

# SUMMER CONNECTIONS

Maximizing Scholar Learning and Engagement

Thursday, February 19 | 6-7:30 pm



FEDERAL WAY  
PUBLIC SCHOOLS



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

(Part Two)  
Boundaries

Presenters:

**Nicole Alston-Abel, Heather Bakari & Mary Habila**

# Meet Your Presenters



Nicole Alston-Abel, PhD  
School Psychologist  
Mark Twain Elementary  
Career Academy/  
Federal Way Open Doors



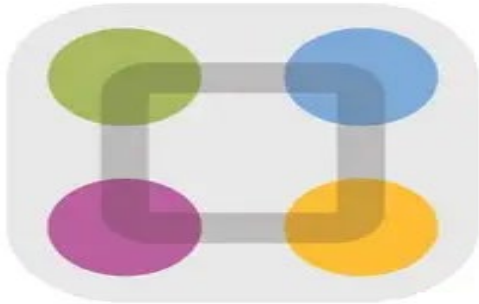
Heather Bakari, EdS  
School Psychologist  
Camelot Elementary  
Lake Grove Elementary



Mary Habila, EdS  
School Psychologist  
Thomas Jefferson High School  
Federal Way

# Awareness Activity

Thumbs up if you have used  
Parent Square before?



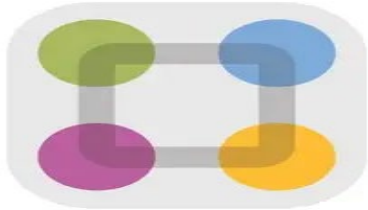
ParentSquare

How many parents know how to  
use this tool?



**ParentVUE**<sup>®</sup>  
powered by Synergy<sup>™</sup>

# Where can I get support on how to use this tools?



ParentSquare



**ParentVUE**<sup>®</sup>  
powered by Synergy<sup>™</sup>

**Elementary Level:** Contact -

**Middle School level:** contact-

**High School Level:** Go to your  
Career Center of your child's  
High School.

# Who is in the Room Today?

↳ **Preschool**

↳ **Elementary**

↳ **MIDDLE SCHOOL**

↳ **High School**

# Foundation Principle: Boundaries

Research Foundation: Clear parent-child boundaries are essential for healthy psychological development. Research indicates that appropriate boundaries help children develop self-regulation, respect for others, and emotional stability

[Vanwoerden, Kalpakci & Sharp, 2017.](#)

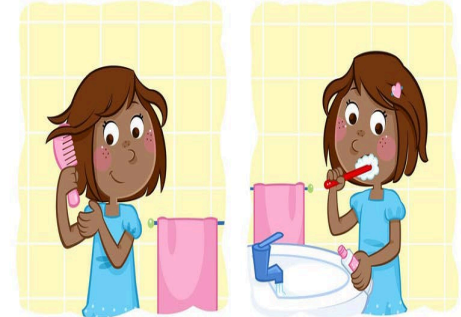


# Key Components of Boundaries

- ❖ Parents must establish clear rules for behavior - **Consistent** boundaries provide the **structure** children need to feel secure.
- ❖ **Expectations vs. making kids happy** - Healthy boundaries prioritize **long-term development** over **short-term comfort**

