



A photograph of a sunset over the ocean. The sun is low on the horizon, casting a golden glow across the sky and reflecting on the water. The foreground is a wooden deck made of parallel planks that recede towards the horizon. The sky is filled with soft, orange and yellow clouds. The overall mood is peaceful and serene.

Raising a Well-Rounded, Healthy Child



"Treat a child as
though he already is
the person he's
capable of becoming."



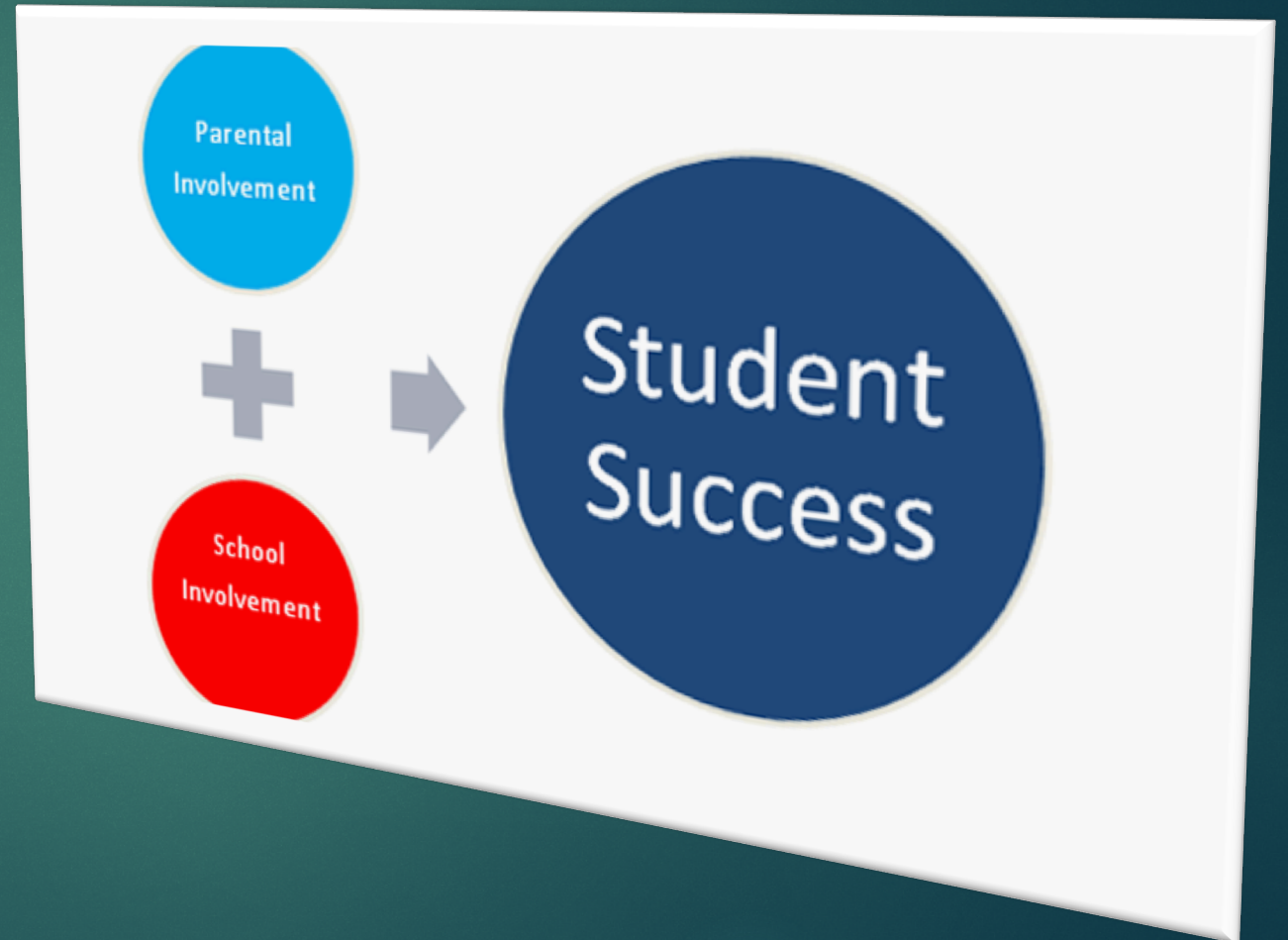
-Haim Ginott

Look in the mirror



Academic Success

- Parents play a very big role in shaping their children's beliefs and attitudes towards school and schoolwork.
- Research has shown that the *earlier* parents get involved in their child's educational progress and the more *direct* this involvement is, the more positive the impact on the child's academic results and experience of schoolwork. The research also suggests that children with involved parents have:
 - Higher marks
 - Better school attendance
 - Increased motivation
 - Better self-esteem

