

Help at Home: Strategies for Supporting Social-Emotional Growth

October 18, 2016 | 7:00pm

South Park Elementary School | 1421 Hackberry Road

After an overview of the social/emotional interventions used in District 109, you will be able to choose two (half-hour) breakout sessions led by District 109 clinical staff and administrators. These sessions will offer specific strategies for you to implement at home:

Strategies to alleviate anxiety: Discussion about anxiety and how it manifests in kids/how we can address it. The presentation will use research based data and anxiety reduction strategies as well as anecdotal first hand experience. *Facilitated by Alison Alves-Pigeon (School Psychologist at South Park Elementary) and Marissa Kaelter (School Psychologist at South Park Elementary)*

Social Thinking: Social Thinking lessons help students learn a systematic approach to navigating ambiguous and ever-changing social situations. These skills benefit children who have difficulty picking up on social cues by exposure alone, and leads students through a structured logical approach to support successful social interactions. Key concepts will be shared, as well as possible application ideas for home. *Facilitated by Genevieve Lukes (School Psychologist at Walden Elementary) and Simona Strugariu (School Psychologist at Walden and Kipling Elementary)*

Zones of Regulation: The Zones of Regulation is a curriculum designed to help students gain skills in regulating their emotions and actions in order to increase control and problem solving abilities. General overview of the program will be shared, as well as a "toolbox" of strategies for implementation at home. *Facilitated by Lisa Markarian (Guidance Counselor at Shepard Middle School) and Alison Chroman (Social Worker at Shepard Middle School)*

Establishing clear expectations at home: Have you ever found yourself in a power-struggle with your child? We will discuss the benefits of setting clear expectations in order to avoid behavioral escalations as well as ways to problem solve when things do not go as expected! *Facilitated by: Joanna Klopfer (Assistant Director for Student Services)*

My child complains about going to school...what do I do?: Practical strategies and materials to use with your kids in order to help them learn the importance of consistent school attendance. *Facilitated by: Chelsea Gray (Assistant Principal for Student Services at Shepard Middle School)*

Managing sensory and emotional regulation needs: Discussion about how sensory and emotional regulation impacts the learning and behavior of children. Practical strategies will be shared for how to help children maintain the appropriate amount of alertness in various situation as well as strategies for regulating emotions through modulating behavior in various situations. *Facilitated by: Jen Grady (School Psychologist) and Kat Armstrong (Early Childhood Teacher)*

Social Media and Online Safety: Discussion about the impact of social media on social-emotional functioning. Information will be shared specifically related to: cyberbullying, online safety, and how parents can support students in safe social media use. *Facilitated by: Meredith McDermott (School Psychologist) and Amanda Middleton (School Psychologist)*

Grit and resilience: It's okay to make mistakes! How to help your kids learn to take responsibility for themselves and their actions in order to develop the problem solving skills necessary to be resilient teens and adults.. *Facilitated by: Amy Chaness (School Social Worker at Caruso Middle School) and Brittany Zajac (School Guidance Counselor at Caruso Middle School)*

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