

"Helping Your Child Manage Change"

Lake Orion Community Schools

Introduction

- ▶ Presented by Kerri Anderson,
Director of Curriculum

It Is Normal

- ▶ Validate your child's feelings and share personal stories to help connect with them
- ▶ Stages of Grief
 - ▶ Denial
 - ▶ Anger
 - ▶ Bargaining
 - ▶ Depression
 - ▶ Acceptance

Denial

- ▶ DENIAL of the facts, information, or reality that something is gone. It is a defense. For example: *I feel numb and cannot believe this happened.*

Anger

- ▶ ANGER at others, themselves, the situation. For example: *I am so mad that others aren't as sad as I am. I am so angry with myself that I didn't fight more.*

Bargaining

- ▶ BARGAINING to make a compromise to avoid or undo. For example: *I promise I'll never complain again about anything if everything stays the same.*

Depression

- ▶ DEPRESSION is the intense, prolonged sadness over loss and it is often the beginning of coming to terms with the loss. Sadness can take many different forms such as crying, becoming withdrawn, feeling anxious, etc. For example: *I miss my old friends so much that I don't want to do anything anymore.*

Acceptance

- ▶ ACCEPTANCE of the loss and having moved on. In this stage, the student starts to resume their usual emotions and activities. For example: *I miss my old school and think about it everyday, but I enjoy the new one now, too.*

How do we help?

- ▶ The goal in upsetting moments is to stay present, coach your child with their feelings, and then find a helpful solution.
- ▶ Managing our emotions and modeling this can seem overwhelming. Learn how to coach children differently than was done to you.
- ▶ Video clip [Sadness - Coach Kids Through It!](#)

10 Supportive Tips

There are things you can do before and during your child's transition to a new school to help them feel comfortable, and get used to their new environment.

Talk It Out

- ▶ Ask your child questions. For example: *What are you most excited about for your first day of school?*
What are you worried about?
- ▶ The way you talk about going to a new school will shape how your child views it.

Acknowledge Worries

- ▶ Allow your child to experience their feelings and to express them. Respond sympathetically. For example : *Yes, saying goodbye to someone is really hard. That makes me feel sad too.*
- ▶ Normalize their concerns. For example: *I used to worry about that when I was your age too.*
- ▶ Video clip [Comforting Bing Bong](#)

Replicate Traditions

- ▶ Continue on with former traditions like making a special breakfast for the first day, or planning a stop at the library, or a visit to grandma's house after school.
- ▶ Offer your child a little extra TLC and minimize changes within your home.

Making New Friends

- ▶ Take advantage of the time before school starts. If possible let your child join a team or attend a day camp where they can make friends that go to their new school, and have these friends over after the camp to continue the friendship.

Take A Test Run

- ▶ Do a practice first day of school and take your child to their bus stop or drive them to school.
- ▶ Attend any Welcome Nights offered at the new school.
 - ▶ Elementary School Welcome Night May 17
 - ▶ Middle School Welcome Night May 18

Involve Your Child In Decisions

- ▶ Help your child pick out school supplies
- ▶ Let your child pick out their first outfit
- ▶ Children have no control over the boundaries and redistricting. By including your child in some decisions, you may help them feel more in control of the changes in their lives.

Be Involved

- ▶ Volunteer at your child's school or help out with a school activity or club.
- ▶ Take an active role in the school environment and get to know your child's friends and other parents.

Be Patient

- ▶ During a transition phase, your child may be quieter than ever, or begin to question everything. Remember they're reacting to a new environment. You should not change your standards for how they're expected to behave, but they will need time to adjust.

Encourage Wellness

- ▶ During a stressful time, anxiety can make sleep difficult. Sleep deprivation can adversely affect mood and academic performance.
- ▶ Routine is important during a high stress time of change.
- ▶ Make sure your child eats well, exercises, and gets rest.

Be A Positive Role Model

- ▶ Be positive....your child will be more likely to be positive, too!
- ▶ Growth Mindset - What It Is, How It Works, Why It Matters

Growth Mindset Helpers for Parents

KEEP IN MIND:

- FOCUS PRAISE ON EFFORT, RATHER THAN SKILL OR TALENT
- SUCCESS COMES FROM HARD WORK, PERSISTENCE, AND EFFORT
- FAILURE SHOULD BE EMBRACED AND USED AS A LEARNING EXPERIENCE
- FEEDBACK HELPS US TO GROW
- OUR BRAINS ARE MALLEABLE AND OUR ABILITIES CAN GROW

Tell children that you are on their side.

YOU ARE CAPABLE
OF SO MUCH MORE
THAN YOU CAN
EVEN IMAGINE.

You can go beyond your self-perceived limits. I might push you because I believe you can succeed.

Successful people have failed along the way. Mistakes help you learn. Challenges make us stronger.

