



Parent Alert Bulletin

The "Inside Out" of Emotions in Children



"It is important to act now. The earlier you start connecting with your kids, the better. If your kids aren't used to talking to you about what's going on in their lives when they are 8 or 10, it's harder to get them talking when they are 12-14."

https://www.casafamilyday.org/themes/FamilyDay/pdfs/Parent_Toolkit.pdf

Simple Ways to Connect with your Children:

- Ask Specific Questions
- Positive Talk
- Employ an Open Door Policy
- Say "I love you" Everyday
- Communicate Frequently with your Children
- Technology-free Family Time (Dinner, Activities, etc)



TALKING POINTS:

What makes you feel loved?

Have you ever been teased by a friend? How did it make you feel?

TheFamilyDinnerProject.org

Food, Fun & Conversation about Things that Matter.

Our belief in the "magic" of family dinners is grounded in research on the physical, mental and emotional benefits of regular family meals. Some of the specific benefits of family dinners are:

- Better academic performance
- Higher self-esteem
- Greater sense of resilience
- Lower risk of substance abuse
- Lower risk of teen pregnancy
- Lower risk of depression
- Less likely to develop eating disorders
- Lower rates of obesity

American Academy of Pediatrics states:

"When used inappropriately or without thought, media can displace many important activities such as face-to-face interaction, family-time, outdoor-play, exercise, unplugged downtime & sleep"

Why Parents Make a Difference

Having a Warm Supportive Relationship with Children is linked to:

Resiliency	Strong Social Skills
Increased SELF CONTROL	
Improved School Performance	Better Emotional Regulation
Regulation	Decreased Substance Abuse Use
Better Judgement	Self Confidence

<http://www.parenttoolkit.com/topics/social-and-emotional>

