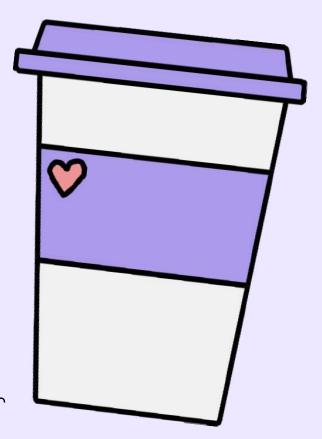
This resource includes everything you need to host parent workshops on the following topics:

- 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

PLEASE JOIN US FOR

COFFEE WITH
THE COUNSELOR

AS WE TALK ABOUT
TIPS FOR HOMEWORK TIME

When:
Where:

Topics discussed will include:

Tips for setting the stage
Strategies to use during homework time
Tideas for after your child's homework is completed

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.

COFFEE WITH THE COUNSELOR PRESENTATION RELATIONSHIP BUILDING WITH YOUR CHILD (CONT'D)

- Spending Time Together:
 While having strong communication with your child is essential, it is also to spend time with your child flow we are gaing to talk about some tips and taleas to help you make the most
- out of the time you and your child spend together.

 If you are using the PowerPoint presentation, what the time you spend with your child tooks like or Family child to child, or even day to day Recordings tamily, and to and, or even day to day, wegandess : It is important that you make it a priority. This means work, chores or other plans to spend time with you inconvenient of times, making this a priority sends th Important and that time with them is what you value
- Again, what your time with your child looks like can ar that you take time to enter their world and take an in For example, if your child enjoys being outside, find a enjoys walching superhero movies, pop some popco taking an interest in what your child enjoys shows the
- With that I want to encourage you to not be afraid a child attached to their phone? Make a furny video for your child love sports? Take a classic sport and add y ways to relax and just enjoy being together. While it's not always possible, it is helpful to find w
- child. This might mean a special lunch or errand with
- to be forcy or a big event to be monumental.

 This last tip is perhaps one of the most difficult tips, be fully present when you are spending time with yo the phones and devices away. It can be 50 easy to text message while you are playing together, but do that you would rather be doing something else.
- Family Habits To Support Relati Carving out time to spend with your children great ha habit you can establish in your family to help you build The first habit I want to share is to ask for your chill regarding family decisions. Whether it is choosing a paint the living room allowing your child to have a w
- way to increase family cohesiveness Another great way to promote Family cohesiveness week, or once a month, get your family together and each Family member and apportunity to share what would like to work on as a Family. This is a great way

COFFEE WITH THE COUNSELOR PRESENTATION **MINDFULNESS**

Hi families! I am so glad that you have jained us today for coffee with the counselo. Today, we are going to talk about mindfulness. Mindfulness is a hat topic right naw in.

What Is Mindfulness

COFFEE WITH THE COUNSELOR PRESENTATION

more enjoyable experience. We will talk about what you can do before

Setting The Stage

to make it a smoother process before the backpack even gets opened.

One of the difficulties with homework is that children do not see their home as a place of work - It is primarily a place of rest and recreation.

way to counter this is by setting up a specific place for children to do

homework. It is also best to create a homework spot that is free of as

many distractions as possible, such as having the spot not be near a TV.

Setting up not only a consistent space for homework, but also a consistent

time for homework can be helpful for children. For some kids, it is best to

begin work as soon as they get hame from school before they get too

distracted. Other kids might need a short break before they begin. Work

It is also a good idea to collaborate with your child's feacher to determine

parent providing support? Does the teacher have a maximum amount of

have different expectations for homework, so it is important to discuss

everything they need. Making sure children have all the needed materials,

Lastly, before your child begins their homework, make sure they have

have gone to the bathroom, have a drink, etc. can help cut down on

ime they would like students to spend on homework? Different teachers

what his/her homework policy is. For example, is the teacher okay with the

with your child to determine which strategy will work best for them

This can make it difficult for children to get into "work mode" at home. One

If you are using the PowerPoint presentation, as to slide 2.

When supporting children with their homework, there are things we can do

to chat a little more. So, let's get started

this with your child's specific teacher.

disruptions once they begin their work.

Hi families II am so glad that you have joined us today for coffee with the counselor. Today, we are going to talk about how to make homework time a auchts and feetings in a your child sits down to work, tips for while they're working, and what to do when they are finished. At the end well have some time for questions and

m wordsmin about th ful and thoughtful wit

COFFEE WITH THE COUNSELOR PRESENTATION

ay to your child when

feeings and reluctant to share in the Future. Another id is 'Stop worrying' It is almost impossible to just by worry is not a switch that we can flip on and off.

ng your child learn and use various coping strategies. I crucial to talk about them and practice them when the It easier for your child to use the strategies when with your child to come up with several things they ca

drild of are taking to an adult journaling or draw

talk to your child's pediatrician, or I can help you get

duding lessons or small groups that are available.

