PARENTING TIPS FOR SUPPORTING YOUR STUDENT'S TRANSITION TO IMS





Mission statement: Our clinical team provides comprehensive counseling and support services across lifespans.

Vision statement: We are a team of multidisciplinary clinicians providing high-quality, affordable human services to all ages in a creative and efficient manner. We collaboratively respond to the needs of our community. We value maximizing strengths, respecting confidentiality and celebrating differences

IMS School Counseling Team

Dru Klein A-G Janet Goldstein H-O Jayna Dash P-Z

Mercer Island Youth & Family Services
Harry Brown, LMFT, CMHS
Cara Graham, LICSW, CMHS

TEN TASKS OF ADOLESCENCE



Adjust to sexually maturing bodies and feelings.



Develop and apply abstract thinking skills.



Develop and apply a more complex level of perspective taking.



Develop and apply new coping skills in areas such as decision making, problem solving, and conflict resolution.



Identify meaningful moral standards, values, and belief systems.

TEN TASKS OF ADOLESCENCE



Understand and express more complex emotional experiences.



Form friendships that are mutually close and supportive.



Establish key aspects of identity.



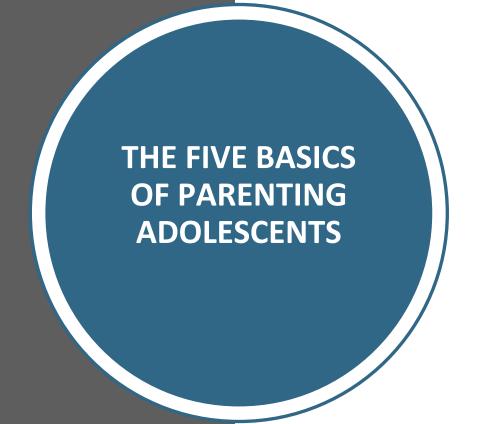
Meet the demands of increasingly mature roles and responsibilities.



Renegotiate relationships with adults and parenting roles.

RESULTS OF 7th GRADE SURVEY OF STUDENT CONCERNS WINTER 22 TOP 10 CONCERNS

Achieving in school	55.7%
Stress (not enough time, pressure)	44.35%
Self-image (how you feel about yourself)	34.4%
Gossip/Rumors	24.6%
Fitting in (belonging, popularity)	23%
Friendships (jealousy, communication)	19.7%
Loneliness	18%
Depression	14.8%
Other	13.1%
Family Issues/Thoughts of Suicide	11.5%



- 1. Love and Connect
- 2. Monitor and Observe
- 3. Guide and Limit
- 4. Model and Consult
- 5. Provide and Advocate

Project on the Parenting of Adolescents Center for Health Communication Harvard School of Public Health What style of parent are you?

PARENTING WITH LOVE & LOGIC 101

THE LOVE & LOGIC PARENT: COACH / CONSULTANT



Provides guidance and consultant services for their children



Models for child



Makes sure the child owns the problem, and helps child explore alternatives and make decisions



Allows child to experience life's natural consequences



Coaching through distress – build distress tolerance skills

- Name It To Tame It, Daniel Siegel: Hand Model of the brain
- DBT STEPS-A Skills
 - Distress Tolerance Skills
 - Emotional Regulations Skills

MINDFUL PARENTING

Mindfulness Coping skill S.T.O.P.

