



Lindbergh

Elementary School

Welcome!

October Parent Meeting



Today's Plan

- Discuss how to support our students in navigating school with confidence
 - including resolving conflict
 - fostering independence
 - building essential skills for social interactions



Why does this matter?

Confidence and independence help children with problem-solving, social skills, relationship building, academic success, emotional regulation and preparedness for future.



- Children who demonstrate independence are **30% more likely** to report having positive relationships with peers, which correlates with better social skills.
- Children encouraged to be independent showed a **40% improvement** in their problem-solving abilities in various tasks compared to those who were less independent.
- Independent children are **50% more likely** to successfully navigate transitions to middle school, indicating they are better equipped for increased academic and social demands.



Gallery Walk

Supporting our students in navigating school with confidence

- **including resolving conflict**
 - **fostering independence**
 - **building essential skills for social interactions**
-
- **What are you noticing when it comes to this topic?**



**What are some tips you
have for fostering
independence in our
students from a parent
perspective?**

**Consider: independence in resolving
conflict, building positive social
interactions at school**

Tips

- Let them try to solve problems themselves
 - ask them guiding questions
 - what do you think you should do?
- Teach them to identify problems by encouraging self-awareness and reflection
 - the more we encourage them to think about things they do and say, the more they can identify problems
 - ex. talking through choices they made, reflecting on their day with them
- I statements
 - "I feel _____ (insert feeling word) when _____ (share what caused this feeling)."

Tips

- Help your child understand the difference between bullying and other conflicts
- Tell your child to **report** bullying or other conflicts and to trust that the adult is handling it
- Teach your child ways to respond to bullying or teasing
 - stand up for themselves
 - ignore and walk away
 - tell an adult
 - support their peers if they witness them being bullied

Child Mind Institute

- Model Confidence
- Don't get upset about mistakes
- Encourage them to try new things
- Allow them to fail
- Praise perseverance
- Celebrate effort
- Embrace imperfection





Talking to children about inclusion

Resources

<https://www.pbs.org/parents>

Find Ways to Play

I want to get activities for ages

2-8 Select an age range ▼

that help with

Select topic ▼

My child watches

PBS KIDS Select show ▼

and I want to see

Select activity type ▼

Get Activities ▶



Help Your Child Learn & Grow

Get age-by-age tips and activities for:



Emotions & Self-Awareness



Social Skills



Character



Literacy



Math



Science



Arts