# Build Boundaries Around Early Childhood Developmental Stages & Expectations (Ages 2 - 5)

KIDS • routine actions • good morning

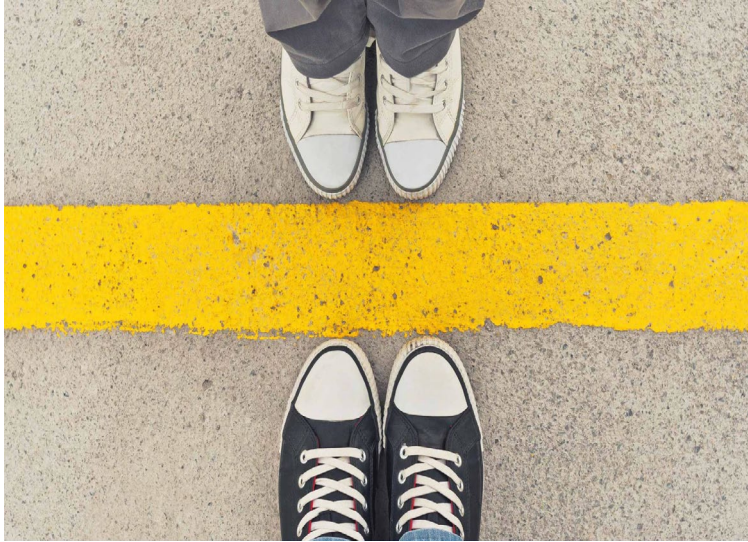


**Personal Hygiene:** Toilet training (2-4 years); basic handwashing with reminders; brushing teeth with assistance.

**Self-Regulation:** Beginning impulse control; can wait briefly for needs to be met; follows simple rules with reminders.

**Social Boundaries:** Learning to share; beginning understanding of personal space; needs clear, simple rules

# Build Boundaries Around Elementary Developmental Stages & Expectations (*Ages 6-11*)



- ❑ **Personal Hygiene:** Independent bathing with occasional supervision; remembers daily hygiene routines; manages basic grooming.
- ❑ **Self-Regulation:** Can delay gratification for longer periods; follows classroom rules; manages emotions with support.
- ❑ **Social Boundaries:** Respect the space of others; understands property rights; developing empathy and social awareness.

## Build Boundaries Around Elementary Developmental Stages & Expectations (Ages 12-14)



- ❖ **Personal Hygiene:** Fully independent personal care; developing awareness of body changes; maintains cleanliness standards
- ❖ **Self-Regulation:** Managing academic responsibilities; emotional regulation during puberty; peer pressure navigation
- ❖ **Social Boundaries:** Students should be responsible for communicating with their parents and manage their own work; Students have planners and should be using them

## Build Boundaries Around Secondary Developmental stages & expectations (Ages 15 - 18)



- **Personal Hygiene:** Complete independence; personal style development; health-conscious choices
- **Self-Regulation:** Advanced emotional regulation; independent decision-making; future planning capabilities.
- **Social Boundaries:** Parents can and should support their students in organizing themselves, but not do it for them; preparing for adult independence

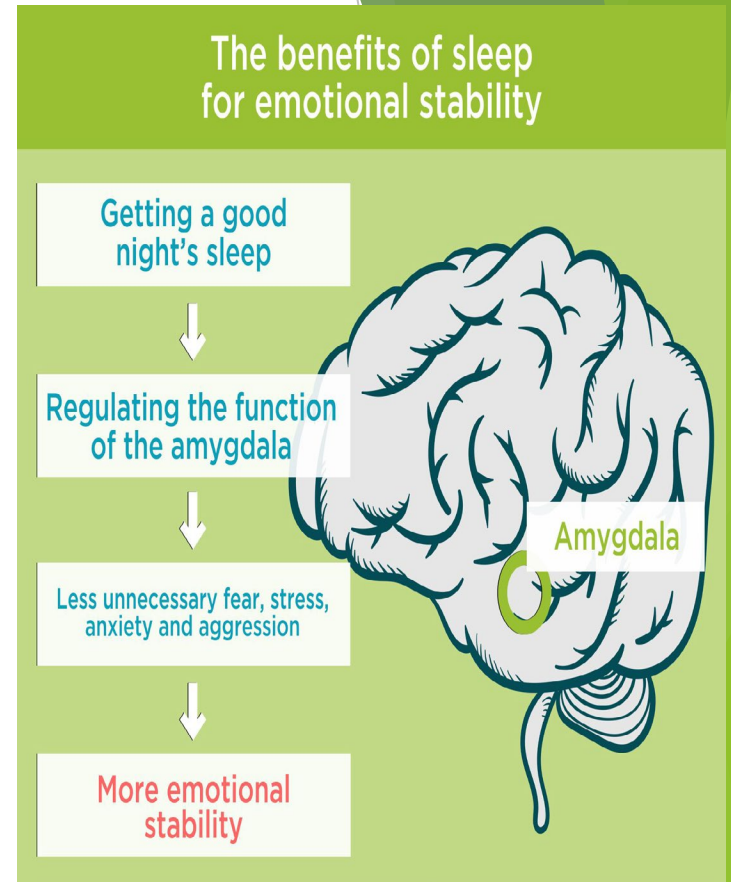
# Build Boundaries Around Secondary Developmental stages & expectation



