



# MINDSETS AND SKILLS FOR A SUCCESSFUL SCHOOL YEAR

FAMILY SERVICE CENTER

D34 PARENT CONNECT

# AGENDA

- Identify how current conditions impact our thoughts and behaviors
- Explore best practices in education and mental health
  - HOW our brain functions
  - WHY Self care and Routines/Rituals are important
- Discuss ways Parents have power to help kids be successful
  - Communicate and Collaborate
  - Model positive behavior
- Share available Resources and Words of Wisdom from D34 staff

# CURRENT CONDITIONS

- Global pandemic(s)
- Uncivil behavior in our communities
- Multiple/Ongoing tragedies
  - Shootings, Suicide
- Extra Stressful being Human
  - Parents expected to 'do it all'
  - Worry about Teacher Burn-Out
  - Worry from students





THIS SHOWS UP IN  
KIDS AS....



# BEST PRACTICES

WHAT WE KNOW HELPS

# WHAT ARE YOU NOTICING IS WORKING WELL FOR STUDENT IN TERMS OF ROUTINES, HABITS, MINDSETS AND ATTITUDES?

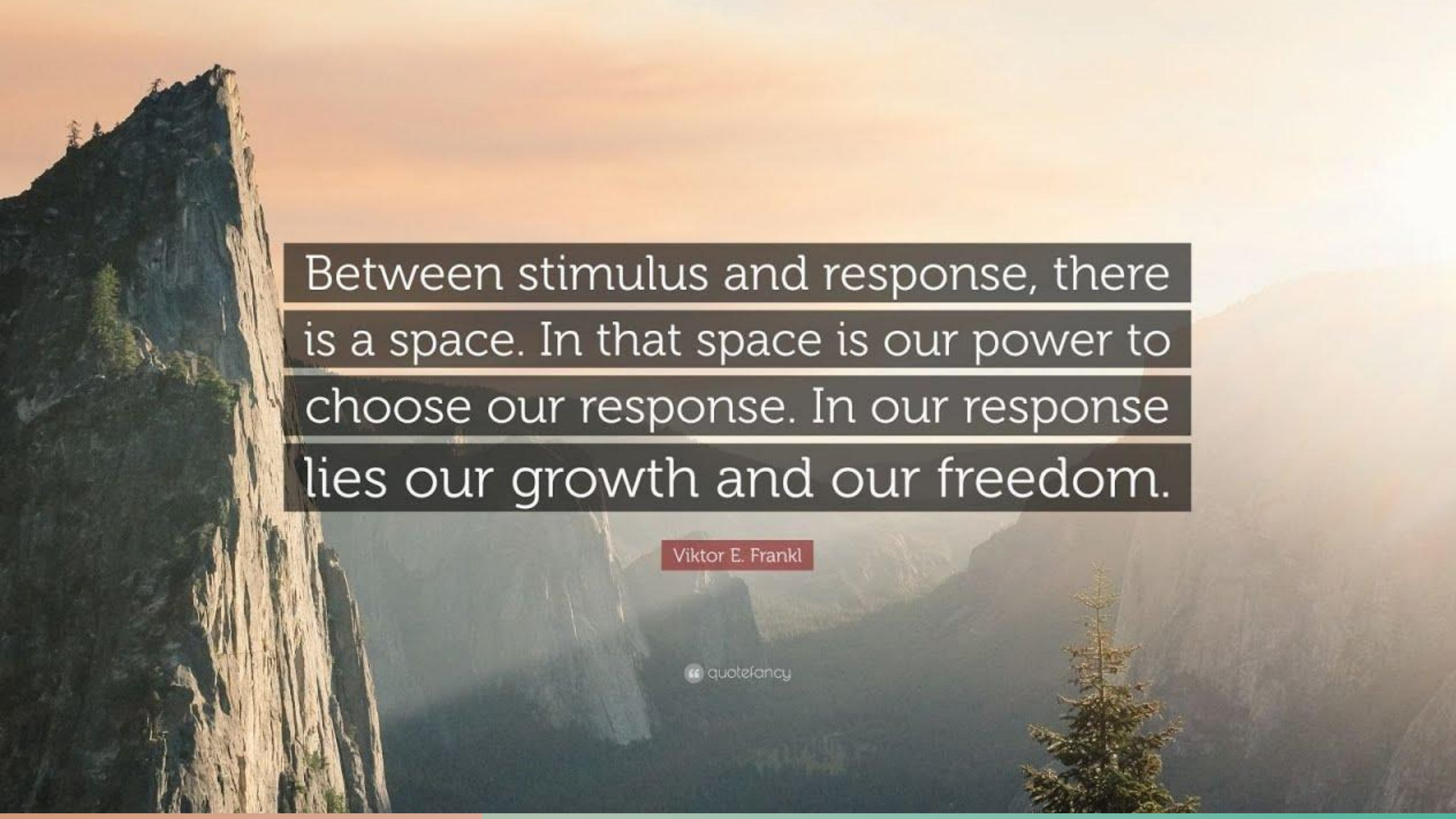
***"Being honest and sharing feelings; having casual conversations and/or telling all foster a sense of belonging."*** - Laura Zerull, teacher at Pleasant Ridge

