

# Moving Forward

Being Strong and Positive about the Future!

# Messages I Try to Send to Mott Road Students

- Move forward, but learn from the past.
- Don't make small things into big things.
- Everyone makes mistakes!
- Do what you can to make things right if you mess up.
- No one loves you more than your family.
- Teachers love you very much, too.
- There is always someone at Mott to talk to, but caregivers are the most important people to communicate with.

# Messages Caregivers should send to their children

- I love you all the time, no matter what!
- I want you to share your worries and concerns with me.
- It is safe for you to tell me the truth.
- I do not expect perfection.
- I am not perfect.
- If I mess up, I will apologize (this is so important to model)
- I have expectations for you:
  - Respect others
  - Be kind
  - Be strong. I am here for you when you are not feeling strong.
  - Blame me if necessary-i.e. “If I do that, my parents will ground me for life!”

# Anxiety

- Kids are watching us
  - If we are anxious, they WILL pick up on that.
  - So, talk to them on their level if necessary. Don't hide your feelings.
  - But, make sure you remain hopeful and make healthy choices yourself.
- Model/Mentor
  - Time is so important and it should be quality AND quantity.
    - Be with your children.
    - Have play dates and listen
    - Talk to them in the car
    - Share how you cope when you are worried/concerned
    - Let them overhear you talk them up to others
    - Hold them accountable. They will need to learn this so they can move forward

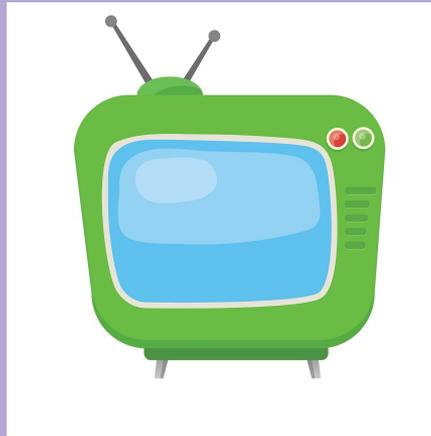
# Exposure to News

- Limit this. It is not often necessary to bring kids up to speed on world news.
  - Learn about age appropriate sharing. This article seemed like a good one, in my opinion. It is informative, without opinions. (tough to find!)  
<https://homeschoolsuperfreak.com/age-appropriate-news/>
- Social Media-PLEASE learn about parental controls and limit exposure to social media. YouTube is not safe for children without parental controls and supervision. Other sites like TikTok, Instagram, Facebook should be monitored. Many hurtful experiences have resulted from these sites. I recommend none of them until middle school unless parents are using them with their children. And even then, monitor and talk to your kids. Stay in their loop.

# Now that I said to be careful about YouTube...

This is an excellent video for parents on YouTube.

<https://www.youtube.com/watch?v=ApPA9iMB2gU>



# It's okay to read up

Parenting is HARD! Read books and articles to help you when things can get tough - and they will, off and on, throughout your child's life.

Books:

1-2-3 Magic

How to Raise an Adult

Anything from Love and Logic; [www.loveandlogic.com](http://www.loveandlogic.com)

You Can't Make Me; But I Can Be Persuaded (for the strong-willed child)

Do a search on Amazon, Barnes and Noble, etc. and there are many, many books. Read reviews and talk to other parents about what they have read.

# Watch, Comment, Question

Do your kids like certain TV shows or movies? Watch with them. Make comments to raise their social awareness. Question-What do you think about what she chose to do? How would you feel if that happened to you? What do you think about that?

Then...

Listen to what they have to share. Really listen. Comment on their thoughts. Share yours. Don't debate; dialogue.

# We need your support

Parents and Educators should support one another. Why?

I believe it is the second most important united front for a child to see.  
(Caregivers is the most important)

- Develop trust with your child's teacher. They really do care about your child and want the best for them.
- It's okay to dialogue with your child's teacher; ask questions, be open to hearing the whole story.
- Now is the time to work together positively regarding your child's education.
- Have your child's back, but be respectful of the teacher.

