

# SEL & PARENTS

*Parenting Tips to Foster Social Emotional Learning at Home*



## RESPOND INSTEAD OF REACT

In December, our Friendzy focus was "Respond Instead of React".

"But if you refuse to do what is right, then watch out! Sin is crouching at the door, eager to control you. But you must subdue it and be its master."

Genesis 4:7b

"Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires." James 1:19-20

## I AM KNOWN

In November, our SEL Friendzy catchphrase was "I am Known."

"You have searched me, Lord, and you know me."  
Psalm 139:1

"You know when I sit down or stand up. You know my thoughts even when I'm far away. You see me when I travel and when I rest at home. You know everything I do. You know what I am going to say even before I say it, Lord." Psalm 139:2-4

We talked a lot about how God is in the middle of making our story and our story has a purpose.

We should look for opportunities to share our story and to ask others about theirs.

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

- What is a memory you love to think about?
- What new things have you learned about your friends lately?

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

- Give an example of when it would be good to think before you speak?
- When you are frustrated, how can you practice self control?
- When you want to react, what can you do instead?

## 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
- Read school updates and talk to your child about them.
- 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.schraufnager@stjohnsmayville.com](mailto:amber.schraufnager@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 upcoming opportunities to learn and study more about the most important job you've been given. Watch for more details!

### **February, 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!

## WHAT CAUSES CHILDREN'S BEHAVIORS?

How is it that children from the same family can be so alike in some ways and so different in others? Sometimes we feel like our child's behavior is a mystery. But there is a rhyme or reason behind the behavior our children demonstrate. There are 3 major aspects that we should consider that shape the skills, attitudes and abilities children develop and whether they develop behavior problems:

### **Genetics**

Children not only inherit physical features from their parents, but children may also inherit their temperament from their parents. Some children want lots of attention, like to be with others, and talk a lot. Some cry and are hard to settle. Some are very active and have lots of energy. Others struggle with change. Some of these characteristics can make children difficult to manage. Not all difficult babies develop behavior problems as children, and some easy babies do. Children's behavior also depend on how others react to them.

### **Health**

Sometimes children can seem to be misbehaving and not doing what they are told to do. They may have a hearing problem or an ear infection. If children aren't eating well, they may not have energy to listen, learn and do as they are told. We also need to watch for illnesses. Children may act differently and seem more difficult when they are sick.

### **The Family Environment**

Other things shape the way children grow up. One of the most important things is what happens in the family. When trying to understand why children do the things they do, it is helpful to think about what they are learning from what happens around them every day.

Keep an eye out for the next newsletter with some tips and tools on how to deal with negative behavior!