



Prevention *for parents*

Thriving vs. Surviving: Where is Your Child?

In the counseling world, Maslow's Hierarchy is an important tool in supporting child development. The theory says there is a hierarchy to a person's well-being, and it operates like a ladder. In order to reach the next step, the steps before it must be met.

First, a child needs their basic physiological needs met. Second, they need to feel safe, which can be things like financial stability and physical shelter. Third, a child needs to feel like they a

belong and are loved. Fourth, a child needs to have a sense of esteem for themselves and others. Lastly, a child reaches self-actualization, which is when they feel a desire to grow and reach their full potential.

Where is your child at in Maslow's Hierarchy? Are they able to get to self-actualization or do they need some support at another level to get there? What's getting in their way?

Children and teens may go up and down the steps in Maslow's Hierarchy depending on how circumstances change in their life, so it

is important to re-assess periodically.

2020 has brought adversity to many families, and your children may need extra support. Check out the parent resource section for more specific information on supporting your child's needs during the pandemic.

Make sure to reach out, too, if you're not sure how to support your child. Your school student support team is here to help!

MASLOW'S HIERARCHY OF NEEDS



Building Resiliency in Teens

Many teens are struggling right now. Whether it's mental health, motivation, social life in a pandemic, or something else—things are hard.

However, teens are also incredibly resilient. They will get through this— they might just need some guidance to develop their resiliency skills.

Just like a muscle, resiliency can be developed with practice and time. Let's break it down into a few different categories.

Personal values / attitudes, social skills, and positive thinking habits are some of the "muscle groups" we want to work on with

our teens in order to strengthen their resiliency.

Which area does your child need to work on?

Check out the parent resource section on the second page for more detailed information and tips on how to develop these skills.



Parent Support Group

Just a friendly reminder about the SWMS & SWHS Parent Support Group; there are two more sessions left, **December 3 & 10 @ 6:30-7:30pm**, that can be extended based on interest.

Prioritizing self-care benefits the whole family. Please join Student Assistance Professional, Colleen Chan, and other parents to discuss struggles, strategies, and supports. We do not have to go at this alone and we will get through this hard time together. [Parent Support Group](#). Please reach out to Colleen if you are interested and she will send you a zoom link.

Community Survey

YOUR OPINION MATTERS! If you haven't already, make sure to take this (10-15 min) community survey to help the South Whidbey CARES Coalition implement effective prevention programs for our island youth! All survey responses are confidential. **Our goal is 180 surveys by December 15th!**

<https://www.research.net/r/ISSOWHEN2020>

What Would You Like To See In The Next Issue?

Contact Colleen Chan with any suggestions, comments, or questions.

Colleen Chan

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Crucial Conversations Challenge: *What is worth celebrating?*

This season of celebration will likely look different than years past. Family gatherings may be smaller, financial positions may have changed, and our understanding of the world may be altered from this year's events.



Take some time over the winter break to have a conversation with your child about what is worth celebrating. Our values may have changed as we

have navigated adversity this year, and now is the perfect time to reassess.

What do we celebrate in challenging times and how does it look different than usual?

Winter is a time to go inward and reflect, so take

a minute to pause and ask your teen what is important to them now ver-

sus this time last year.

What is important to them going forward?

It may be the same as last year, or it may be different!

Parent Resources

Maslow's Hierarchy During COVID-19

<https://lifeskillsadvocate.com/blog/maslows-hierarchy-during-covid-19/>

Building Resilience in Teens

<https://raisingchildren.net.au/pre-teens/development/social-emotional-development/resilience-in-teens>

Making Kindness Part of Your Holiday Traditions

<https://work2bewell.org/5-ways-to-make-kindness-a-part-of-your-holiday-tradition/>