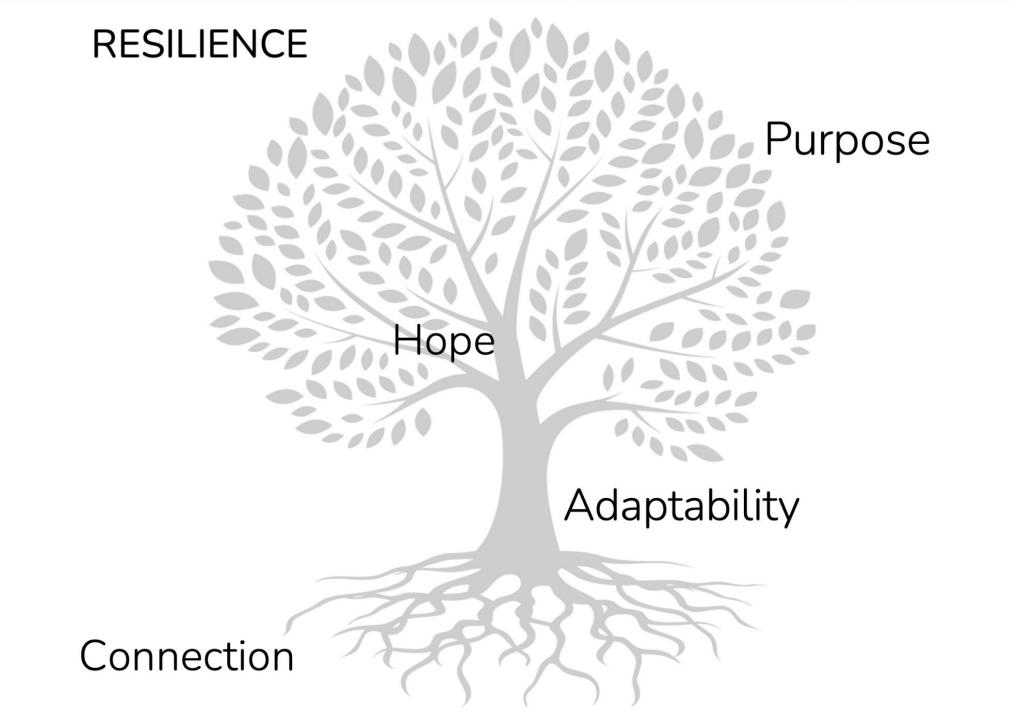
Stop what you are doing.

Take a breath, breathe normally and naturally and follow your breath coming in and of your nose.

Observe your thoughts and feelings.

Proceed with something that will support you in the moment. This could be talking with someone, taking a break, a walk or stretching.





FOR RESILIENCE REFRESHER

R – Relationships

E – Exercise

F – Fun; Recreation & Enjoyable Activities

R – Relaxation & Stress Management

E – Eat Well – Nutrition & Diet

S – Sufficient Sleep

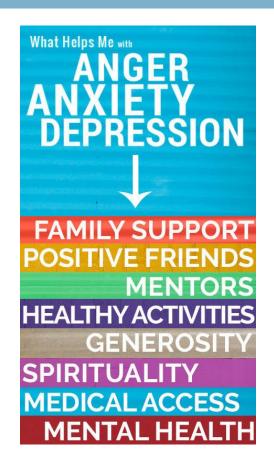
H – Helping others

E – Earth – Time in Nature

R – Reason – Sense of Purpose (Religiosity & Spirituality)



SOURCES OF STRENGTH PROJECT IMS



Sports Clubs and Activities

Supporting Increased Organizational Needs

Monitor Schoology and Skyward

 Help your student develop a tracking system

Check-ins weekly

Reach out for support

Structuring Engagement with Technology

- Commonsense Media
 - How To's for Screen Time
 - Setting Down Time
 - Structure and limits



- Walk your schedule
- Practice getting in the school routine
- Talk through the worries
- Remember there's a lot of adults around to help
- WEB
- Watch the panel of 6th graders as a family
- Consider family rules around cell phones



- Common Sense Media:Guide to Controls
 Social/Digital Media info
- <u>Screen Time Contract</u>
- <u>Dan Siegel: Name it to Tame it</u> Understanding Emotions and the Brain
- DBT In Schools, STEPS A STEPS A Skills Training for Social Emotional Problem Solving for Adolescents
- Raising Teens, Havard School of Education & MIT
 Raising Teens: The Ten Tasks of Adolescence/The
 Five Basics of Parenting Adolescents
- Parenting With Love and Logic
- Stop Bullying Now Information for parents, youth and educators.



- IMS Counselors,
 - Dru Klein (A-G)
 - Janet Goldstein (H-O)
 - Jayna Dash (P-Z)
- MIYFS, Counselors
 - Harry Brown, LMFT, CMHS
 - Cara Graham, LICSW, CMHS
- Teachers
- Administrators



Share your feedback with us!

Incoming 6th Grader Parent Info Night

Thursday, May 11th, 2023