1. Students communicate with parents and manage their own work - Independence develops within clear boundary frameworks.
2. Students use planners effectively - Organizational skills emerge from structured expectations
3. Parents support but don't do the work - Appropriate boundaries maintain student ownership while providing guidance

## No Boundaries = To Digital Items

- Research Foundation: Digital parenting practices significantly impact child development across all stages. Research shows that appropriate screen time limits and parental controls support healthy development, while excessive screen time can interfere with sleep, attention, and social development [Stipek & Valentino, 2015](#).

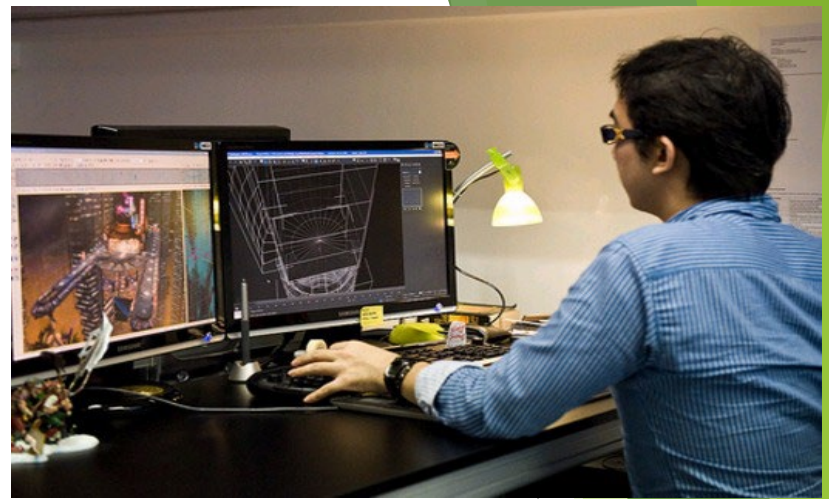


# Ideas for Solution:

Ensure adequate sleep -  
Digital limits protect  
essential developmental  
processes.

Apply Premack Principle -  
"If you want X, you need to  
do Y" creates structured  
incentive systems & BE  
consistent.

THEN



# Developmental Stage Applications



- ↳ Early Childhood: Minimal screen time; co-viewing educational content; no screens during meals/bedtime.
- ↳ Elementary: 1-2 hours recreational screen time; educational technology integration; basic digital citizenship.
- ↳ Middle School: Increased independence with clear boundaries; social media introduction with supervision; digital homework management.
- ↳ High School: Collaborative boundary setting; preparation for adult digital responsibility; modeling healthy digital habits.

# Questions & Dialogue

The background features a series of overlapping, semi-transparent green triangles and polygons of various shades, ranging from light lime green to dark forest green. These shapes are primarily located on the right side of the slide, creating a dynamic, layered effect. The text 'Questions & Dialogue' is centered on the left side of the slide in a clean, sans-serif font.

# 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!*

*Sau buổi sự kiện: Hãy giúp chúng tôi cải thiện!*

Опрос мнения по окончании мероприятия:  
Помогите нам учесть недочёты!

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



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