


NURTURING YOUR CHILD'S DEVELOPMENT FOR SCHOOL SUCCESS:

Cognition and Language Development (Part 1)
&
Motor and Social-Emotional (Part 2)




Empowering Your Child to Succeed at School:
 Strategies for Parents



Making the Home to School Connection:
 Preparing you and your child for a successful school experience.....



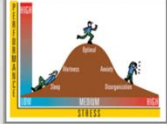
Surviving STRESS
 A physical, mental, or emotional response to events that cause bodily or mental tension



Parenting Workshops



NAVIGATING ADOLESCENT DEVELOPMENT:
 PREPARING FOR CHANGE & TRANSITION



MANAGING STRESS AND ENHANCING WELL BEING

And more...

Genesis of the Parenting Workshops: Elementary

- Parent education is an important component in the success of student learning.
- As a result of the Strategic Operating Plan (SOP) that addresses Intervention and Prevention, Parenting Workshops were developed to bridge an awareness to parents.
- During the 2013-14 school year, five (5) elementary school parent presentations were developed:
 - Nurturing Your Child's Development for School Success: Understanding Typically Developing Children (ages 3-6 & 7-11)
 - Empowering Your Child to Succeed at School: Strategies for Parents
 - Making the Home to School Connection
 - Surviving Stress

Elementary Parent Modules Piloted

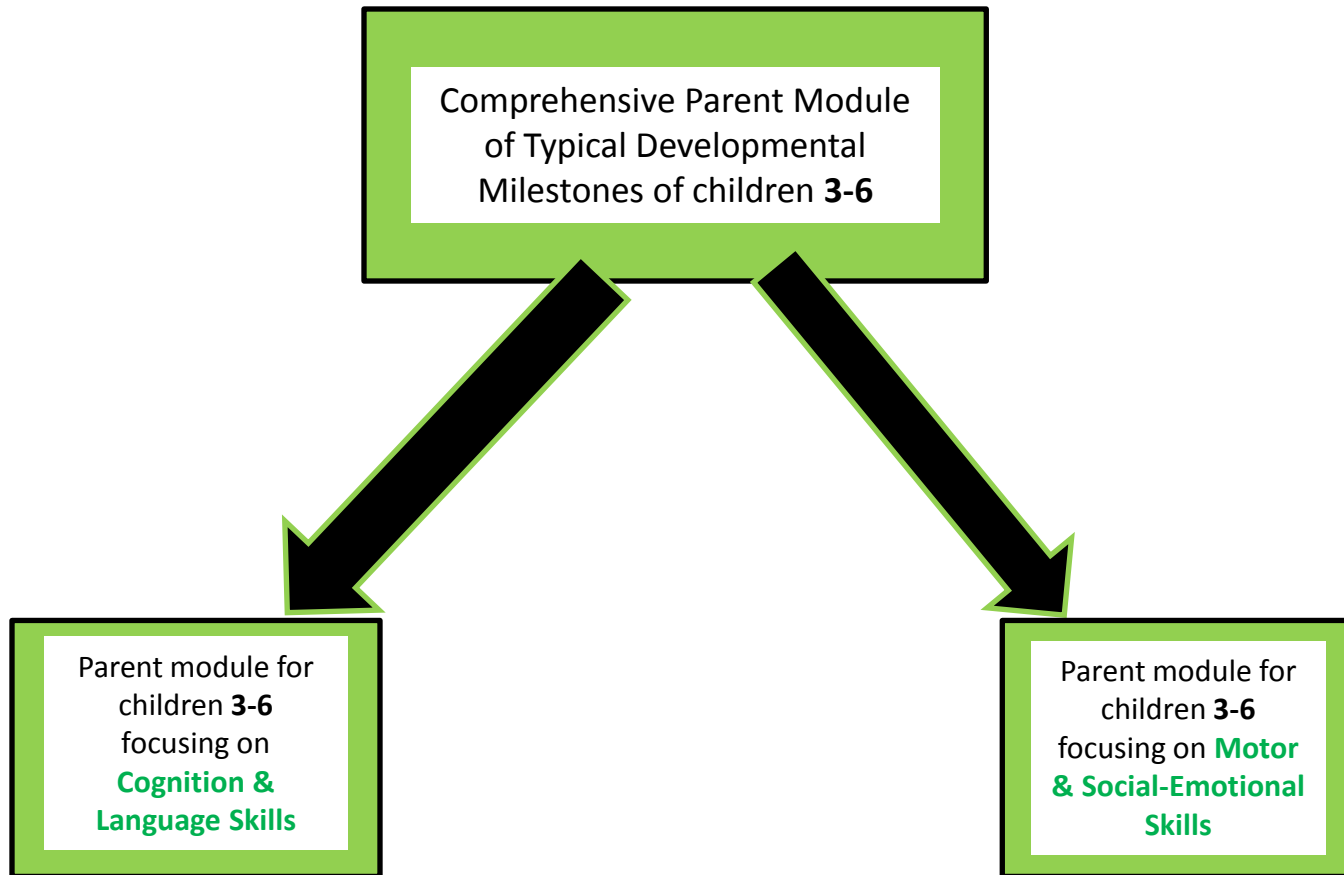
- During the 2014-15 school year, parent modules were piloted at the following sites:
 - Balboa Magnet (North)
 - Garvanza ES (East)
 - Roybal-Allard ES (South)
 - YES Academy (South)
- Average attendance ranged from 20-25 parents.
- Presentations were conducted once per week.
- Parents were offered Certificates of Participation and/or Completion based on administrative discretion.