***"Most students really care about doing well!"***

-Lori Tracz, teacher at Attea

***"The idea of a soft start at the beginning of the day, which allows students to choose how they ease into their day."*** -Sara Mervis teacher at Glen Grove



A dramatic landscape photograph of a mountain peak, likely El Capitan in Yosemite National Park, under a warm, hazy sky at sunset or sunrise. The image features a quote overlay in the center and a small logo at the bottom.

Between stimulus and response, there  
is a space. In that space is our power to  
choose our response. In our response  
lies our growth and our freedom.

Viktor E. Frankl

- Start with the basics!
- Routines are important
  - breakfast
  - check-in's
- Purposefully carve out time to connect



# SET YOURSELF UP FOR SUCCESS!



# Strategies to Support Executive Functioning at Home

- Self-Control and Focused Attention
  - Plan ahead
  - Use a planner/calendar to stay on track and prioritize
- Working Memory
  - Use handwritten notes & color coding
  - Talk through problems with them (storytelling)
  - Use of flash cards
- Cognitive/Mental "Flexibility"
  - Break down big tasks into smaller steps
  - Have Kids Set a timer (homework breaks, screen time)

# Family Ritual/Routine Ideas to Teach Important Lessons

- Create a rotating chore chart (kids take turns helping, or independent)
- Choose activities the entire family can do (e.g., rake leaves, clean the living room, cut veggies)
- Take turns sharing one thing about the day that made you smile, and maybe was a bit hard at first (ALL family members)
- Play music (or other kinds of) trivia games together
- Have a weekly movie or board game night
- Create a family gratitude wall or journal

# Support for Executive Functioning at School: Routines, Instruction, and Practice

- Universal, supportive teaching routines and practices
- Direct instruction in executive functioning skills
  - Second Step
  - Middle School Success Class
- Consistency
- Movement and breaks
- Peer models





# WHOLE BRAIN CHILD- DAN SIEGEL



*Hand model courtesy of Dan Siegel*

When Fight/Flight response kicks in...

Need to CONNECT (with emotional right brain) before you can REDIRECT and discuss/problem solve.

# Whole Brain Child - EXAMPLES

Defiant....or Feeling Overwhelmed?

## Step 1: Connect with the Right Brain

- Notice their feelings and just listen without judgment
- Sit next to them without words, put arm around shoulder
- Help them feel safe



## Step 2: Redirect with the Left Brain

- Discuss the behavior and its consequence
- Problem Solve
- "Fairness"



Too often we forget that  
discipline really means  
to *teach*, not to punish. A  
disciple is a student, not  
a recipient of behavioral  
consequences.