COFFEE WITH THE COUNSELOR PRESENTATION

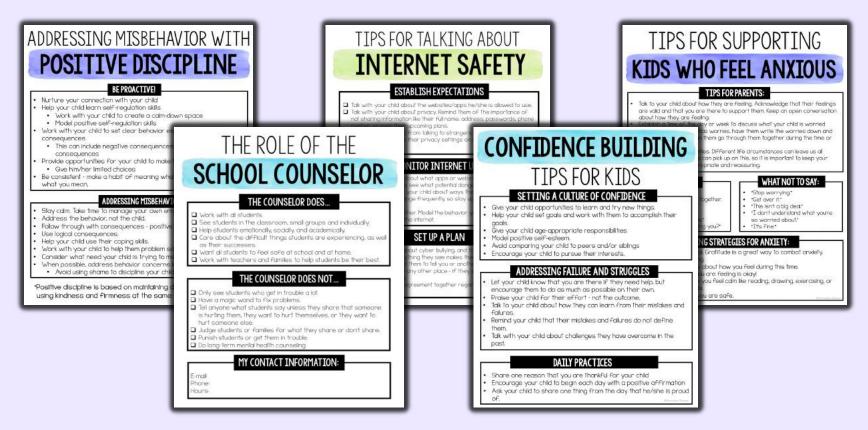
- H families I I am so glad that you have joined us today for coffee with the counselor. Today, we are going to talk about ways to encourage your children to be safe on the internet. This information can be applicable for online gaming, cell phones, and even tablet devices. At the end well have some time for questions and to chat a little more. So, let's get started
- . If you are using the PowerPoint presentation, go to the second side. As you consider taking to your child about internet safety, let's first tak about how to discuss this topic with your child. An important thing to keep in mind when taking to your child about internet safety is to make it a conversation. Ask them what they already know about internet safety an to share their ideas of how they can handle their devices safely and
- with your child is to keep the tone positive. Remind your child that interacting on the internet can be a privilege that they and their Friends enjoy. When people are not being sofe on the internet, it is no longer enjoyable for everyone. Talk to your child about how the internet is a place and how just like in any other place, everyone on the internet has the right to feel comfortable and safe.
- It is also important to be clear about what is okay and what isn't okay. Leaving as little gray area as possible will help you and your child feel confident that they have the tools they need to interact online.

Internet Safety Tips:

- Now, let's talk a little more about specific internet safety tips to share with
- If you are using the PowerPoint presentation, go to side number 3. When using the internet - chats, online gaming, apps, etc. many children aren't sure what's akay to share. A great way to remember the things that shouldn't be shared is the acronym YAPPY, YAPPY stands for Your full name, gadress, gasswords, phone number, or your upcoming plans. If your child is being asked to share these things, they should double check with

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.



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, arxiety, 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 two forms – editable and non-editable. You during the presentation, however it is not no

You will also find a folder of handouts and and non-editable. The script tells you exactly presentation. This is also perfect to use if y presentations into pre-recorded videos. The color and slock and white and can be given event. Lastly, in this document you will find can use to promote your event. This can be school or sent home with students to get the event.

For each topic, you will also find an image f and non-editable. You can post them image to get the word out about your event.

On page 2 of this document, you will find tig that your coffee with the counselor event is interested in doing a digital coffee with the 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 before this, parents may forget about the event, but if you don't will tice, they may have other commitments.

parents when your event coincides with times when by at the school. For example, drop-off, pick-up, or ce night. This removes the barrier of asking them to the school.

the school, and announce your event on the school's age. However, don't forget to personally invite ou see or work with.

er an incentive for attendance. For example, you f a gift card to a coffee shop, or a coffee gift parents who show up.

During The Event:

In the counselor, you will want to provide coffee as and sugar. If you need funding for this, reach out to ation or your school's PTA. Remember, it doesn't asy!

vent is for parents/guardians, it is a good idea to be activity for any children that the adults might id be coloring pages, Play-Doh, building blocks, etc. can cut down on the distractions during the meeting.

After The Event:

parents that you see. Ask them how they have been event and how they have been applying what they

uraged if a small amount of parents show up to your is. It may take a few meetings to set the culture and cited 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 pre-recorded.

How To Do A "Live Event"

- For this option, you can use a video ohat service like Zoom, Google Meet, etc. You can promote the event via e-mail, social media, or on whatever plotform 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 out 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-OMatic, Quick Time Player, or ary 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

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!