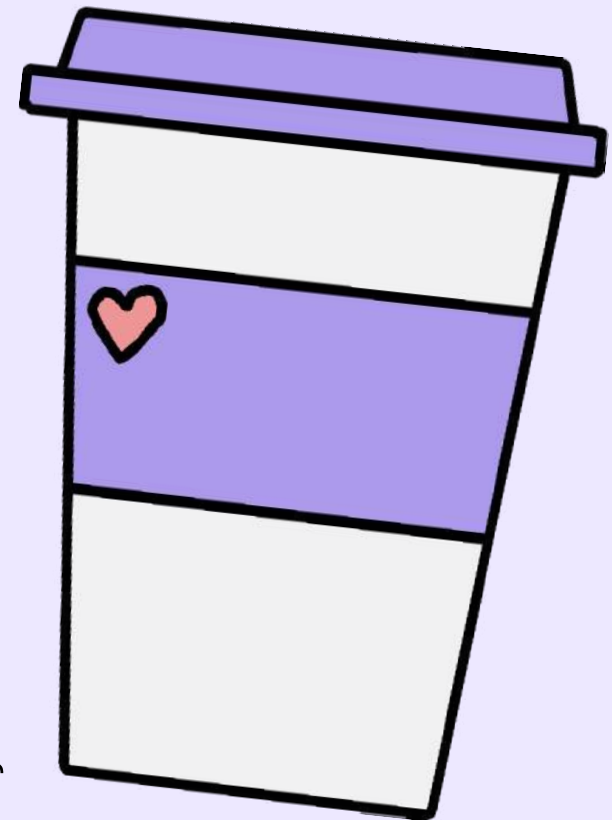


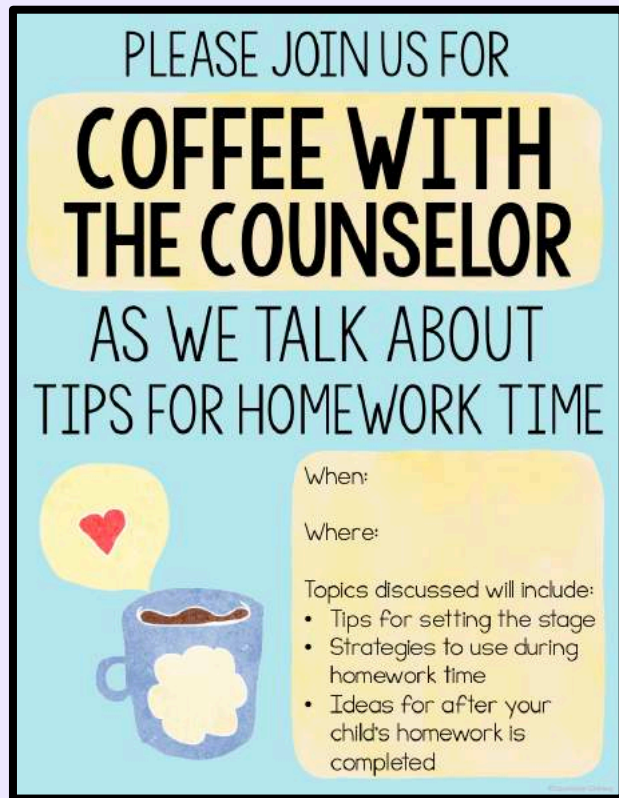
This resource includes everything you need to host parent workshops on the following topics:

- Anger Management For Kids
- Anxiety
- Bullying
- Confidence and Self Esteem
- Homework Tips
- Internet Safety
- Mindfulness
- Positive Discipline
- Parent-Child Relationship Building
- The Role Of The School Counselor



Each of the 10 topics include:

