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10 Tips for building Social Emotional Learning skills with your child in elementary school

1. Be available and make the time to spend quality time with your child.
2. Listen and ask open-ended questions (that is, questions without a yes/no response).
3. Encourage your child's strengths and help build their interests by supporting them trying new activities and turning off screens.
4. Bit by bit, give independence; letting children make decisions and take risks helps them learn to weather life's storms.
5. Do your best to practice consistent discipline, not giving in to tantrums, and helping children manage sadness or frustration rather than just fixing things for them.
6. Set predictable routines, particularly for school days, that includes time for breakfast, downtime after school, and an early bedtime.
7. Seek out parent support from other parents, your school and other organizations, if needed.
8. Be aware of any issues from your own childhood that may have an impact on your parenting.
9. Take the time to take care of yourself, especially during stressful times.
10. Build relationships with your child's teachers, counselors, and administrators.

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10 Consejos para desarrollar habilidades de Aprendizaje Social Emocional con su hijo en la escuela primaria

1. Esté disponible y tómese el tiempo para pasar tiempo de calidad con su hijo.

2. Escuche y haga preguntas abiertas (preguntas sin una respuesta de sí / no).

3. Anime las fortalezas de su hijo y ayude a desarrollar sus intereses apoyándolos probando nuevas actividades y apagando pantallas.

4. Poco a poco, de independencia; dejar que los niños tomen decisiones y tomar riesgos los ayuda a aprender a resistir las tormentas de la vida.

5. Haz tu mejor esfuerzo para practicar una disciplina constante, no ceder a los berrinches, ayudar a los niños a manejar la tristeza o la frustración en lugar de simplemente arreglar la cosas para ellos.

6. Establezca rutinas predecibles, particularmente para los días escolares, que incluyen el tiempo para el desayuno, el tiempo de inactividad después de la escuela y la hora de acostarse temprano.

7. Busque el apoyo de otros padres, su escuela y otros organizaciones, si es necesario.

8. Tenga en cuenta cualquier problema de su propia infancia que pueda tener un impacto en tu paternidad.

9. Tómese el tiempo para cuidarse, especialmente durante momentos estresantes.

10. Establezca relaciones con los maestros, consejeros y administradores.

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Book list for ELEMENTARY SCHOOL PARENTS

How to Talk so Little Kids Will Listen: A Survival Guide to Life with Children Ages 2-7 by Joanna Faber & Julie King

Mothering with Courage by Bonnie Compton

Raising Your Spirited Child by Mary Sheedy Kurcinka

Raising Resilient Children: Fostering Strength, Hope and Optimism in Your Child by Robert Brooks & Sam Goldstein

The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind by Daniel J. Siegel

No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind by Daniel J. Siegel

Building Resilience in Children and Teens: Giving Kids Roots and Wings by Kenneth R. Ginsburg MD

The Blessing of a Skinned Knee by Wendy Mogel

The Gardener and the Carpenter: What the New Science of Child Development Tells Us About the Relationship Between Parents and Children by Alison Gopnik

Second Nature: How Parents Can Use Neuroscience to Help Kids Develop Empathy, Creativity, and Self-Control by Erin Clabough, Ph.D.

Book list for STUDENTS

Look Out Kindergarten, Here I Come by Nancy Carlson

First Day Jitters by Julie Danneberg

School's First Day of School by Adam Rex

Understanding Myself: A kid's guide to intense emotions and strong feelings by Mary C. Lamia

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11 Tips for building Social Emotional Learning skills with your child in middle school

1. Be available and make the time to spend time with your child, especially having fun together
2. Know that they want to spend time with you even if they aren't saying it or showing it
3. Listen, listen, listen, especially without giving advice all the time
4. Consider that your child may need time to answer difficult questions or manage stressful situations and give them space to do so
5. Encourage your child's strengths and interests; support their decision making, even when it's not what you want
6. Work with your child to find the balance of too much support and not enough support, especially in terms of homework, extracurricular activities, and their social lives
7. Get to know their friends and be friendly with them
8. Seek out support from other parents and other organizations, if needed
9. Be aware of any issues from your own adolescence that may be interfering with your relationship with your child
10. Take the time to take care of yourself, especially during stressful times
11. Build relationships with your child's teachers, counselors, and administrators of the school; work collaboratively with them for the benefit of your child's successes

