



## Weekly Newsletter

Maya Perry, LCMHC

# Tips for adapting to your new role as "teacher"



Effective Parenting: Be encouraged and an encouragement to your child(ren).

Parents, I know, the transition into your new "teaching career" was very unexpected, and possibly overwhelming, causing challenges and frustration. This may have been an added pressure on top of your regular job and family responsibilities. Below are some tips to help you and your child go through this journey in a positive and manageable way.

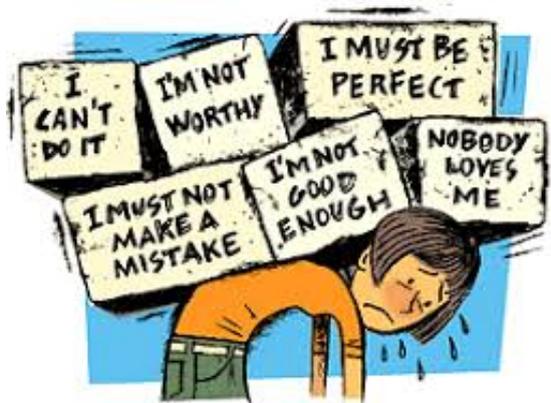
- Focus on your child's strengths, not his/her weaknesses
- Praise and encourage your child's efforts in the right direction

(not just the end product).

- Set up tangible reward programs for doing the small steps it takes to learn something new.
- Be enthusiastic about your child's school projects/work
- Collaborate with the teacher.
- Be realistic about your expectations—follow your child's lead in terms of what he/she is developmentally ready for.
- Share something that was hard for you to learn to assure them that they aren't alone.
- Project a positive image of your child's ability in the future.
- When you find yourself getting frustrated, take a 5-10 minutes break.
- Breathe...For 4 seconds, slowly inhale through the nose, for 4 seconds, slowly exhale through the mouth. (If you can do this for 4 seconds, you're at a calm state. If not, keep breathing.)
- Speak calmly to your child about what you want them to do verses yelling at them regarding what they aren't doing.
- Pace yourself. Set a schedule, if need be, so neither you nor your child will feel overwhelmed.

Parents, please, be encouraged during this time, and remember to be an encouragement to your child(ren).

\*School related excerpts from Incredible Years Program\*



## Virtual Self-Esteem Group for Teens

[Visit Website](#)

Katelyn Jakobsen, LCMHCA

Thursday from 4-5pm

\$200 Deposit

\$50 per meeting

If your teen is experiencing:

- Negative self talk
- Low motivation
- Decline in previous activities
- Lack of hope in relation to the future
- Difficulty making and maintaining new friends
- Frequent comparison to peers
- Difficulty taking compliments

In group your teen will learn:

- Self-acceptance and gratitude
- Improve self esteem and self confidence
- Identify internal strengths
- Distinguish between internal and outer beauty
- Understand cultural influences on beauty expectations
- Develop healthy social media consumption habits
- Increased ease in answering the question, "who am I?"

[Schedule a Free Phone Consultation](#)

**Thanks for Reading!**

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## **Krippa Family Psychological & Wellness Services**

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