A printable flyer to promote your event

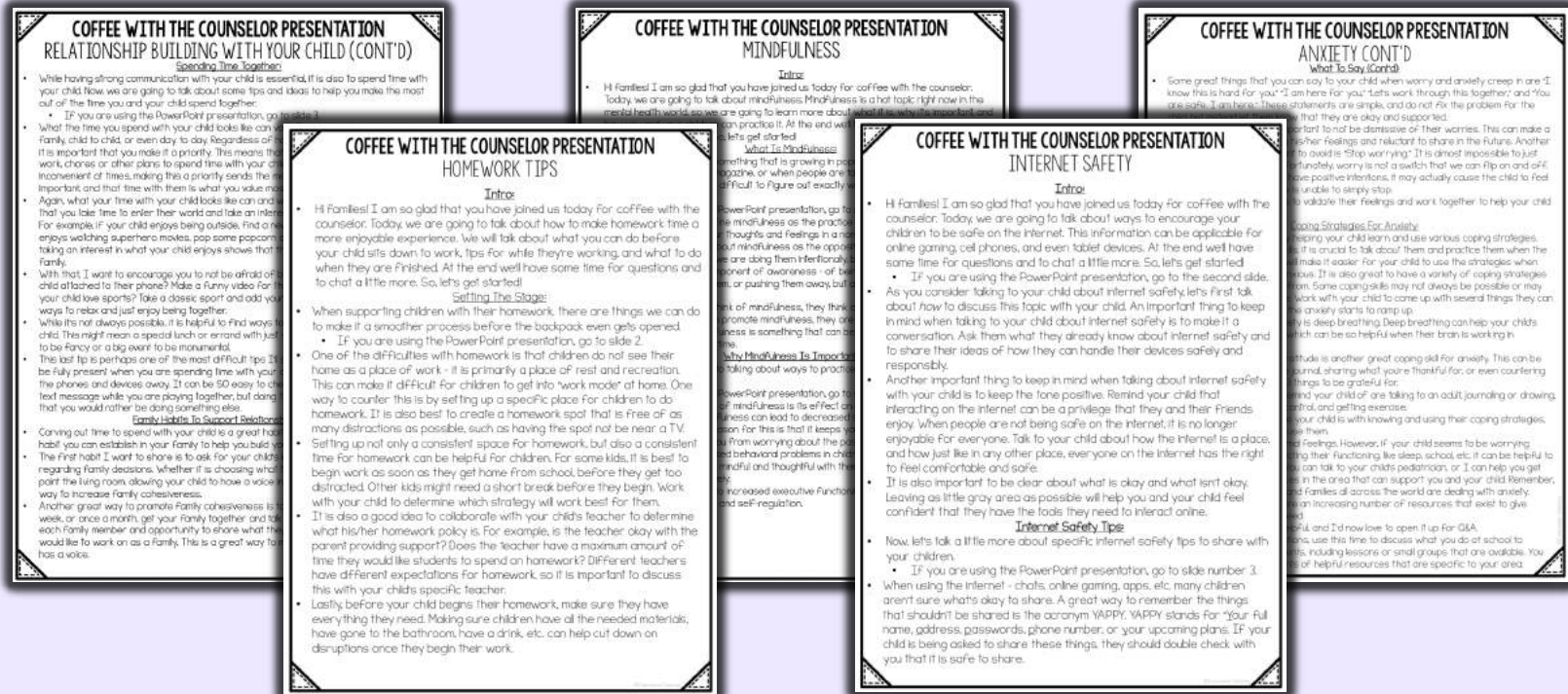


A social media image to promote your event



The text on all materials can be edited to best suit the needs of your students and families!

Each of the 10 topics include a complete script for a 15 minute presentation.



The text on all materials can be edited to best suit the needs of your students and families!

Each of the 10 topics include a handout for families.

ADDRESSING MISBEHAVIOR WITH POSITIVE DISCIPLINE

BE PROACTIVE!

- Nurture your connection with your child
- Help your child learn self-regulation skills
 - Work with your child to create a calm-down space
 - Model positive self-regulation skills
- Work with your child to set clear behavior expectations and consequences
 - This can include negative consequences for misbehavior
 - Provide opportunities for your child to make choices
 - Give him/her limited choices
- Be consistent - make a habit of meaning what you mean.