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11 Consejos para desarrollar habilidades de Aprendizaje Social Emocional con su hijo en la secundaria

1. Esté disponible y tómese el tiempo para pasar tiempo con su hijo, especialmente divirtiéndose juntos.

2. Sepa que quieren pasar tiempo con usted, incluso si no lo dicen o lo muestran.

3. Escucha, escucha, escucha, especialmente sin dar consejos todo el tiempo

4. Tenga en cuenta que su hijo puede necesitar tiempo para responder a preguntas difíciles o manejar situaciones estresantes y darle espacio para hacerlo.

5. Animar las fortalezas e intereses de su hijo; apoyar las decisions que hacen, incluso cuando no es lo que quieres.

6. Trabaje con su hijo para encontrar el equilibrio entre demasiado apoyo y poco apoyo, especialmente en términos de tareas, actividades extracurriculares y sus vidas sociales.

7. Conozca los amigos y sea amigable con ellos.

8. Busque el apoyo de otros padres y otras organizaciones, si es necesario.

9. Tenga en cuenta cualquier problema de su propia adolescencia pueda estar interfiriendo con su relación con su hijo

10. Tómese el tiempo para cuidarse, especialmente durante momentos estresantes.

11. Establezca relaciones con los maestros, consejeros y administradores de la escuela de su hijo; trabaje en colaboración con ellos para el beneficio del éxito de su hijo.

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Book list for **MIDDLE SCHOOL PARENTS**

Yes, Your Teen is Crazy! Loving Your Kid Without Losing Your Mind by Michael J. Bradley (Please excuse this title and consider putting a book cover on it)

Parenting Teens with Love and Logic by Foster Cline and Jim Fay

How to Talk So Teens Will Listen and Listen So Teens Will Talk by Adele Faber and Elaine Mazlish

Inside the Teenage Brain: Parenting a Work in Progress by Sheryl Feinstein

Building Resilience in Children and Teens: Giving Kids Roots by Kenneth R. Ginsburg, MD

Letting Go with Love and Confidence: Raising Responsible, Resilient, Self-Sufficient Teens in the 21st Century by Kenneth Ginsburg and Susan FitzGerald

Getting to Calm: Cool-headed Strategies for Parenting Teens and Tweens by Laura Kastner and Jennifer Wyatt

The Blessing of a Skinned Knee/B Minus by Wendy Mogel

The Everything Tween Book: A Parent's Guide to Surviving the Turbulent Pre-Teen Years (Everything Series) by Linda Sonna

Grow The Tree You Got & 99 Other Ideas for Raising Amazing Adolescents and Teenagers by Tom Sturges

Second Nature: How Parents Can Use Neuroscience to Help Kids Develop Empathy, Creativity, and Self-Control by Erin Clabough, PhD

Book list for **STUDENTS**

Too Old for This, Too Young for That!: Your Survival Guide for the Middle-School Years by Harriet S. Mosatche and Karen Unger
Written for "tween" kids to read and understand about upcoming changes

American Medical Association Boy's Guide to Becoming a Teen. from the American Medical Association and byKate Gruenwald Pfeifer and Amy B. Middleman
Puberty facts for boys

American Medical Association Girl's Guide to Becoming a Teen from the American Medical Association by Kate Gruenwald and Amy B. Middleman
Puberty facts for girls

The Care & Keeping of You: The Body Book for Girls (American Girl Library) by Valorie Schaefer and Norm Bendell
Puberty facts for girls in an American Girl format

Understanding Myself: A kid's guide to intense emotions and strong feelings by Mary C. Lamia, PhD
Written for ages 8-13