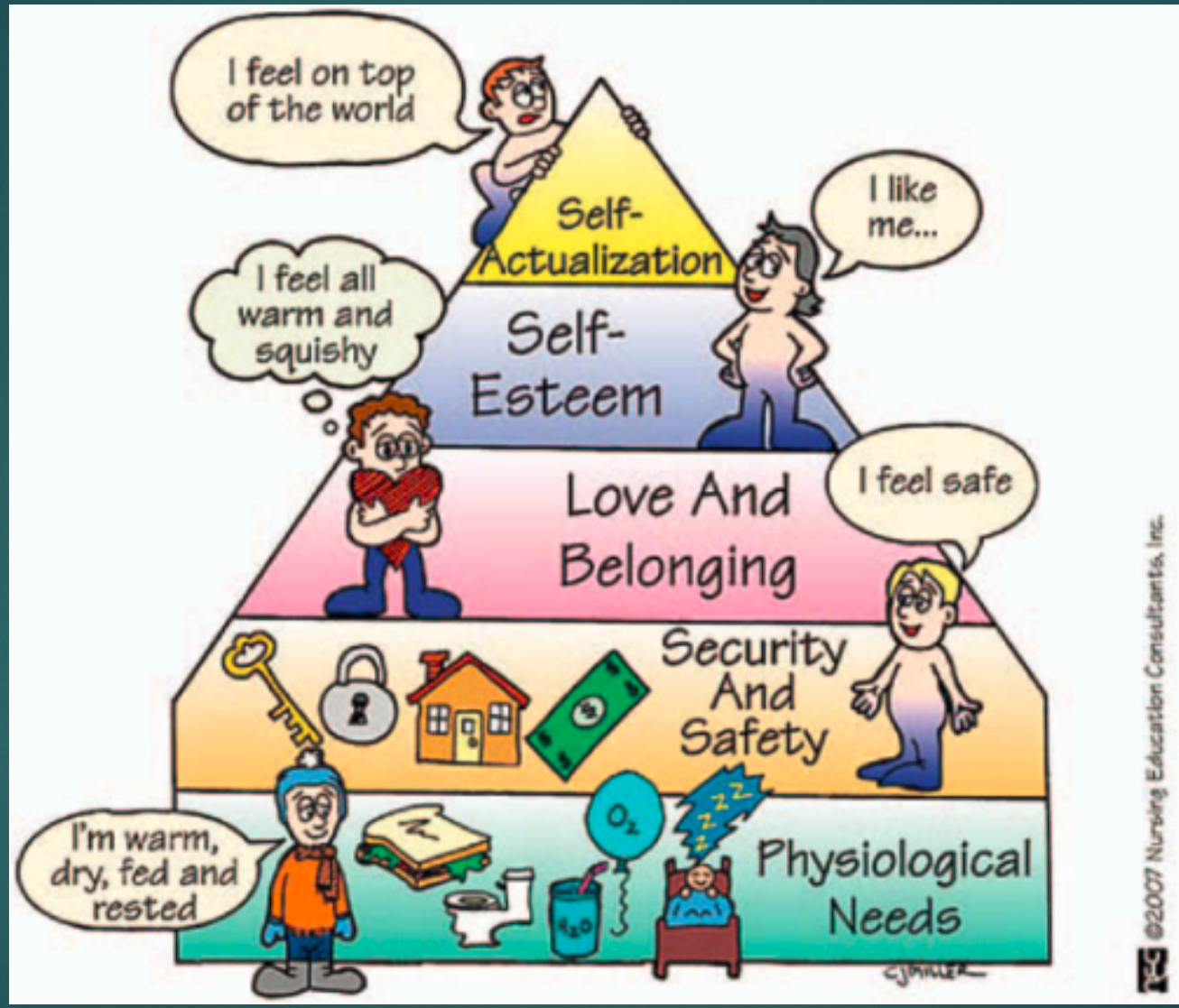


Video

- ▶ https://www.ted.com/talks/Julie_lythcott_haims_how_to_raise_successful_kids_without_over_parenting/up-next#t-278200

Activity 2: My Child is Special

- ▶ Write down your child's name
- ▶ List as many qualities about your child that makes them special and unique.
- ▶ What are the three most important things that your child needs from you in order to hone their sense of individuality?
- ▶ Share your response aloud with your neighbor (if comfortable)





There is no job more important than parenting...

- ▶ Be sensitive and attuned not reactive.
- ▶ Be supportive and listen.
- ▶ Encourage all types of communication
- ▶ Be consistent, dedicated and patient in all aspects.
- ▶ Emphasize areas of strength to increase your child's confidence.
- ▶ Build resiliency– allowing one to make mistakes and learn from them.
- ▶ Spend quality time– dinner, movie night, bedtime etc.
- ▶ Teach responsibility from early on-- they're never too young for chores.
- ▶ Exposing your children to creative arts: ie. Karate, dance, culinary, sports etc. will help them to realize their potential.
- ▶ Allow them to dream big while discussing the expectations and challenges
- ▶ Let them take risk– it builds independence and mindfulness
- ▶ Be affectionate- surround your child with love and happiness

The role of a child...

IS TO BE A KID!!

- ▶ Explore the environment
- ▶ Build social skills- playing with other children, developing healthy relationships
- ▶ Make inferences and observations
- ▶ Learn independence– form their own identity
- ▶ Communication– verbal and nonverbal

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The real truth

- ▶ Respect your child's decisions, feelings, thoughts, opinions.
- ▶ [Parents] Self care is important!
- ▶ Mistakes are inevitable for both parent and child
- ▶ You are your child's first role model- both good and bad habits
- ▶ Disappointments are a part of life
- ▶ The way you speak to your child becomes their inner voice.
- ▶ Saying “No” is OK.
- ▶ Accept your child for who they are – not who you want them to be.
- ▶ Celebrate your child's achievements and milestones as individuals rather than comparing them as a group.
- ▶ Set attainable expectations for your children
- ▶ Nurture your children you cant give them too much love and understanding
- ▶ Praise them for their effort– and let them know they're valued

OUR OUTCOMES INCLUDE THE ABILITY TO ...

COPE & ADAPT TO
NEW CHALLENGES

BE SELF CONFIDENT

POSSESS A STRONG
IDENTITY & SENSE OF
PURPOSE

DEVELOP A SENSE OF
MEANING IN LIFE
STORY

BE COMPASSIONATE
TOWARDS OTHERS

BE OPEN TO THE
FUTURE

BECOME INVESTED IN
COMMUNITY

BE RESILIENT IN THE
FACE OF STRUGGLE

