

TIME 1 TIPS PRESENTS. . .

Parent Power!

TIP #5: TIME TO REGROUP

It's January, we are half way through the year, and cabin fever can begin to settle-- in especially with prolonged cold weather. The goals we set at the beginning of the school year seem too hard, too high, and we're running out of steam. There may have been a time when your child worked hard, but the project didn't turn out the way he/she wanted. The behavior goals set by kids/teachers/parents may feel like a pipe dream at this point.

This doesn't mean that we get to sit down and quit! Your child and community are depending on you!

Here are a few things that you can try to get them and yourself back on track.



- ~Take a deep breath. Stay focused.
- ~Listen to your child. Allow an opportunity to vent frustrations or tell their side of the story.
- ~Don't fix it for them. Help them brainstorm solutions. Ask, "What do you need? How can I help?"
- ~Affirm your child and review expectations. "That's a tough one. I know you will make smart decisions and to rise above these hard circumstances."

Remember that your school community is invested in your child's success. So go into the situation with a positive attitude, know what you want to accomplish and be proactive, not reactive. Then it's time to hit the reset button, persevere, and later, celebrate the hard-earned rewards!

Parents, let's keep high expectations, expose our kids to greatness and remain engaged!