

Supporting Positive Relationships With Your Child

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AGENDA



Quick Conversation Starters



Positive Parent/Caregiver Relationships



Reducing Isolation



Positive Peer Relationships



Community Resources



Questions



Quick Conversation Starters



Checking In With Your Child



It is important to find “check-in” times with your child. How often do we receive a vague answer from them when we ask, “How was your day?” or “Did you have a good day?”

If we can think of interesting questions to engage our children with, it will make those interactions more fun and interesting for both you and your child!



Checking In With Your Child (Cont.)

Use the following conversation starters when you are spending time with your children.

- On a scale of 1-10, how was your day?
- What were both the high and low points of your day?
- What did you learn today?
- What is something you have done recently that you are proud of?
- What traits do you think make a great teacher?
- What is your favorite season and why do you like it?
- If you could be one person from history, who would it be and why?
- What is one place you really want to visit?
- If you were to write a book, what would it be about?
- What would you do on a perfect summer day?



5 Love Languages for Kids/Teens

Words of Affirmation

Use positive words of encouragement to help build up your child's confidence.

Quality Time

Take time out of your day to participate in activities that are important to your kids.

Receiving Gifts

Giving gifts, even something very small, shows that you are thinking of them and that is enough for some kids.

Acts of Service

Help your child with their chores, a project or pick something up from the store they may need.

Physical Touch

Give your child a pat on the back, a hug or hold their hand.



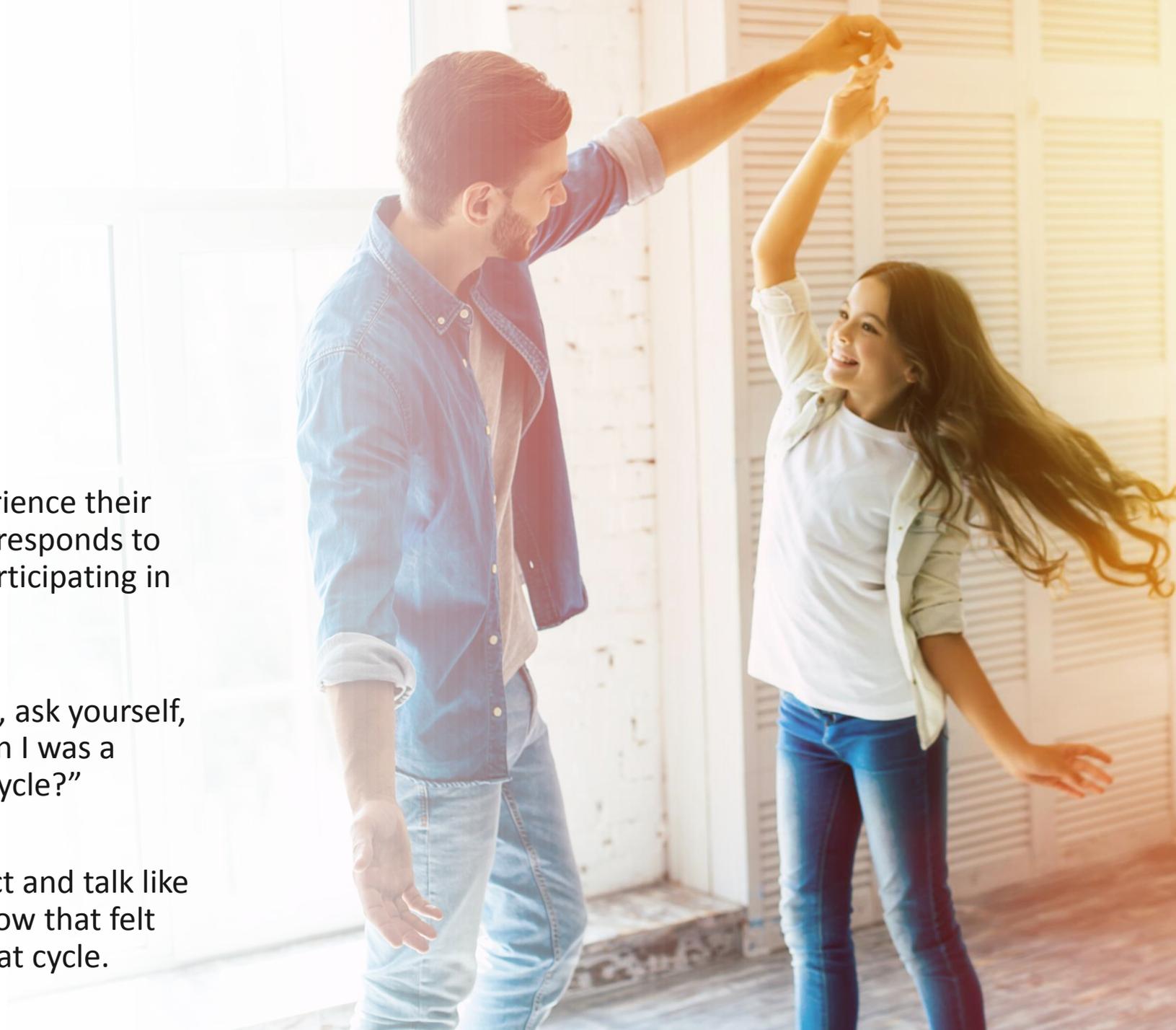
Discerning Your Child's Love Language

- When we can understand our child's love language, we are meeting a need that they aren't always able to verbalize. It helps to fill up their emotional tank, which will help them to respond positively.
- [Love Languages Mystery Game](#)



