

# SEL & PARENTS

*Parenting Tips to Foster Social Emotional Learning at Home*



## I GET TO BE ME, YOU GET TO BE YOU

In February, our Friendzy focus was  
"I get to be me, you get to be you".

"But our bodies have many parts, and God has put each part where He wants it. How strange a body would be if it only had one part."  
1 Corinthians 12:18-19

"If one part suffers, all the parts suffer with it, and if one part is honored, all the parts are glad."  
1 Corinthians 12:16

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

- What is something that makes you unique?
- Tell me how your friends are different than you?
- Why shouldn't we compare ourselves to others?

## I AM BRAVE

In January, our SEL Friendzy catchphrase was  
"I am Brave."

"Be on your guard; stand firm in the faith; be courageous; be strong." 1 Corinthians 16:13

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." Joshua 1:9

We talked a lot about how to be brave, how to stand firm in what is right, and how to make wise decisions.

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

- What does it mean to be brave?
- How can you be brave when you are at school?

## 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 & 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.schraufnagel@stjohnsmayville.com](mailto:amber.schraufnagel@stjohnsmayville.com).



## TIPS TO DEAL WITH DISOBEDIENCE

If you are dealing with behavioral challenges with your child/ren, you are not alone! It is normal for children to feel out new boundaries, test our expectations, and push limits. This is part of their development! Think of it as a muscle. When we grow our muscles, it requires hard work, stretching, tearing, and pulling of your muscles and ligaments, which often lead to a sore body and pain. The development of our child's brain is similar. There's a lot of "growing pains" and challenges during brain development that can lead to disobedience.

But do not be discouraged. It really is only for a season if we respond in a way that helps them through these developmental stages.

Here are some tips to help deal with disobedience:

### **Plan Ahead:**

Often times, bad behavior starts because a child is bored. Whether you are at home or going out, plan ahead by having interesting activities available. When you go to the store, play a game that allows them to participate in the shopping. "Find me a yellow fruit" or "Add the prices to get me the total". When you're at home, invite your child into the activity you are doing, whether it is cooking, laundry, cleaning, etc. Make it fun!

### **Praise Good Behavior:**

We are quick to correct bad behavior, but when was the last time you said something like, "I really appreciate you speaking kindly to your brother" or "Wow! You did a great job picking your clothes up off the bathroom floor"? If we want to have good behavior, we have to praise the behavior that we want to see--even if we think they should already know better. The more you praise, the less you'll need to correct!

### **Give Clear, Calm Instructions:**

When giving instructions, keep them simple, speak calmly, and be specific. Directions like "Make sure you tidy up your room today" is too vague, leaving lots of room for interpretation. Instead, try "Today I need you to make your bed, put laundry away, and put everything on your dresser where they belong." As they grow older and their brains are more developed, your instructions won't need to be so detailed, but will still need to be clear.

If dealing with disobedience is a challenge you're facing, please feel free to reach out to me for help! [amber.schraufnagel@stjohnsmayville.com](mailto:amber.schraufnagel@stjohnsmayville.com)

## WAYS TO ADVOCATE FOR YOUR FAMILY

The world we live in is not doing our families any favors. It can often feel like an uphill battle against the ways of this world. The good news is we don't have to let the world rule our families. We can lead our families by taking the opportunities that are available to advocate for them.

Here are some upcoming opportunities that can help lead strong, faith-filled families:

### **March 27, St. John's Youth Lock In, St. John's Gym**

An opportunity for youth to fellowship with other believers in a safe environment.

### **March 28, Eggstravaganza, St. John's Gym**

An opportunity for free, intentional family time, celebrating the death and resurrection of our savior, Jesus Christ.

### **April 12, St. John's Youth Group, St. John's Youth Center**

An opportunity for youth to fellowship with other believers in a safe environment.

### **April 27, Donuts With Dads, St. John's Gym**

An opportunity for Dads to engage intentionally with their children.

### **May 6, St. John's MS Track Meet, WLA**

An opportunity for parents to show support for their MS children in their activities.

### **May 18, St. John's Parent Ed Program, St. John's Youth Center**

An opportunity to increase parenting skills.

### **Monday-Thursday through May, Youth Center Open (3:15pm-5pm), St. John's Youth Center**

An opportunity for kids to do homework, study, read, or play games with friends after school in a safe environment. This would be a great way to start to allow controlled independence.

### **Monday-Thursday through May, 5k-4<sup>th</sup> Grade Tutoring (3:30pm-4:30pm), St. John's Youth Center**

An opportunity to increase your child's confidence by improving their academic skills.

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.  
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