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# Parent Academy

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April 11, 2018, 6:00-8:00 PM - IEF Elementary School

## Supporting the Social-Emotional Needs of our Children

Learn from teachers, administrators, and a special student presenter about ways to support your child socially, emotionally, and academically .



Each class will be offered four times throughout the evening unless otherwise noted. Class times will be, 6:00-6:25, 6:30-6:55, 7:00-7:25, and 7:30-7:55. Free child care is available for school-age children in the gymnasium.

### FEATURED CLASSES

Depression and Anxiety in Teens: A Youth Perspective

Being a Proactive Problem Solver to Promote Positive Social-Emotional Outcomes

Helping Little People Deal with their Big Feelings

Is Homework Too Little or Too Much? Tips and Strategies to Help

Home and School Discipline - Promoting Consistency and Boundaries

Using Social Stories to Help Children Deal with Problems

### Movie Night!

Facilitated by GBMS Peer Leaders and teacher chaperones, students can come and enjoy a movie in the Media Center or Gymnasium while parents attend classes.

**The movie starts at 6:00 pm, so don't be late!**

## Featured Classes:

### Depression and Anxiety in Teens: A Youth Perspective

In this class, parents/guardians will learn about what mental illnesses are and how to help children who show symptoms or are already diagnosed.

\*\*Presented by a GBMS 8th Grader in the Global Scholars program. It will only be presented at 6:00 and 6:30\*\*

### Being a Proactive Problem Solver to Promote Positive Social-Emotional Outcomes

Planning for the unknown in advance can be difficult to do, but being proactive is more effective than being reactive. When working at home or in school with students, it is important to foster their social-emotional needs. By learning and practicing problem solving strategies, we can help to promote more positive outcomes in our students' futures.

This session will focus on various strategies in dealing with different behavioral, social, and emotional issues students deal with. The goal of this session is to understand the underlying principles of social-emotional well being, as well as provide ideas and strategies to best support our students as they grow.

### Using Social Stories to Help Children Deal with Problems

Social stories are great tools for students who may have trouble with social situations. They are stories that detail what situations are and may look like, the appropriate behavior for the situation, and ways to deal with problems. In this course, you will learn social stories can be used to help children with social and behavioral difficulties. If you have a child who needs help with behavior and social skills, social stories may be of help!

### Is Homework Too Little or Too Much? Tips and Strategies to Help

How can you support your child if homework is stressful or if he/she wants more of a challenge? Come join us and discuss ways you can help at home.

### Home and School Discipline - Promoting Consistency and Boundaries

Parents will learn about the important connection between school discipline procedures and rules at home. Also, the goal is for parents to understand their vital role in fostering a emotionally healthy and well-adjusted young adult. Lastly, parents will be provided some practical strategies on how to develop their child's sense of responsibility and self-respect.

### Helping Little People Deal with their Big Feelings

Help your child to appropriately express their feelings. Taking the time and energy to teach children how to manage their feelings is extremely important and beneficial for children.

There are several advantages that children can gain from being able to control their emotions. Some possible advantages are: paying better attention, being more likely to appropriately interact with others, and being less likely to act on impulse.

In this session, you will learn about games that can help children express themselves and get the conversation going.