

CENTER STREET CENTER

Class is back in session. Whether your children attend public or private, kindergarten, 10th grade, or college - you play a critical role in their success. Here are our top 10 ways parents can help:

1. *Create a Positive Learning Environment:* Establish a comfortable and well-lit study space at home. Minimize distractions like TV and video games during study time. Encourage a love for learning by making it enjoyable and rewarding.
2. *Set Clear Expectations:* Communicate your expectations for academic performance and behavior. Children will most often rise to the level of expectations put on themselves or by others.
3. *Establish a Routine:* Develop a daily or weekly schedule that includes time for homework, chores, and extracurricular activities. Consistency in routines helps children develop good study habits. This also helps form effective time management skills.
4. *Stay Informed:* Stay involved in your child's education by attending parent-teacher conferences and school events. Monitor their progress and ask about their schoolwork regularly.
5. *Encourage Critical Thinking:* Ask open-ended questions to stimulate their thinking. Encourage discussions about current events and complex issues.
6. *Support Homework:* Help with homework when needed by offering guidance and explanations, not answers.
7. *Foster Independence:* Encourage your child to take responsibility for their education. Let them make choices and learn from their mistakes. Failure helps children learn success.
8. *Offer Emotional Support:* Be a source of support and encouragement. Help them deal with stress and anxiety related to school. Notice if their behavior is off - and ask them about it.
9. *Celebrate Achievements:* Through the recognition of their hard work and effort.
10. *Promote a Growth Mindset:* Encourage your child to view challenges as opportunities for growth. Teach them that intelligence and abilities can be developed through effort and persistence.

Remember, every child is unique, and what works for one may not work for another. Be flexible in your approach and adapt to your children's needs and learning style. Most importantly, maintain open lines of communication with your child, so they feel comfortable discussing their concerns and seeking help when needed.

LETTER FROM THE DIRECTOR

As the school year rolls in, it reminds me of the many lessons I learned in graduate school regarding grit and resilience. The use of rewards - whether stickers, extra screen time, participation trophies, money, even a parent who gave their child a car for earning a 4.0 in high school - is a huge part of resilience training. Rewards are *temporary*. They offer a fleeting moment of happiness and accomplishment. But the *feeling* one gets when you accomplish something, lasts a long time and provides increased motivation to feel that feeling again. When your child does well at something, rather than give them a reward, tap into how they feel and how *you* feel about their hard work and effort in earning that reward. Rewards theory ties into the concept of a growth mindset. Give it a try and let me know how it goes!

En buena salud! In good health Dr. Tracy E. Hill

Did You Know?

Did you know that praise is not always good for your child? Of course, you want to tell your child how great they are—after all, they are smart, intelligent, and athletic! However, research shows that calling your kids 'great' and 'smart' isn't going to cut it. Certain types of praise can stunt a child's performance. Dr. Carol Dweck's research (Stanford University) has been telling us for decades that the best way to improve performance is to praise effort over intellect. More recently, Dr. Andrew Huberman's lab studies confirm (Stanford School of Medicine) that performance and grit are inextricably linked to the praise people receive and give themselves, as well as whether or not they can learn and adopt a growth mindset. "It turns out that the kind of praise or feedback that we receive that attaches our identity to performance can actually undermine our performance," he says in the [podcast episode](#) on how to enhance performance. When parents tell their children they are smart or talented, it limits the child's potential. *So how should you praise your child to maximize their potential?* Praise a child's effort or the process of working hard on something. This type of praise increases the child's propensity to do better and seek out more challenging tasks. Praise should not be attached to a child's identity - such as "you're so smart." Praise should be reflected in their effort or skill set such as "you worked really hard on that project." This is known as fostering a growth mindset. Children rise to the level of expectations put on them by their teachers, coaches, parents, etc. It connects motivation to cognition. There is so much more on this topic and we encourage you to explore and research it!



SELF CARE

As children go back to school and you do way more running around, take the time to slow down. Children need to understand that you cannot be everywhere at the same time. Self care is knowing when to say 'no' and giving yourself time to breathe, relax, and take it easy.

BLENDED FAMILIES

Make sure homework is done on your custodial time, too. Don't leave their homework for the other parent. Co-parenting means not only doing the fun things, but also include those parenting tasks that may not be as fun - homework and chores.

PSYCH SPOTLIGHT

If you think your child needs an evaluation for school support, reach out to your school guidance counselor or psychologist. PA school code (Pa. Code §§ 14.123 and 14.124) gives the school 60 calendar days after consent to complete the evaluation.