Positive Parent-Child Relationship

- [Anyone Have a Teenager Video](#)
- Self-esteem develops as children experience their parents love and when their caregiver responds to them. This happens through praise, participating in activities together and listening.
- If you find yourself being overly critical, ask yourself, “Is this how I felt with my parents when I was a child?” and “Do I want to repeat that cycle?”
- Don’t be surprised if you sometimes act and talk like your parents did to you. Think about how that felt and decide if you are going to break that cycle.



Points To Think About

- What activities does your child like to do with you?
- How often do you spend 1:1 time with your child?
- What do you do together as a family?



Family Activity Ideas



- Family hike
- Fire pit
- Easter egg or scavenger hunt
- Virtual spirituality (church or meditation)
- Apple and/or berry picking
- Netflix/movie
- Board game night
- Everyone makes a toast at dinner
- Look through old family photo albums
- Workout class online or at the gym
- Day trip to the beach, amusement park, bowling, mini golf
- Play video games



Reducing Isolation

- [Life with a Teenager Video](#)
- It is normal and vital for teenagers to separate from their parents
- You know they've entered this stage if they point out your flaws, say you're wrong and disagree with you
- It becomes a problem when they are not keeping up with their schoolwork, participating in activities or sports, hanging out with friends, etc.



Questions to Think About

- Do they leave their room independent of you asking?
- How do they seem when they leave their room?
- Ask their friends?
- Is there a drop or change in friends/appetite/sleep?
- Worries about social isolation can be put to rest if your child is doing homework with friends, using Snapchat or playing games online.



Connection

Meet them where they are in social media:

- Tell them what you do on your cell phone and ask them to share what they do on theirs.
- Ask them what game they're playing and if you can play along with them, too
- Stop in their room when you hear laughter over Snapchat or Facetime with friends
- Do a Tiktok together
- Text them to ask a question or to talk about something



Connection (Continued)

- For every challenging or negative point, offer three positives so that every interaction isn't a pattern of negatives
- Knock first: ask if you can come into their room, wait for a response and respect the answer (when you get the green light, resist the urge to target the room's presentation)
- Worrying or calling them out for time in their room will only further distance them from you
- If you really feel something is wrong, trust your instincts and reach out for help



Emotion Coaching



Positive Peer Interaction

- Be an example of how to be a good friend
- Meet a need you know is important to your child, as it shows them how they can engage in positive peer relationships
- Encourage them to always be thinking of ways they can help someone else



Topics to Encourage

Encourage your child to ask their friends about their day first before talking about themselves



- Encourage them to “put themselves in their friend’s shoes.”
- Encourage them to respectfully agree to disagree when they can’t compromise.
- Talk to them about setting appropriate boundaries, where they put the needs of others before their own but ensure they’re not allowing someone walk all over them.



