOARD OF EDUCATION
5905 O Street • Lincoln, NE 68510

The Lincoln Public School District does not discriminate on the basis of race, color, national origin, religion, sex, marital status, sexual orientation, disability, age, genetic information, citizenship status or economic status in its programs, activities and employment.

Parenting for School Success



All parents want their children to succeed in school.

Research shows that children do best when their parents are involved with their schooling. Being aware of your child's homework assignments, providing structure and space for homework, volunteering at school, attending parent teacher conferences and school programs are a few examples of ways parents can be involved. Regular communication with your child's teacher can be important and helpful.

Social and emotional skills can be as important as academic skills to be successful at school. A child's ability to get along with others, to learn, behave and feel good at school are influenced by the home. It is important for parents to realize how much their own behavior, expectations for their child, and daily parenting actions significantly influence their child's school success.

A teacher's guide, "Skillstreaming the Elementary School Child" (McGinnis, Goldstein, 2011 3rd Edition) identifies skills necessary for school success. However, many of these skills are social and are first learned and practiced at home. A team approach, with teachers and parents as partners, helps children learn to use these skills more effectively.

Skills and Strategies

CLASSROOM SKILLS

Listening	Make eye contact, don't interrupt
Saying thank you	Set an example yourself, remind your child, praise them when they remember
Bringing Materials to Class	Help your child plan ahead for what they'll need for activities (Math test, homework/project, dance, soccer)
Organizing School Work	Use family calendar, specific places for belongings, place/time for homework, routine schedule (morning, bedtime)
Completing Assignments	Expect completion of household chores and other tasks, give opportunities for child to practice doing undesirable tasks when asked
Following Instructions	Break instructions into steps, monitor child's follow through, provide praise or consequences* accordingly
Ignoring Distractions	Teach skills to stay focused (think "I won't look"; "keep on working"), read/think out loud, create visual barrier
Working and Thinking Independently	Set limits for behavior, allow child to make choices, complete tasks independently and experience results, teach problem solving skills

PARENTING STRATEGIES

FRIENDSHIP MAKING SKILLS

Beginning/Ending a Conversation	Talk about when, what and how (greetings, asking about others' interests, common experiences), practice and "role play" (imagine a situation and act out roles)
Communication	Model/teach using appropriate tone of voice and not interrupting
Joining In	Provide opportunities for play (park, parties), teach to watch, listen, ask and join in
Playing a Game	Play family games, practice taking turns, teach responses to winning and losing
Inviting a Friend to Your Home	Allow child to choose a friend and make contact, assist in planning activities/structuring time, monitor interactions and taking turns, later discuss your child's behavior and their feelings
Including Others	Praise child for including siblings/others, teach respect and tolerance of differences, treat others the way you want to be treated
Giving/Accepting a Compliment	Teach and model, help children see positive qualities in others, think of others feelings, respond with "thanks"

PARENTING STRATEGIES

SKILLS FOR DEALING WITH FEELINGS

Knowing and expressing feelings	Model "I statements" ("I feel happy", "I'm mad"), make a list of feeling words, observe your child's facial expressions and body language and help them say how they're feeling, accept all feelings while teaching acceptable behaviors
Recognize/understand another's feelings	Teach child to watch facial expressions and body language and consider how they might feel in similar circumstances
Express Concern for another	Model/teach asking about another's feelings, discuss choices for ways to respond (offer help, leave them alone, make a caring gesture)
Dealing with your anger	Model/discuss acceptable ways to: calm self, express anger, help with problem solving*
Dealing with another's anger	Teach child to remain calm, consider choices (listen, walk away, ask to help, offer suggestions)

**Slow deep breathing, self talk ("I can handle this", "I can calm down"). Make cooling off plan: physical outlet (walk, shoot hoops), alone time (journal, music). No hitting, destroying things, yelling, name calling, use "I statements." Assist child in coming up with possible solutions and choosing one.*