

Module 3:

Helping Parents Succeed (Part 2)

3.1 Talking About The Tough Stuff

As parents, it is critical that we help our children, especially when they are struggling. What makes this task challenging is that children don't always know how to ask for help, or even to let us know that something is bothering them. A child might be anxious about a test, feel sad over an incident that took place with a friend at school, experience a learning disability or be scared of being bullied by peers. Being able to recognize signs that our children are struggling is important so we can best support them. The links below are to resources for recognizing various types of struggles children may face. Pick two or three of the challenges you want to learn about and read the linked article:

[Anxiety](#)

[Depression](#)

Bullying in [Grade School](#) and [Middle School](#)

[Risks of Suicide](#)

[Substance Misuse](#)

[Learning Disabilities](#)

[COVID-19 related anxieties](#)



Exercise: Talking About The Tough Stuff

EXERCISE: Pick three of the challenges children may face listed above. For each one list two signs (from the articles you looked at) that a child facing each struggle might show.

Challenge	Signs
	1.
	2.
	1.
	2.
	1.
	2.

3.2 Building Children's Social Skills and Emotional Skills

Social and Emotional Learning (SEL) is defined as “the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions” ([CASEL](#)). Helping children gain these skills will greatly help them succeed academically and socially.

The [Parent Toolkit](#) has a very rich website that provides parents with all types of resources to help them build SEL skills about children. Spend 15-20 minutes browsing through the website to become familiar with these resources.



Exercise: Building Children's Social Skills and Emotional Skills

For each of the skills below, list 2 things parents can do to help children build that skill. To complete this exercise, use the [Parent Toolkit Social & Emotional Development site](#). You might need to click around to find the information you're looking for!

SEL Skill	Tips for Parents to Help Children Develop the Skill
Self-Awareness	1.
	2.
Self-Management	1.
	2.
Social Awareness	1.
	2.
Relationships	1.
	2.
Responsible Decision-Making	1.
	2.

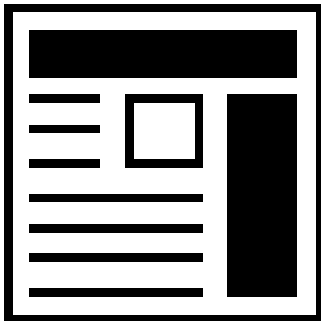
3.3 Setting Rules and Monitoring Behaviors

An important part of parenting is setting rules for our children and monitoring their behaviors. This is definitely not the “fun” part of parenting, but it is an important part of the role nonetheless. The challenge is how to set the right rules and monitor their behaviors just enough so we are neither too strict nor too loose. Finding the balance can be challenging, and ultimately depends on each parent’s values, beliefs, and comfort level.

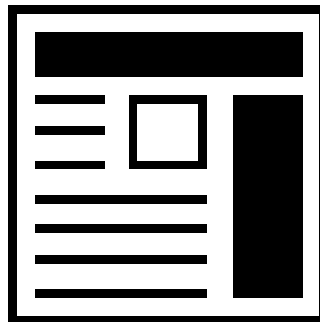
The next slide has three resources that help parents think about setting rules and monitoring behaviors. As a parent leader, you can use these resources to answer questions you might get from parents about these topics, including setting rules related to social media use. Read two of the three articles and jot down your reactions to these articles.

Setting Rules and Monitoring Behaviors

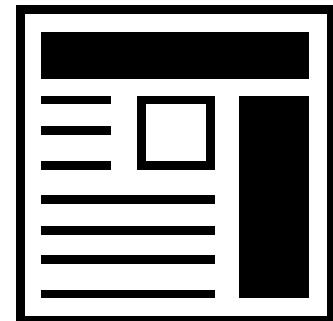
Creating Rules



Using Discipline and Consequences



Sample Cell Phone Contract for Parents and Tweens





Exercise: Setting Rules and Monitoring Behaviors

How would you help a parent struggling to figure out how to set rules for their child? Use the articles above to come up with three pieces of advice or resources you could share.

1.	
2.	
3.	

Test Your Knowledge: Modules 2 & 3

Now that you have completed modules 2&3 on Helping Parents Succeed, it is time to test your knowledge. This next section will be a series of True or False questions to check how thoroughly you used the Toolkit.



Question 1

True or False?



According to research, parents are the most influential voices in children's lives.

Question 1

TRUE



Question 2

True or False?



Parents should avoid talking to children about any difficult topics as it will simply make children more anxious.

Question 2

FALSE 

Though, talking about difficult topics with children feels uncomfortable—to both you and them, it is important to have those conversations. When it comes to topics like sex, drugs, peer pressure, it is better they hear first from you than from their peers. There are of course ways to make sure you bring up these topics in an age-appropriate way.

Question 3

True or False?



Social & Emotional Learning helps students do better academically and socially.

Question 3

TRUE



Question 4

True or False?



It is best to wait for children to come to you asking for help with their emotional problems than to try to determine if they are struggling.

Question 4

FALSE 

Children often struggle to put into words what they feeling, especially when they are having a hard time. That is why it is important to know what the signs are for children struggling, and when you see those signs to offer help.

Question 5

True or False?



Family activities like eating dinner together and helping children with their homework can help strengthen family bonds.

Question 5

TRUE