- Dr. Dan Siegel, *The Whole-Brain  
Child*



# NPR Article: The 5 minute daily playtime ritual that can get your kids to listen better

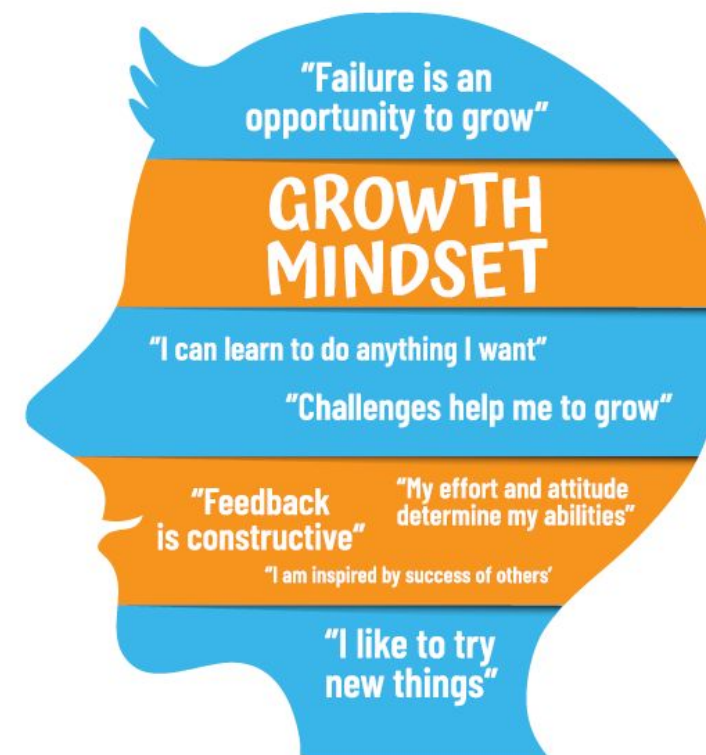
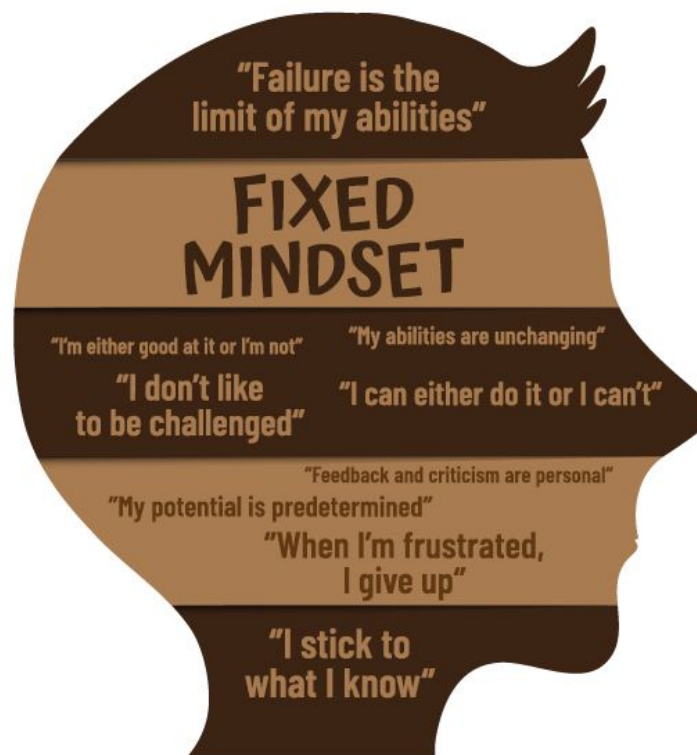
P.R.I.D.E.



"SPECIAL TIME"

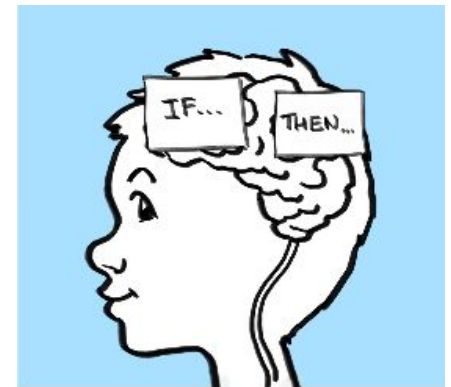
- Allows us to better connect and communicate
- Ability to model curiosity, desire to try new things and talk them through
- Constructive Feedback
- Safe practice space

# GROWTH MINDSET



# Growth Mindset at School - Second Step

- Unit 1 for all students every year focuses on developmentally appropriate instruction in Growth Mindset principles.
- Some example lesson topics:
  - Mistakes are OK! (*Kindergarten*)
  - Getting Better with Practice (*Grade 3*)
  - Identifying and Overcoming Roadblocks (*Grade 7*)



What are the 2 parts of an If-Then Plan?



WHAT ARE YOU NOTICING IS WORKING WELL FOR STUDENTS IN TERMS OF ROUTINES, HABITS, MINDSETS AND ATTITUDES?



# BRAIN DEVELOPMENT

## Fixed Mindset

Intelligence is Static.

