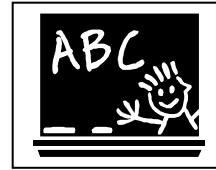


Parenting 101: How to Help Your Child
February 2009 Edition
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February is here and spring will be here soon! At least I hope!!!! Winter groups are started and going well. Brookside will be running a Grief Group starting January 22- beginning of March. This group is co-lead by Lauri Yersavich, Homereach Hospice Outreach Social Worker. Wilson Hill will be running the same group March- the end of April. If you have a child who is having difficulty with understanding and working through the death of someone, please email me and I will send home consent forms to get your child in this great group. Lauri does a lot of hand-on art project to explore the memories and help children understand death at their level.

Paying Forward Program for 6th-8th Graders

In "Paying Forward," the Partners for Character and Citizenship Students plan to bring 6-8th grade students together with TWHS and WKHS students who have demonstrated success in academics, co-curricular, and life outside of school, while maintaining a high standard of personal ethics. The high school students have planned fun activities with the 6th-8th graders so that they can demonstrate how to be a role model. The high school and younger students will plan together a culminating community service project. The ultimate goal is to help our students in grades 6-8 learn not only how to take personal responsibility for their own well-being, but for the well-being of their peers and their community.

Paying Forward Program

WKHS Commons

Wednesday, February 6th, 2009

6-8 PM

Dinner will be provided for all participants.

Dimitrious Stanley, Worthington Graduate and former OSU Football Player, will open the event with an address on the role that role models have played in his life.

A follow-up discussion with the high school students and activities will follow. All students in grades 6-8 are welcome. If you have any questions, please email John Jordan at PCC Student Advisor at jjordan@worthington.k12.oh.us.

Active Parenting Coming Soon!

Active Parenting is a parenting course run by trained facilitators to help parents work on their parenting skills and communication with their children. Active Parenting is offered by the elementary and middle schools in Worthington as a building block to facilitate talking and processing about common parenting struggles. It can be run in a 3 part series or 6 part series. This is a class for parents to attend and re-attend each year for support and refresh on skills. On a personal note, I have taught and attended the class several

times and have picked up on something new each time. The needs of parenting are constantly changing as our children grow and develop.

This year the Worthington elementary schools are transitioning into offering Active Parenting at off site locations where several schools will work together to build a class. During the next two years, Active Parenting will then be transitioned into being offered to Worthington Schools Parents 4 times a school year at different locations in the community. This will allow families to choose a location to participate in a program.

Brookside and Wilson Hill's Joint Active Parenting class will be held on **March 4, 11, and 18 from 5:30-8:00 at the Worthington United Methodist Church 600 High Street in Olde Worthington across from the Post Office.** Family dinner will be from 5:30-6:00 PM and child care and the presentation from 6:00-8:00PM. Wilson Hill PTO, Brookside PTA, Worthington United Methodist Church Outreach, and Partners for Citizenship and Character are teaming together to provide this event. Registration will begin mid-February and will be sent home in student's folders.

The cost of attending the 3 part series is \$15 per family. Scholarships are available. Look for the flyers coming home in mid-February. This facilitators this year are Mrs. Regina Malley, kindergarten teacher at Wilson Hill and Mrs. Jen Hegerty, School Counselor at Brookside and Wilson Hill.

Sensing other kids' feelings

Empathy is an important part of being a good friend and getting along with people. It means you understand how others are feeling. All through your child's classroom guidance activities we talk about Empathy and understanding how other children feel in different situations. Lessons such as feelings change, or same and different feelings are basic lessons taught in kindergarten and brought up later in their elementary years. The Second Step Program and Steps to Respect Program www.cfchildren.org/ are taught at Brookside and Wilson Hill Schools. They are Worthington School District adopted curriculum that support emotional development of children, empathy training, impulse control and problem solving, anger management, and recognizing, refusing, and reporting bullying. If you are looking for supporting your child's emotional development, here are some questions you can ask your child when something has happened and he/she has responded by breaking one of the Big Bad 3's: Hurting Self, Hurting Others, Hurting Property:

1. How would you feel if someone did that to you?
2. How do you think the other person feels?
3. How do you think _____ (grandma, teacher, Santa Claus, Easter Bunny, etc.) would feel if he/she knew this happened?
4. What do you think you need to do to make things right by making amends?

