

LEARNING MATTERS

PARENT/GUARDIAN RESOURCES

Parent/guardian involvement can have a drastic and positive impact on a student's success in school. Learning is not just what happens in the classroom, but it's also about figuring out how to be an adult in a fast-paced and chaotic world. As a parent/guardian, you can help set healthy habits that lead to success beyond the classroom.

Information in this handout includes content and resources from various educational resources, and has been summarized to support Shakopee Public Schools families. Shakopee Public Schools is not the sole author of content provided.



The **LEARNING MATTERS PARENT/GUARDIAN RESOURCES** are developed around **FOUR PILLARS** of parent involvement

LISTEN

to one another

LIMIT

the negative

LEAD

through life

LOVE

unconditionally

**OPEN CONVERSATIONS WITH
TOPIC SPECIALISTS ARE
AVAILABLE THROUGHOUT
THE SCHOOL YEAR.**

**ALL ARE WELCOME.
INTERPRETER SERVICES ARE
AVAILABLE.**

DISTRICT RESOURCES



Scan the QR code for additional mental and chemical health resources.

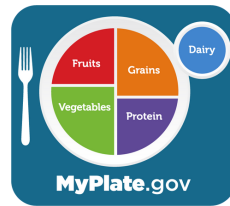
RECOMMENDED RESOURCES

Digital Wellbeing



Boston Children's Hospital
Digital Wellness Lab

Optimal Nutrition



healthychildren.org
Powered by pediatricians. Trusted by parents.
from the American Academy of Pediatrics

Healthy Sleep



Child Mind Institute



SLEEP FOUNDATION
A OneCare Media Company

Mental Health



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention



NAMI
National Alliance on Mental Illness
MINNESOTA

Chemical Health



Substance Abuse and Mental Health Services Administration

THE LEARNING MATTERS PARENT/GUARDING RESOURCES ARE DEVELOPED AROUND FOUR PILLARS OF PARENT INVOLVEMENT

LISTEN • LIMIT • LEAD • LOVE

DIGITAL WELL-BEING/ HEALTHY SLEEP



GUIDANCE

LISTEN



Engage in ongoing conversations that are centered around active listening while you and your child work to manage devices together.

LIMIT



Factor in your child's age, maturity level and ability to make safe decisions when setting limits.

LEAD



Parents are a child's number one role model. What you say and do matters for how devices are used.

LOVE



Ground all that you do in love, acceptance and empathy. Genuine love leads your child toward self-acceptance.

DIGITAL WELL-BEING

- Ask how they use their screens for school, fun and feeling connected.
- Be curious about their online activity.
- Inquire about their use of apps, games, sites and how it makes them feel when using it.
- Do their feeling change with the amount of time spent on a screen, the time of day, or the type of content they see?
- Social media can lead to depression in teens-talk about it.
- Some rules can be decided together and some can be made only by you.
- No screens in the bedroom while sleeping should be non-negotiable.
- Together, set a screen plan that sets clear priorities.
- Identify times when screens are OK and when screens are off and be consistent.

HEALTHY SLEEP

- Ask what keeps your teen up at night, then listen.
- Talk about what helps your teenager relax and slow down in the evening.
- Stress and worry can keep anyone awake. Let your teen know that you also worry-then talk about it.
- Teenagers are natural night owls. Set a realistic bedtime that allows for their bodies to wind down.
- Agree on what reasonable sleeping & waking hours are.
- Keep sleeping rooms quiet and dark. Close curtains and close doors at bedtime.
- When the parent/guardian turns off their own devices, it sets the stage to engage with your teen before bedtime.
- Practice stress relieving techniques like exercising and ask your teen to do it with you.
- Inquire about their use of apps, games, sites and how it makes them feel when using it.
- Recognize that interrupted or inadequate sleep can impact your teenager's health.
- Poor sleep can contribute to depression and anxiety. Enforcing sleep time can have long-lasting positive effects.
- Take the time to talk to your child. This can help both of you talk openly about topics that cause you worry or stress.
- Getting enough restful sleep contributes to healthy and calm relationships.

We need to understand their brains can get to co-regulate through ours when theirs is offline.