ADDRESSING MISBEHAVIOR

- Stay calm. Take time to manage your own emotions.
- Address the behavior, not the child.
- Follow through with consequences - positive and negative.
- Use logical consequences.
- Help your child use their coping skills.
- Work with your child to help them problem solve.
- Consider what need your child is trying to meet.
- When possible, address behavior concerns privately.
- Avoid using shame to discipline your child.

*Positive discipline is based on maintaining a connection with your child using kindness and firmness at the same time.

TIPS FOR TALKING ABOUT INTERNET SAFETY

ESTABLISH EXPECTATIONS

- ☐ Talk with your child about the websites/apps he/she is allowed to use.
- ☐ Talk with your child about privacy. Remind them of the importance of not sharing information like their full name, address, passwords, phone numbers, or social media accounts.

• From talking to strangers to sharing their privacy settings on social media.

• Monitor internet use. Talk to your child about what apps or websites are safe to use and see what potential dangers they see. Help your child about ways to stay safe online. Frequently, so stay safe.

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TIPS FOR SUPPORTING KIDS WHO FEEL ANXIOUS

TIPS FOR PARENTS:

- Talk to your child about how they are feeling. Acknowledge that their feelings are valid and that you are there to support them. Keep an open conversation about how they are feeling.
- Establish a time of the day or week to discuss what your child is worried about. If you have worries, have them write the worries down and then go through them together during the time or

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THE ROLE OF THE SCHOOL COUNSELOR

THE COUNSELOR DOES...

- ☐ Work with all students
- ☐ See students in the classroom, small groups and individually.
- ☐ Help students emotionally, socially, and academically.
- ☐ Care about the difficult things students are experiencing, as well as their successes.
- ☐ Want all students to feel safe at school and at home.
- ☐ Work with teachers and families to help students be their best.

THE COUNSELOR DOES NOT...

- ☐ Only see students who get in trouble a lot.
- ☐ Have a magic wand to fix problems.
- ☐ Tell anyone what students say unless they share that someone is hurting them, they want to hurt themselves, or they want to hurt someone else.
- ☐ Judge students or families for what they share or don't share.
- ☐ Punish students or get them in trouble.
- ☐ Do long-term mental health counseling.

MY CONTACT INFORMATION:

Email:
Phone:
Hours:

CONFIDENCE BUILDING TIPS FOR KIDS

SETTING A CULTURE OF CONFIDENCE

- Give your child opportunities to learn and try new things.
- Help your child set goals and work with them to accomplish their goals.
- Give your child age-appropriate responsibilities.
- Model positive self-esteem.
- Avoid comparing your child to peers and/or siblings.
- Encourage your child to pursue their interests.

ADDRESSING FAILURE AND STRUGGLES

- Let your child know that you are there if they need help, but encourage them to do as much as possible on their own.
- Praise your child for their effort - not the outcome.
- Talk to your child about how they can learn from their mistakes and failures.
- Remind your child that their mistakes and failures do not define them.
- Talk with your child about challenges they have overcome in the past.

DAILY PRACTICES

- Share one reason that you are thankful for your child.
- Encourage your child to begin each day with a positive affirmation.
- Ask your child to share one thing from the day that he/she is proud of.

The text on all materials can be edited to best suit the needs of your students and families, and come in color and b&w!

Each of the 10 topics include a short PowerPoint presentation.



The text on all materials can be edited to best suit the needs of your students and families.

This resource includes a list of tips and tricks for an effective Coffee With The Counselor event - including how to do it virtually!

WHAT'S INCLUDED IN THIS RESOURCE:

This resource includes no-prep parent workshop materials for the following ten topics: Anger management for kids, anxiety, bullying, confidence and self-esteem, homework tips, internet safety, mindfulness, positive discipline, parent-child relationship building, and the role of the school counselor.

