

## Today's Plan

- Discuss how to support our students in navigating school with confidence
  - o including resolving conflict
  - o fostering independence
  - o 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

- o including resolving conflict
- o 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
  - o 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



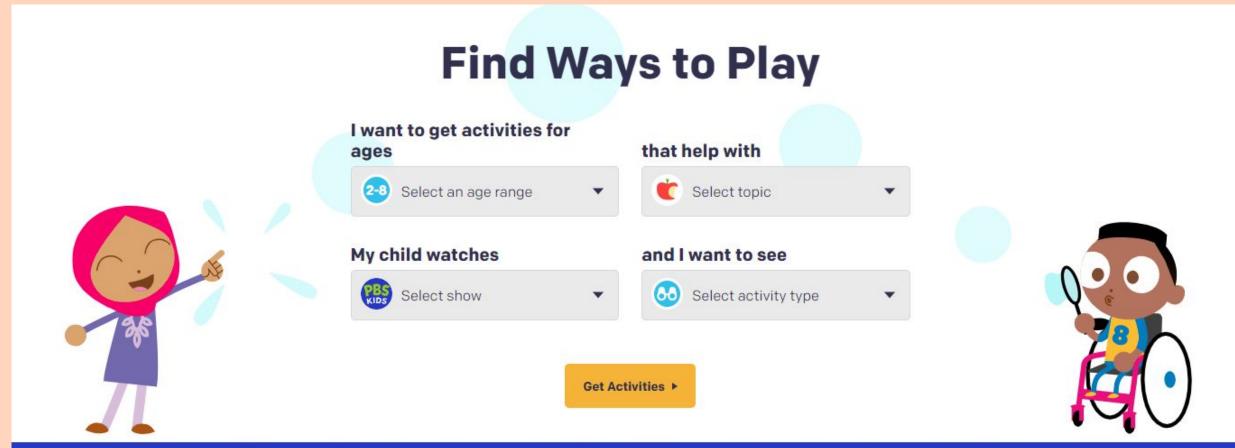
## Talking to children about inclusion





#### Resources

https://www.pbs.org/parents



#### **Help Your Child Learn & Grow**

Get age-by-age tips and activities for:



**Emotions & Self-Awareness** 



**Social Skills** 



Character

Literacy









Science



Arts