Boston Children's Hospital
Digital Wellness Lab



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OPTIMAL NUTRITION GUIDANCE



LISTEN



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LIMIT



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LEAD



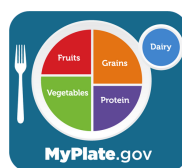
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LOVE



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- Talk about what food means to your teen. Is eating enjoyable or is it stressful? Listen to what your child says.
- Making food together is an open invitation for conversations to happen.
- Make new family traditions around creating special meals. Decide together what special events should be celebrated.
- Eating in front of a screen leads to mindless eating. Instead eat together and talk about your child's day.
- Limit the amount of unhealthy options that are available. If it's not in the pantry, it's less likely to be eaten.
- Before eating a snack, drink a full glass of water.
- Keep fruits like apples, oranges and bananas out in the open so they can be an easy option for snacking.
- Know what a healthy weight looks like for your teen based on their age and height. Recognize when they might be too heavy or too thin.
- Make meal choices with your child. Let them plan the meal and have them prepare it for the family. Having someone else involved in feeding the family can be helpful.
- Keep a list of family favorite foods and find ways to make meals.
- Yes, breakfast is important. It gives children the energy they need to learn. Keep easy breakfast foods available so teens don't skip eating.
- Make your own nutrition a top priority.
- Water is essential to life--remind your child to drink water before leaving the house and when getting back home. For every sugar drink like soda, drink two glasses of water.
- If healthy food is scarce in your home, reach out to community food shelves and places of worship.
- Food is essential to life but should not be withheld as punishment or used as a reward.
- Eat naturally colorful food-its high in good nutrition.



TEEN CHEMICAL HEALTH GUIDANCE



LISTEN



Engage in ongoing conversations and active listening while you and your child determine together what being and feeling safe means.

- Prevention is not a single conversation. Talk openly about drugs and alcohol through every stage of development.
- Ask your child what they know about drugs and then listen with open ears. Explore misconceptions together.
- Have conversations when there isn't a problem-its easier to stay calm when substance abuse is not an issue.
- Stay engaged in your child's world; know where they go and with whom.

LIMIT



Factor in your child's age, maturity level, their ability to make safe decisions when setting limits.

- Set an expectation of 'zero tolerance' for drug and alcohol use.
- Encourage activities and friendships that support healthy choices. Know who your teen hangs out with.
- When setting rules and expectations, have the conversation with your child and problem-solve together.
- Know the warning signs of substance use and meet it head on if you have concerns.
- Restful and adequate sleep promotes good mental health.

LEAD



Parents are a child's number one role model. What you say and do matters for how your teen views the world.

- Be a reliable source of information and facts so teens don't rely on peers for information about drugs.
- Practice with your teen ways to step away from bad situations so they become confident in their own choices.
- Be your child's parent, not their friend. Teens need reliable and trusted adults in their life.
- All teens are at risk of substance use. Empower your teen to be in charge of their choices.

LOVE



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- Make it ok for your teen to call you for help. Create a code word to use so you know when it's serious.
- Make goals that can be reached together and support each other in reaching them.
- It's never too late for prevention. No matter what happened in the past, it's always possible to make a better choice tomorrow.
- Be honest and open about drugs so your child knows where you stand.

Preparing our children for the future starts with preparing them for today each day based on their neural environment.



TEEN MENTAL HEALTH GUIDANCE



LISTEN



Engage in ongoing conversations and active listening while you and your child determine together what good mental health means.

- Anxiety and depression are common challenges teens face. Make your home a safe place to express feelings and talk about emotions.
- Let your child talk about what is on their minds. Make time everyday to check in with your teen.
- When your child is worried, help them problem solve.
- Focus on the present moment when you and your child are together.

LIMIT



Factor in your child's age, maturity level, their ability to make safe decisions when setting limits.

- Teach your teen to look after their own mental health by setting limits on screen time, getting enough sleep and eating food that nourishes the body and mind.
- Keep good company. Surround yourself and your teen with positive people.
- Help your teen learn to say no to things that cause them stress.
- Stay curious about what occupies your child's time. Ask questions.

LEAD



Parents are a child's number one role model. What you say and do matters for how your teen views the world.

- Help your teen set a goal to do one thing each day that makes them feel safe and happy.
- When you are calm, your teen will learn to be calm.
- Encourage physical activity as a way to decrease emotional stress. Physical health and mental health go hand in hand.
- Teach your teen independence by providing support and encouragement, not arguments or criticism.
- Help your child stay in touch with adults that are important to them.

LOVE



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- Most adults are not mental health professionals, so you aren't expected to have all the answers. When you place importance on mental health, your teen will notice.
- Be present in your child's life. Give them support when life gets hard.
- When children act out they are trying to tell you something. Ask and then listen.
- Support your teen in exploring new hobbies and interests.

Teens don't have a fixed sense of themselves as we do as adults - they need our assistance in developing a healthy sense of self.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

