

# Healthy Children

February 2019 Parent Newsletter



## Positive Parenting

The way you support and guide your child has an impact on their well-being. A positive authoritative parenting style means being warm and nurturing while still having expectations and clear rules. When you parent in a positive authoritative way, you can help children to become psychologically healthy and confident and develop good social and emotional regulation, reasoning, problem-solving and decision making skills.

**Be consistent, fair and clear.** Make sure your child knows the consequences for their actions in advance and is clear on what will happen when rules are broken.

**Follow through.** Children are less confused, frustrated and anxious when they know what is expected of them. When discipline is necessary, don't jump to punishment, focus on

what has been learned and ask for your child's ideas of what to do.

**Be a positive role model.** Learn to identify and manage your own emotions as a parent so you can teach these skills to your child. Hold the same expectations for your own behaviour as you do for your child.

**Communicate supportively.** Encourage independence and the expression of opinions. Listen so your child feels understood and explain reasons for your decisions in a way that makes sense to your child.

Always show your child love and warmth, even if you disagree with something they have done.

➤ **For more ideas on being a supportive parent in a strong family, visit <http://yllumyhome.com/>**

## Articles

Positive Parenting

Parents Matter:  
Getting involved in  
your child's school  
experience

One of the most common things that people identify as a benefit of smoking is stress relief. But did you know that many studies show that smoking can actually increase stress? What smoking does is relieve nicotine withdrawal symptoms, which can be stressful, but this is only short term.

Quitting is hard, but it is easier with help. You can call AlbertaQuits at 1-866-710-QUIT or visit [www.AlbertaQuits.ca](http://www.AlbertaQuits.ca)



Alberta Health  
Services

## Parents Matter: Getting involved in your child's school experience

Research confirms what many parents have long suspected to be true: when parents play an active role in their child's education, kids benefit. They develop positive attitudes toward school and learning, and are more likely to earn higher grades and stay motivated.

As a parent or caregiver, there are many ways you can get involved in your child's school experience. Here are some examples:

- Stay in the loop with your child's teacher – follow classroom blogs, e-newsletters and other online forums, and participate in student-led conferences.
- If you can, set aside time to go to school-wide activities like student performances, school barbecues and charitable events, or help out with field trips.
- Attend a school council meeting – often these include speakers and discussions about ways to support your child's learning and well-being.



- Ask the principal and teachers about ways you can share your talents. Careers, hobbies and cultural experiences make parents “natural teachers”.
- Talk to your child about what's going on at school. Spend time together.

All of these examples are meaningful and important. They all contribute to healthy relationships between home, school and community.

If your hectic schedule makes it hard to be engaged, get creative! Principals and teachers know that good schools get even better when parents are involved, and most are looking

for new ideas about how to be flexible with families. Some now offer drop-in “coffee and conversation” evening events or encourage school garden volunteers to stop by on the weekends. Others offer community-based activities for the whole family, like book exchanges, public skating and family dances.

To learn more, check out Alberta Education's brief video about family engagement to support mental health in schools. It's the third video in a four-part series available here: <https://education.alberta.ca/mental-health/information-and-resources/everyone/videos/>