Good Websites to check out:

Kid Safety

<http://www.usa.safekids.org/index.cfm>

What could be more important than keeping kids safe? Safe Kids USA is a member of Safe Kids Worldwide, a global network of organizations whose mission is to prevent accidental childhood injury, a leading killer of children 14 and under. The site provides all kinds of safety information, from car safety, to product recalls, to fire safety. Best Feature: This is a comprehensive and reliable site that will make you think about the importance of child safety every day. It also includes activities for kids, such as quizzes, safety sheets, and coloring sheets.

Web Safety

http://www.ikeepsafe.org/iksc_kids/

There are lots of sites that can help parents and kids with Internet safety. This one has a curriculum based on research from Harvard's Center on Media and Child Health in partnership with several other universities. The site is particularly well done with videos, interactive games, and online books. Best Features: This site has serious resources behind it, which means that you can trust it to be up to date on the ever changing issues regarding Internet safety. Software to help parents keep their teens safe on MySpace.com is available in a Beta version.

Buddy Team and Greeter Team Announcements:

Brookside are being trained in the Buddy Team and Greeter Team so they are welcoming new students, making announcements, greeting in the morning at front entrance, and helping solve playground and classroom problems. Training will end February 3rd and Greeter Team will begin February 12.

Wilson Hill's Greeter team started the first week of December. So far third grade have had the opportunity to greet and make announcements and fourth grade is starting to do the same.

January Word of the Month: Tolerance:

A Worthington student once wrote that tolerance is "an ability to get along with everyone, despite race, religious beliefs, or political views." Another student says it is "putting up with something even when you don't agree with it." Tolerance is also seen as accepting differences; openness to new thinking out of the box; fighting for people's rights; listening to other points of view, even though they don't match your own.

Dinner discussion questions:

- 1: What does it mean for you to be a tolerant person?
- 2: How do you show tolerance at home?
- 3: How did Martin Luther King Jr. help our country understand tolerance?
- 4: Who do you know that is a role model who displays tolerance?

Where's Your Manners? Practice the Good 5's

1. Walk away instead of yelling back.
2. Take deep breaths to calm down before saying or doing anything.
3. Count to 10 and then think and think again. Make sure your choice is a good one!
4. Do a Feelings Talk: "I'm upset that you ditched me. I want my place back."
5. If the person won't respond, then walk away again and report it to the teacher.

February Words of the Month: Honesty and Courage

Stand up for what's right, even if you stand alone. Don't cave to negative peer pressure. Express yourself without fear of making a mistake or failing or getting in trouble. Be truthful when telling the facts.

Dinner discussion questions:

- 1: What happens to someone if he/she chooses to be dishonest?
- 2: Someone is calling a friend names and you are there. What would you do?
- 3: When have you been courageous and honest?
- 4: What does it mean to stand up for someone?

Where's Your Manners? Bystander Power: Be Assertive and Stand Up for a Cause:

- Practice standing up for others. Do a feelings talk. "I feel....."
- Be a leader, not a follower. Say what you need to say in a respectful way.
- Have the guts to do the right thing and walk away.

Interesting News About ADHD:

ADHD has long been viewed from a deficit model, looking at the cognitive, behavioral, and social skills that most kids and teens with ADHD lack. But a new trend in thinking about ADHD focuses on this issue as a "difference" rather than a "disease." And some writers and clinicians point out that ADHD can even be a "gift," noting that many kids with ADHD have powerful imaginations, searching insight, and unusual intuition (see *The Gift of ADHD* by Dr. Honos-Webb, New Harbinger Publications).

But not everyone agrees with this concept. Natalie Knochenhauer, founder of A.D.H.D. Aware, an advocacy group in Doylestown, Pa., voiced her skepticism to the NY Times noting: ""This reframing A.D.H.D. as a gift, personally I don't think it's helpful. You can't have a disability that needs to be accommodated in the classroom, and also have this special gift. There are a lot of people out there [with ADHD] - not only do their kids not have gifts, but their kids are really struggling." Ms. Knochenhauer has four ADHD children, and she remembers how they were particularly impressed to learn that Michael Phelps, the Olympic Gold Medalist, has ADHD, and took medication until he was 10. But she added, "I would argue that Michael Phelps is a great swimmer with A.D.H.D., but he's not a great swimmer because he has A.D.H.D."

Deborah Phelps, Michael's mother, first talked about his ADHD because she wanted parents of ADHD to be aware of the many resources for these kids and also to get the support that they need. Ms. Phelps, who is a school principal in Baltimore and also a spokesperson for the pharmaceutical company that makes Concerta, a popular drug for treating ADHD, wants parents to know that there are positive qualities associated with

ADHD, not just negative ones, but that it will likely require extra effort and knowledge to help children realize their talents. (source: Dr. Shapiro's EQ Kids Newsletter, 1/22/09)