

# Healthy Minds, Healthy Families

## Empowering Families for Scholar Success

How can I help  
my child...

Maintain  
physical  
activity?

Avoid vaping  
and other  
substances?

Deal with  
stress and  
anxiety?

Manage  
social media  
and screen  
time?

Make good  
food  
choices?



Thursday, December 11 | 6-7:30 pm



**FEDERAL WAY**  
PUBLIC SCHOOLS





# The A-B-C's of Raising Resilient Kids: Your Simple Guide to Emotional, Social & Digital Wellness.

Presenters: Nicole Alston -Abel, Heather Bakari & Mary Habila





## Foundation Principle: Trust and Safety

The two most important things you can give your child are TRUST and SAFETY. Children feel trust when they know that you mean what you say and that the goal-posts will not change. Research consistently shows that predictable, responsive parenting creates the psychological safety necessary for healthy development [Mathis & Bierman, 2015](#).



***A-B-C-D's of  
Parenting:  
Part 1: A***

Key Components

Developmental Milestones

Questions and Dialogue



# Meet Your Presenters



**Nicole Alston - Abe I, PhD**

School Psychologist  
Mark Twain Elementary  
Career Academy/  
Federal Way Open Doors



**Heather Bakari, EdS**

School Psychologist  
Camelot Elementary  
Lake Grove Elementary



**Mary Habila, EdS**

School Psychologist  
Thomas Jefferson High School

# Who is in the Room Today?

- *Preschool*

- **MIDDLE SCHOOL**

- *Elementary*

- *High School*

# Attention and Accountability

*1. Children need your attention more than things.*

- Relationships form character, and help children define values.
- Replacing your time with screens leads to children who value screens more than relationships, and things more than people.



# Attention and Accountability



Busy



- We are often very busy taking care of the responsibilities of life (Work, paying bills)

# Attention and Accountability



- Carve out time - Make an appointment if you have to, to spend time with your child or children individually.
- Doing so will make them feel that they are as important to you as the bills and work.

# Attention and Accountability

*3. Partner with your child's school to hold them accountable for their school performance, both academically and behaviorally.*



- Check these platforms regularly to help you stay on top of how your child is performing in school.

# Attention and Accountability



- Respond to teachers when they reach out to you. At a minimum, acknowledge the communication.
- Students do best when they know that parent and teacher are on the same page and hold the same expectations for behavior and work completion.

# Attention and Accountability

*Pay attention to what your children are doing online.*



- The online world can be just as complex as real life.
- Pay attention to what sites/games your child is visiting or playing.

# Attention and Accountability



- Implement parental controls on their devices to make sure they are not accessing inappropriate content.
- Hold them accountable for going to sites that are inappropriate.

# Developmental Milestones

## *Early Childhood (Ages 2-5)*



- Attention Span: 2-5 minutes per year of age for focused activities
- Milestones: Begin to function without constant entertainment for short periods; can focus on preferred activities for 10-15 minutes
- Parent Role: Provide frequent, brief interactions; respond consistently to bids for attention

# Developmental Milestones

## *Elementary School (Ages 6-11)*



- Attention Span: 10-25 minutes for structured activities; developing sustained attention
- Milestones: Can focus on non-preferred activities for increasing periods; developing homework habits
- Parent Role: Support homework routines; maintain regular check-ins about school experiences

# Developmental Milestones

## *Middle School (Ages 12-14)*



- Attention Span: 25-40 minutes; can manage multiple tasks with support
- Milestones: Attendance/Getting to class on time, prepared and **STAYING** in class; developing personal responsibility
- Parent Role: Monitor school communication systems; support organizational skill development

# Developmental Milestones

## *High School (Ages 15-18)*



- Attention Span: Adult-level sustained attention (45+ minutes)
- Milestones: Being responsible/holding yourself accountable; independent academic management
- Parent Role: Provide consultation rather than direct management(if they are ready); maintain emotional availability

# Questions & Dialogue



## Next Steps:

### Feedback Survey:

Please help us improve by sharing your feedback about today's event through a 3-minute survey.

*Encuesta posterior al evento: ¡Ayúdenos a mejorar!*

پست-نظرسنجی : رویدادبه ما کمک می کند بهبود یابیم!

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### EP&O Renewal Levy:

- Learn more at [www.fwps.org/levy2026](http://www.fwps.org/levy2026)
- Register to vote, if needed
- Don't forget to vote on February 10, 2026