In the folder for each topic, you will find a PPT and a PDF - two forms - editable and non-editable. You can use them during the presentation, however it is not necessary.

You will also find a folder of handouts and scripts, both editable and non-editable. The script tells you exactly what to say during the presentation. This is also perfect to use if you want to turn presentations into pre-recorded videos. The handouts are color and black and white and can be given to parents at the event. Lastly, in this document you will find a list of tips on how to use to promote your event. This can be used at the school or sent home with students to get the word out.

For each topic, you will also find an image for social media, both editable and non-editable. You can post them on your school's social media to get the word out about your event.

On page 2 of this document, you will find tips on how to promote that your coffee with the counselor event is interesting and that you are interested in doing a digital coffee with the counselor. These can be found on page 3 of this document.

COFFEE WITH THE COUNSELOR TIPS & TRICKS

Before The Event:

- Begin promoting your event 2-3 weeks ahead of time. If you begin promoting before this, parents may forget about the event, but if you don't promote early enough, they may have other commitments. Start promoting to parents when your event coincides with times when they are at the school. For example, drop-off, pick-up, or after school. This removes the barrier of asking them to come to the school. Promote the event on the school's social media page. However, don't forget to personally invite parents you see or work with. Offer an incentive for attendance. For example, you can offer a gift card to a coffee shop, or a coffee gift certificate to parents who show up.

During The Event:

When the counselor, you will want to provide coffee and sugar. If you need funding for this, reach out to the school's PTA. Remember, it doesn't cost much! For parents/guardians, it is a good idea to have an activity for any children that the adults might be bored with. This could be coloring pages, Play-Doh, building blocks, etc. You can cut down on the distractions during the meeting.

After The Event:

After the event, reach out to the parents that you see. Ask them how they have been applying what they learned at the event and how they have been applying what they learned. It may take a few meetings to set the culture and get the word out about the work you are doing.

TIPS FOR A DIGITAL COFFEE WITH THE COUNSELOR

Hosting a digital "Coffee With The Counselor" is a great way to engage with and support parents during a period of distance learning, or over a school break like summer vacation. This can be done in two ways - as a "live event" or as a pre-recorded.

How To Do A "Live Event"

- For this option, you can use a video chat service like Zoom, Google Meet, etc. You can promote the event via e-mail, social media, or on whatever platform your students and their families are using.
- During the event, you can show parents the PowerPoint by sharing your screen as you talk about the information you want to share. At the end of the presentation, you will have the opportunity to answer any questions the parents may have or share information that is specific to your school or area.
- You can then e-mail or upload the handout that goes with that specific topic.
- When scheduling this event, it might be helpful to choose a time when their children are in bed. This can help cut down on distractions and increase the likelihood that parents would attend.

How To Do A Pre-Recorded Event

- Some parents may not have the time or resources available for a "live" event. If this is the case for the families in your school community, consider creating pre-recorded videos using the information in this resource.
- You can then share the videos via e-mail, post them on Google Classroom, Class Dojo, or any other closed platform. Parents can then access the information as needed.
- If you are sharing information in this way, you can go through the PowerPoint while recording your computer screen using Screen-Cast-O-Matic, Quick Time Player, or any other screen recording tool. As you do this, you can simply read through the script provided for that topic. Then, you can attach the handout for the families to access if they would like more information.

What others are saying...

“One of my favorite resources to use with families. There's enough topics to cover monthly meetings for the entire school year!”—Nancy R.

“This resources was very easy to implement! I will be hosting my first Coffee with the Counselor and this resource had everything I needed. I highly recommend it.”

“AMAZING resource! These plans make hosting a Coffee with the Counselor event an absolute breeze. Thank you for creating this!”—Allison Y.

Want More Family Resources? Bundle & Save!



The Parent and Family Resource Bundle includes 7 resources that will help you communicate and connect with the families at your school while support their child's social emotional learning.

SEE THE BUNDLE HERE!