



Lincoln/Roosevelt School
Professional School Counselor's Newsletter
"Building Connections between School and Families"
October, 2011



Dear Families,

It is important for families to teach their children the many ways to show respect. You have everyday opportunities to model and teach this concept to your children.

Everyone wants respect. When someone respects us, they act and speak in a way that shows us we are worthy. When respect is given it demonstrates that our actions and opinions are valid and important, even if the other person does not always agree with them. Teach your upper elementary children that respect is:

- **Believing in yourself.** Respect begins with self-respect. Act in a way that does not leave you disappointed in yourself.
- **Controlling yourself.** Outbursts and rudeness are completely disrespectful--both to the person with you and to yourself.
- **Listening to and being polite to persons in authority.** This includes teachers and parents.
- **Realizing that learning is important.** It is a way to better yourself.
- **Realizing that you have something to learn from almost every person you meet.**
- **Being on time.** If you want to show respect for someone, show respect for their time.
- **Being someone others can trust.** Do what you say you will do.

As parents, it is important that you model respect for your children. Does yelling at referees, cutting off another driver, or being impatient with a salesperson model respect? Remember that your children will remember what you do more than what you say.

I hope you find these suggestions helpful. This newsletter is written to pass along helpful information to Lincoln/Roosevelt students and their families. It is my pleasure to work with your children.

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Spending Time Together: Connect with Your Children by Sharing Downtime

The most important thing to remember about "quality time" is that it is not the most important thing. Instead, focus on "quantity time." In other words, commit to spending downtime with your children every day. It is during those unplanned moments that you will catch glimpses of who they really are. To build more "quantity time" into your life:

- **Make it a priority.** Everyone is busy, but your children must still come first. Make time for family time every day. During those hours, put away the cell phone, log off the computer, and be available to your children.
- **Be creative.** If a must-complete chore is interfering with family time, have your children pitch in. They may not love the thought of a marathon laundry session. But if they get to chat with you about their day while you all make your way through piles of clothing, it might sweeten the deal.
- **Relax.** Do not feel compelled to constantly entertain your children. You do not need to take them out to lunch or go to the movies. Just be together. That is what "quantity time" is all about.

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Research Shows 10 Important Benefits to Parent Involvement

You take time to get to know your children's teachers. You give your children tools for organization. You go to school events. Do you know what else you are doing? You are sending an important message to your upper elementary aged children. What you are saying is this: "Your education is important. I want the best for you. You are important."

Here are 10 more reasons to be involved in your children's education. All are backed by research. Students with involved parents usually:

1. **Do better with class work.**
2. **Have better attendance.**
3. **Feel that school is a place they belong.**
4. **Show better behavior at school.**
5. **Like school.**
6. **Finish homework.**
7. **Want to go on to college or trade school.**
8. **Care about their grades.**
9. **Make good use of educational time.**
10. **See a better relationship between parents and teachers.**

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Do You Know How to Handle Your Children's Difficult Behavior?

Part of early adolescence involves leaving childhood behind and separating from parents. Another part involves answering questions such as: Who am I? What do I believe? As your children go through this they may display some difficult and defiant behavior, even if they have never done so in the past. For many upper elementary aged children, this means talking back to parents. Here are some guidelines for handling this behavior:

- **Resist the urge to argue back.** Instead, show your children who the adult is. Practice calm kindness in the face of their rudeness. For example, say "You sound pretty upset. I am sorry to hear this. When you calm down, I will be happy to help if I can."
- **Continue to set limits.** Some back talk is developmental. But there are some things you should never tolerate, such as profanity directed at you or another person. If this happens, give your children a choice. They may either go to a quiet place to think until they are ready to apologize or they may lose a privilege.
- **Enjoy the flip side of your children's arguing.** When they are calm and happy you can have great conversations. Your children's new ability to argue actually reflects a growth in their ability to reason. They can now discuss things at a higher level than they could in lower elementary school.

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