# Last thoughts...



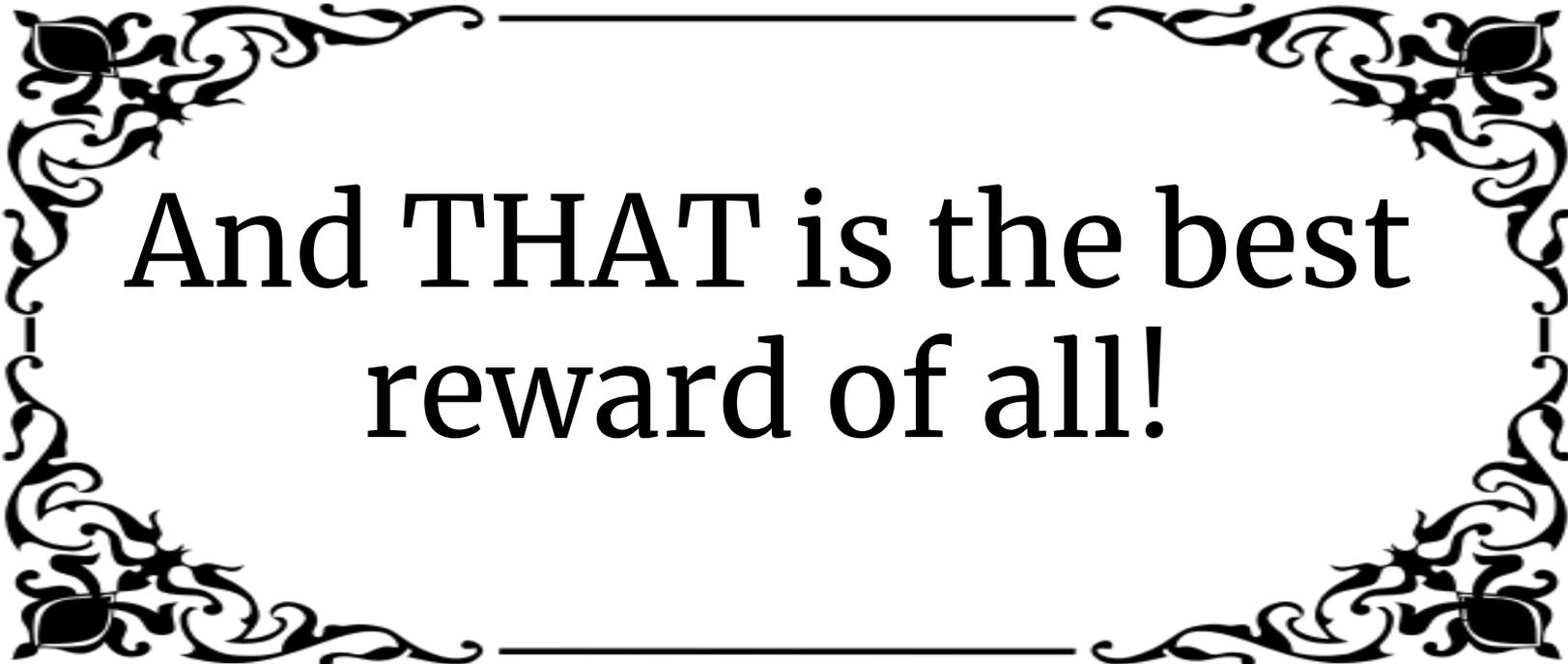
Have fun with your child/children!

Let them know there's so much good in this world and they can be a part of it. And it's good to know the world doesn't revolve around them, so:

- Volunteer with them
- Encourage them to help others without receiving more than a thank you
- Read with your child books about characters that show respect, honesty, caring, etc.

Talk to the parents of your child's friends. Try to be on the same page with rules. You may not agree on everything, but consistency among parents can help kids follow the rules.

Free yourself from worry if you can. As a parent, it comes with the job, but we cannot control everything, so let it go, as Elsa would say! And follow your gut. It's right more often than you realize. Enjoy those kids while they are young and they will still want to hang out with you when they grow up.



And THAT is the best  
reward of all!