KEEP THESE COMMENTS AT THE READY:

- ☐ You never gave up, even when it was hard.
- ☐ I love how you took ownership of that.
- ☐ What a creative solution to that problem!
- ☐ Are there other strategies we could try?
- ☐ You are on the right track. Keep going!
- ☐ I can tell you studied very hard.
- ☐ You are not afraid of a good challenge. I like that!
- ☐ I admire how you handled _____.
- ☐ You have really improved upon _____.
You thought of that all on your own!
- ☐ Great work! You remembered _____ (specific skill).
- ☐ It was brave of you to _____.
- ☐ You value other people's opinion and include their ideas very well.

FIND MORE RESOURCES AND IDEAS AT:
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Growth Mindset And Resilience

Things To Look For

- ▶ Repeatedly refusing to go to school
- ▶ Frustration whenever school is mentioned
- ▶ Recurring meltdowns when going to school
- ▶ Suffering separation anxiety

- ▶ If you notice that your child is showing signs of poor transitioning, it is important to talk to them about it. Talk with their teachers and administrators so you can work to target the sources of your child's discomfort.
- ▶ Counselors and Family School Coordinators can also help with difficult transitions. They can sometimes designate a faculty member as a contact person with whom you can communicate.

Lake Orion Supports

- ▶ Family School Coordinators – Beth Forystek, Karen Greening, Kara Hill
- ▶ Middle School Counselors - Julie Monroe, Robin Spisz, Nancy Tedder
- ▶ Director of Special Education – Julie Gutman
- ▶ Assistant Superintendent of Teaching and Learning - Heidi Mercer

Resources

- ▶ Children's Resilience Initiative www.resiliencetrumpsaces.org
- ▶ Orion Township Public Library <https://catalog.orionlibrary.org/>
- ▶ ClassDojo <https://ideas.classdojo.com/>
- ▶ How can I make my child more resilient?
<http://viewpure.com/UJhm39ItvFE?start=0&end=0>
- ▶ Growth Mindset <http://www.parscaeli.com/home/a-parents-role-in-a-growth-mindset-helping-children-embrace-challenges?rq=Growth%20mindset%20for%20parents>
- ▶ Healthy Children <https://www.healthychildren.org/english/healthy-living/emotional-wellness/building-resilience/pages/building-resilience-in-children.aspx>
- ▶ Raising Children http://raisingchildren.net.au/articles/autism_spectrum_disorder_changing_routines.html

Books

▶ **Picture Books**

- ▶ I'm Not Moving! – Wiley Blevins
- ▶ What If...? – Anthony Browne
- ▶ Wemberly Worried – Kevin Henkes
- ▶ Ready For Anything – Keiko Kasza
- ▶ But What If? – Susan Graves
- ▶ The Good-Pie Party – Liz Garton Scanlon
- ▶ Tilly's Big Problem – Rose Stanley
- ▶ Alexander, Who's Not (Do you hear me? I mean it!) Going to Move – Judith Viorst
- ▶ Jack's Worry – Sam Zuppardi

▶ **Non-Fiction Books for Children**

- ▶ Worried – Isabel Thomas
- ▶ Sometimes I'm Scared – Jane Annunziata

▶ **Chapter Books**

- ▶ Ellie McDoodle: New Kid in school – Ruth McNally Barshaw
- ▶ My Last Best Friend – Julie Bowe
- ▶ Piper Reed, Navy Brat – Kimberly Holt
- ▶ Moving Day – Meg Cabot
- ▶ Esperanza Rising – Pam Munoz Ryan
- ▶ Lost and Found – Andrew Clements
- ▶ Wonder – R. K. Palacio
- ▶ Wild Girl – Patricia Reilly Giff
- ▶ The Last Fifth Grade of Emerson Elementary – Laura Shovan
- ▶ Pack of Dorks – Beth Vrabel
- ▶ Sketch Monsters: Escape of the Scribbles – Joshua Williamson

Books

▶ Middle School Books

- ▶ Page by Paige – Laura Lee Gulledge
- ▶ Schooled – Gorgon Korman
- ▶ Every Soul a Star – Wendy Mass
- ▶ Binny for Short – Hilary McKay
- ▶ Harry Potter and the Sorcerer's Stone – J.K. Rowling
- ▶ The Truth about Twinkie Pie – Kat Yeh

▶ Adult Books

- ▶ Parenting your stressed child: 10 mindfulness-based stress reduction practices to help your child manage stress and build essential life skills - Michelle L. Bailey
- ▶ Why smart kids worry: and what parents can do to help - Allison Edwards
- ▶ Overcoming school anxiety: how to help your child deal with separation, tests, homework, bullies, math phobia, and other worries - Diane Peters Mayer
- ▶ Growing up brave: expert strategies for helping your child overcome fear, stress, and anxiety - Donna B. Pincus

Questions

The background of the slide features an abstract geometric design. On the right side, there are several overlapping, semi-transparent green triangles and polygons of various shades, ranging from a light lime green to a darker olive green. These shapes are set against a solid dark grey-green background that covers the majority of the slide. The overall aesthetic is modern and minimalist.