Parent Resources

EMOTIONAL & BEHAVIORAL HEALTH SERVICES

Crisis Hotlines & Service

Valley Creek Mental Health Crisis Center

Provides emergency in-person service

24-Hour Service

469 Creamery Way, Exton, PA

(610) 280-3270, 1-866-846-2722 toll free

LGBTQ Trevor Lifeline

24-Hour Lifeline

1-866-4-U-TREVOR

www.thetrevorproject.org

National Suicide Prevention Lifeline

24-Hour Hotline

1-800-273-TALK, Text HOME to 741 741

www.suicidepreventionlifeline.org

Safe To Say

Anonymous reporting of safety concerns to prevent violence & tragedies

1-844-SAF2SAY

www.safe2saypa.org

Mental Health Partnerships

1-800-688-4226

www.mentalhealthpartnerships.org

General Services & Support

Chester County Department of Mental Health

601 Westtown Road, West Chester PA

610-344-6265

chesco.org

United Way Helpline

Dial 2-1-1

www.unitedwaychestercounty.org

Chester County Warm Line

Speak to a support person

1-866-846-2722

Assessment & Treatment

Springfield Psychological

770 E Market Street, Suite 135, West Chester, PA

610-544-2110

www.springpsych.com/contact/west-chester-office/

Child Guidance Resource Center

744 East Lincoln Hwy, Coatesville, PA 19320

610-383-5653

www.cgrc.org

Family Services of Chester County

310 North Matlack Street, West Chester, PA

610-696-4900

www.familyservice.us/

Holcomb Behavioral Health Systems

467 Creamery Way, Exton, PA

610-363-1488

Kennett Square, PA

610-388-7400

www.chimes.org/about/chimes-family/Holcomb-behavioral-health-systems/

Cornerstone Therapy and Wellness

639 Swedesford Road, Malvern, PA

610-616-5935

www.cornerstonetherapy.com

Sanare Today

728 Springdale Drive, Exton, PA

610-344-9600

www.sanaretoday.com

The Light Program

491 John Young Way, Exton, PA

610-644-6464

www.thelightprogram.pyramidhealthcarepa.com



West Chester Area School District
Pupil Services Department

PARENT GUIDE TO EMOTIONAL/BEHAVIORAL HEALTH & DRUG /ALCOHOL RESOURCES

Valley Creek Mental Health

Crisis Center – 24 hours

610-918-2100

24 Hour Alcohol & Drug Helpline

1-800-821-4357

Emergency

911

EMERGENCY

Brandywine Hospital

201 Reeceville Rd, Coatesville, PA
610-383-8000

Chester County Hospital

701 E Marshall St, West Chester, PA
610-431-5000

Paoli Hospital

255 W Lancaster Ave, Paoli, PA
610-648-1000

DIAL 911

ABUSE

*Report physical/emotional/sexual abuse
of a child*

ChildLine

1-800-932-0313
www.keepkidssafe.pa.gov

Chester County Dept. of Children, Youth & Families

601 Westtown Rd, West Chester, PA
610-344-5800
www.chesco.org

Support for victims

The Crime Victims' Center of Chester County, Inc.

24 Hour Hotlines:
Sexual Assault 610-692-7273
Other Crimes 610-692-7420
www.cvcofcc.org

ANXIETY & OCD

Treatment & Counseling

Anxiety & OCD Center

270 Lancaster Ave, Building J
Malvern, PA
484-947-8820
www.anxietyocd.com

Rogers Behavioral Health

Philadelphia, PA
Main: 844-843-3992
Screening: 800-767-4411
www.rogersbh.org

BEREAVEMENT

Peter's Place: For Grieving Children & Families

336 King of Prussia Road, Radnor, PA
610-687-5150
www.petersplaceonline.org

COMMUNITY SERVICES

West Chester Communities That Care (WCCTC)

Chester County youth risk prevention
484-266-1232
www.wcctc.org

Chester County Community Resource Directory

www.referweb.net/chesco

The ARC of Chester County Resource Directory

610-696-8090
arcofchestercounty.org/resources/connections/

COVID-19 RESOURCES

Chester County Department of Human Services

601 Westtown Road, West Chester, PA
610-344-6640
www.chesco.org/DocumentCenter/View/545
24/DHS-COVID-Community-Resource-
Guide

DRUG & ALCOHOL FAMILY SUPPORT

Al-anon/Alateen
www.pa-al-anon.org

Caron Family Support Groups

1-800-678-2332
www.caron.org

DRUG & ALCOHOL INFORMATION

The COAD Group

467 Creamery Way, Exton, PA
610-713-1101
www.chimes.org

National Drug & Alcohol Hotline

Referrals Provided
1-800-821-4357

SAMHSA

1-800-662-HELP
www.smhsa.gov

DRUG & ALCOHOL SUPPORT

Alcoholics Anonymous

215-923-7900
www.aasepia.org

Narcotics Anonymous

215-NAWORKS
www.cleanacresna.org

DRUG & ALCOHOL TREATMENT

Initial assessments provided

Center for Addictive Diseases

479 Thomas Jones Way, Exton, PA
484-565-1130
www.mainlinehealth.org

Holcomb Behavioral Health Systems

920 East Baltimore Pike, Kennett Square, PA
610-388-9225, Bilingual: 484-368-4915
www.chimes.org

La Comunidad Hispana

731 Cypress Street, Kennett Square, PA
Bilingual: 610-708-0300
www.lchcommunityhealth.org

Gaudenzia, Inc.

110 Westtown Road, West Chester PA
610-429-1414
www.gaudenzia.org

Onward Behavioral Health

Rehab After Work/Rehab After School
Exton, PA
610-644-6464
www.rehabafterwork.pyramidhealthcarepa.com

Pathway Counseling Service

811 West Chester Pike, West Chester, PA
610-269-8396
www.pathwaycounselingserv.com

EATING DISORDERS

Treatment & Counseling

Seeds of Hope

1440 Russell Road, Paoli, PA
610-644-6464
www.seedsofhope.pyramidhealthcarepa.com

The Renfrew Center

320 King of Prussia Road, Radnor, PA
1-800-RENFREW
www.renfrewcenter.com

Brandywine Hospital

Eating Disorders Program
Coatesville, PA
877-406-0431
www.towerhealth.org

Children's Hospital of Philadelphia (CHOP)

Eating Disorders Program
215-590-0681
www.chop.edu

Contact Information

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Thank you for your time!
Are there any questions?