Challenges = Avoid

Obstacles = Give Up

Effort = No Point

Criticism = Deflect

Success of Others = Feel Threatened

## Growth Mindset

Intelligence is Developing.

Challenges = Embraces

Obstacles = Fortitude

Effort = Work Hard

Criticism = Learns

Success of Others = Celebrates

# PARENT POWER

Communicate  
& Collaborate

Model  
Positive  
Behavior for  
your Children



# COMMUNICATE & COLLABORATE

## With your Kids

- Play
- Family Dinner
- Routines

## With other Adults (grandparents, partner, friends)

- Carpooling, Sitters (for YOU time)
- Diversity of opinions

## Teachers and School Staff

- Email with questions, join PTA

# D34 TEACHERS CONNECT!



- We are here to support all D34 families.
- Your child's homeroom teacher is a great first contact.
- Each school also has social workers, psychologists, and administrators who are eager to connect and support families.
- Please see these videos with tips from educators across all our buildings!

# WHAT WOULD YOU LIKE PARENTS TO KNOW ABOUT MAINTAINING A STRONG SCHOOL YEAR?





# WHAT DO YOU WISH EVERY CHILD KNEW ABOUT SCHOOL SUCCESS?



# MODEL POSITIVE BEHAVIOR

- Self-Care and Compassion
- Pause before responding/reacting
- Stop All-or-Nothing thoughts
  - Day is not 'ruined' by one bad event
  - A person can be good, and still have bad habits to improve
  - "Good Enough"
- Have fun
  - You: Go out with friends, make time for self care
  - Family: Game nights, sit down meals or times to connect without the screen, vacation planning (even if just a local trip to the zoo, scavenger hunt in the woods, etc.)





Everyday may  
not be good,  
but there is  
something good  
in Everyday."



# RESOURCES: IT'S OK TO ASK FOR HELP

- Illinois' Call4Calm: source of support for anyone experiencing stress
  - Text TALK to 552020 (or HABLAR for Spanish)
  - Text keywords to 552020 for help navigating IL assistance services
    - Examples: unemployment, food, shelter
- SAMHSA Disaster Distress Hotline: call 800-985-5990 or text TalkWithUS to 66746
- NAMI CHATS: 847-716-2253
- JCFS Chicago Warmline: 855-275-5237
- National Suicide Prevention Lifeline: 988
- The Trevor Project: support for LGBTQ+ youth
  - TrevorLifeLine: 866-488-7386 or Text START to 678678

# RESOURCES: IT'S OK TO ASK FOR HELP

- Center for Pediatric Traumatic Stress (CPTS)
  - [www.healthcaretoolbox.org](http://www.healthcaretoolbox.org)
  - Full range of resources to support families coping with COVID-19
- The National Child Traumatic Stress Network (NCTSN)
  - <https://www.nctsn.org/>
  - Strategies for talking about COVID-19, coping with anxiety, stay at home activities, etc.
- Anxiety Canada
  - <https://www.anxietycanada.com/>
  - Resources for adults, teens, and children (town halls, tip sheets, videos)
- KidsHealth From Nemours
  - <https://kidshealth.org/>
  - Relax & Unwind Center for Kids
  - Stress & Coping Center for Teens

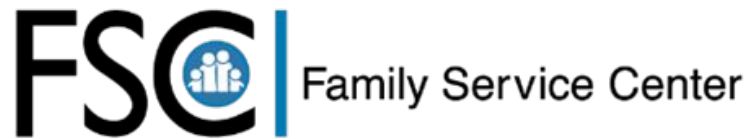
# RESOURCES: IT'S OK TO ASK FOR HELP (Local)

Family Service Center: 847-920-5827

Youth Services of Glenview and Northbrook: 847-724-2620

Josselyn Center: 847-441-5600

Haven Youth and Family Services: 847-251-6630



# EDUCATIONAL/PARENT RESOURCES

- There are many options, here are some sites that have several offerings to enhance and support your efforts at home with your children
  - <https://www.edutopia.org/article/back-to-school-resources-parents>
  - <https://www.greatschools.org/gk/at-home-learning-resources/>
  - <https://education-reimagined.org/distance-learning-resource-center/>



## FSC Constant Contact Sign-Up

Join the Family Service  
Center email list to receive  
helpful, bite-sized, emails  
with thoughts, tips and ideas  
from FSC trained counselors.

SCAN ME

