

# SEL & PARENTS

*Parenting Tips to Foster Social Emotional Learning at Home*



## BETTER TOGETHER

I, Mrs. Amber Schraufnagel, have been working with your child(ren) as their SEL Coach, this year.

In September we focused on how we are BETTER TOGETHER and that God's design was for us to be a unified community.

"As iron sharpens iron, so a friend sharpens a friend."  
Proverbs 27:17

"Two are better than one, because they have a good return for their labor." Ecclesiastes 4:9a

**Use these talking points at home with your kids:**

-We all have our own unique gifts and talents that contribute to the larger whole. What are some of yours?

-How are you modeling Better Together at school? (examples-Invited someone into an activity, Helped someone in class, Hung out with someone new, Recognized someone else's talents, Stood up for someone being picked on.)

## I CAN DO IT

We are moving into a new Friendzy unity, "I Can Do It". We are focusing on overcoming hard things, seeing the good in the bad, and looking for opportunities for growth.

"And we know that God causes everything to work together for the good of those who love God." Romans 8:28

"I can do all things through Him who gives me strength." Philippians 4:13

**Use these talking points at home with your kids:**

-What good can come out of that situation?

-Have you done anything hard lately? How did you motivate yourself to do it?

-When you have to do something that is hard, what can you tell yourself to change your mindset from "I can't do it" to "I can do it?"

## GET INVOLVED

As a parent, getting involved in your child's school helps them feel more secure and loved. Here are some opportunities to get involved:

-Volunteer to help with concessions

-Chaperone a Field Trips

-Host a trunk or attend Trunk or Treat together

-Attend a Parent Program

## NEED HELP?

I am available for additional parenting support for you and/or social emotional support for your child. I'd be happy to hear from you at [amber.schraufnagel@stjohnsmayville.com](mailto:amber.schraufnagel@stjohnsmayville.com).



## PARENTING PROGRAMS

Parenting isn't something that just happens. It is something to be learned, studied, and to be intentional about. I always say that parenting is the most important job that God has given to us. Just like any other career, we should study it, learn from those who have gone through it, read about it, listen to podcasts, go to classes, and go to God's Word when we need direction.

Here are some opportunities to learn and study more about the most important job you've been given.

**October 27, 4:30pm-5:30pm, SJLS Library**

How Food Affects Learning and Behavior (all grades)

**January, TBD, Youth Center**

- How to Foster Good Behavior in Littles (Elementary)

How to Foster Good Behavior in Pre-Teens and Teens (Middle School)

**March, TBD, Youth Center**

-Healthy Technology Use (Elementary)

-Technology and Social Media (Middle School)

**May, TBD, Youth Center**

-Benefits of Family Routines (all grades)

Also, I am an Accredited Practitioner of Triple P (Positive Parenting Program) and am able to assist in family and parenting interventions and additional parenting classes.

Lastly, remember, attending a parenting program through St. John's Lutheran School counts towards volunteer hours!

## THRIVING BEFORE AND AFTER SCHOOL

In order for your child to thrive in school, we need to help them thrive outside of school. There are key tools that your child needs in order to focus, manage emotions, learn, and control their behaviors while in school for the 8 hours they are there.

### THRIVING BEFORE SCHOOL:

**-Has your child had plenty of rest?**

Children, ages 6-12, need 9-12 hours of sleep. Adequate amount of sleep helps children physically, mentally, and emotionally.

**-Did they have a calm morning with plenty of time to wake up, get ready, and eat breakfast?** Rushing in the morning can set the tone for a potentially anxious and stressful day.

**-Has your child had a healthy breakfast?**

A healthy breakfast helps with memory, attention, and test scores, as well as overall health.

### THRIVING AFTER SCHOOL:

Even though your child has homework or seems like they may need a nap, they have been in a structured environment with their brain turned on for about 8 hours. Here are some tips that can help with the after school meltdowns (applies to all ages of children:

**-Give your child a healthy snack.** The nutrients that they had at lunch have probably burned off by now. They need more food to provide energy until dinner time.

**-Allow time for free time and fun.** Let your child go outside to play, play a game, or do an art project. Once they have had time to get their wiggles out, they will probably be more ready for homework or down time.