Information About Parent Modules

- Modules will be uploaded to the Psychological Services website for all school psychologists to access and potentially present at their school sites.
- Modules do not require to be presented in sequence or over a weekly basis.
 - Exception: the developmental milestones series will need to be presented in sequence.
 - Modules can be presented over the course of a week, over the course of a 6-week basis or other options. This depends upon the needs of the school and room availability.
- Modules all have a “Tip Sheet” of visually stimulating and user-friendly strategies parents may wish to implement at home. These documents are translated in English and Spanish.
- Intervention Coordinators will be presenting the series of Parenting Workshops over the course of the year.
 - Workshops will be located in strategic hubs for maximum parental participation. At present, the locations have not yet been confirmed.
 - Dates will be forthcoming

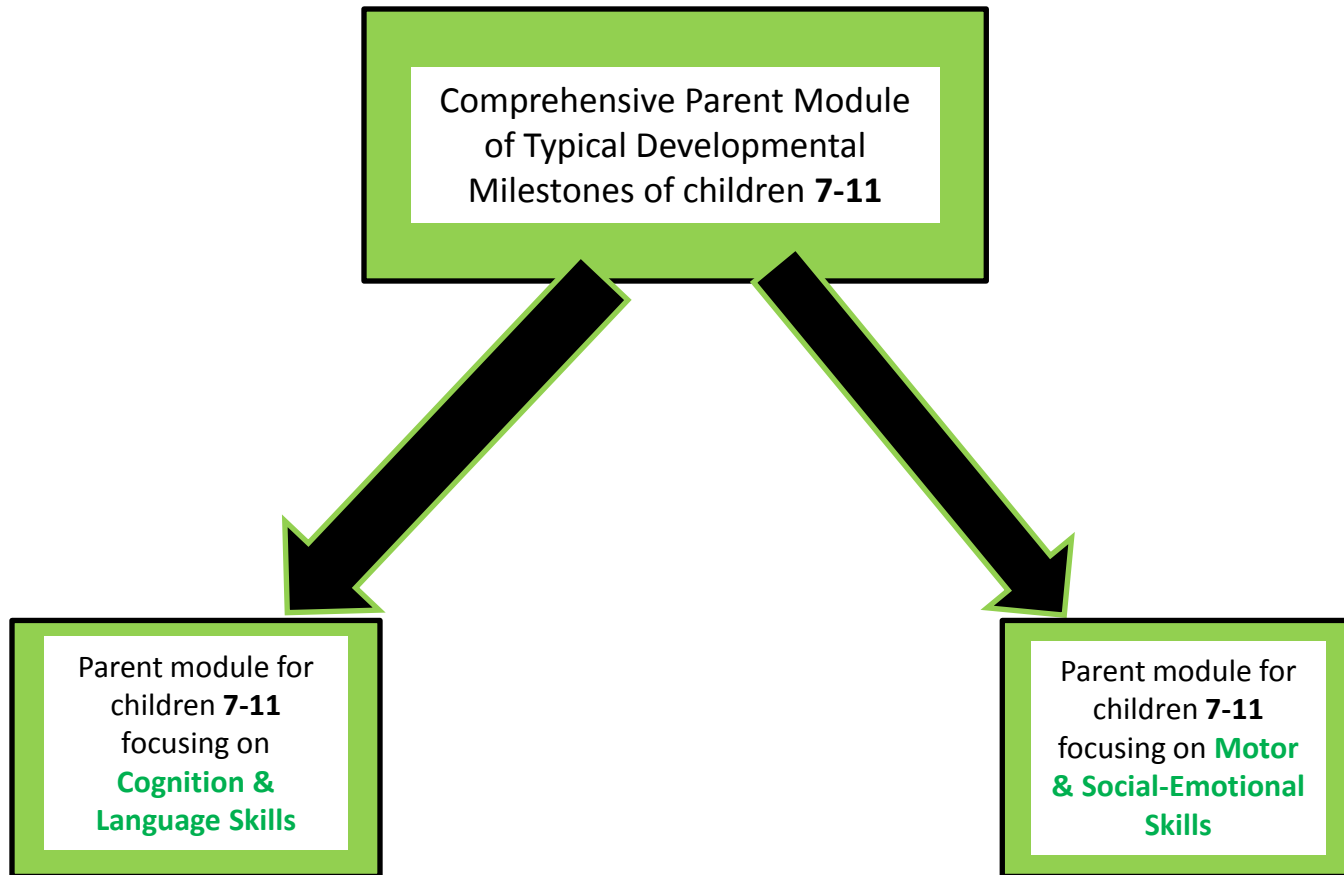
Parent Module: 1

Nurturing Your Child's Development for School Success



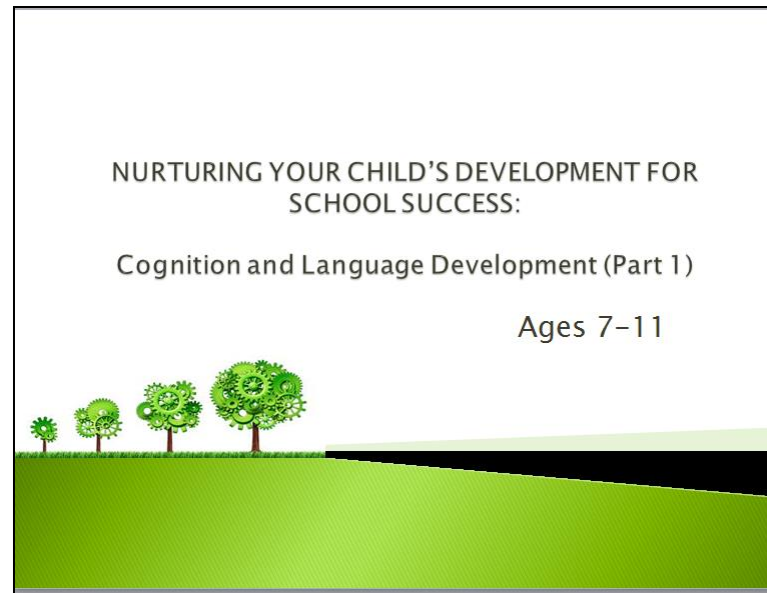
Parent Module: 2

Nurturing Your Child's Development for School Success



Parent Module 2: Developmental Milestones for 7-11

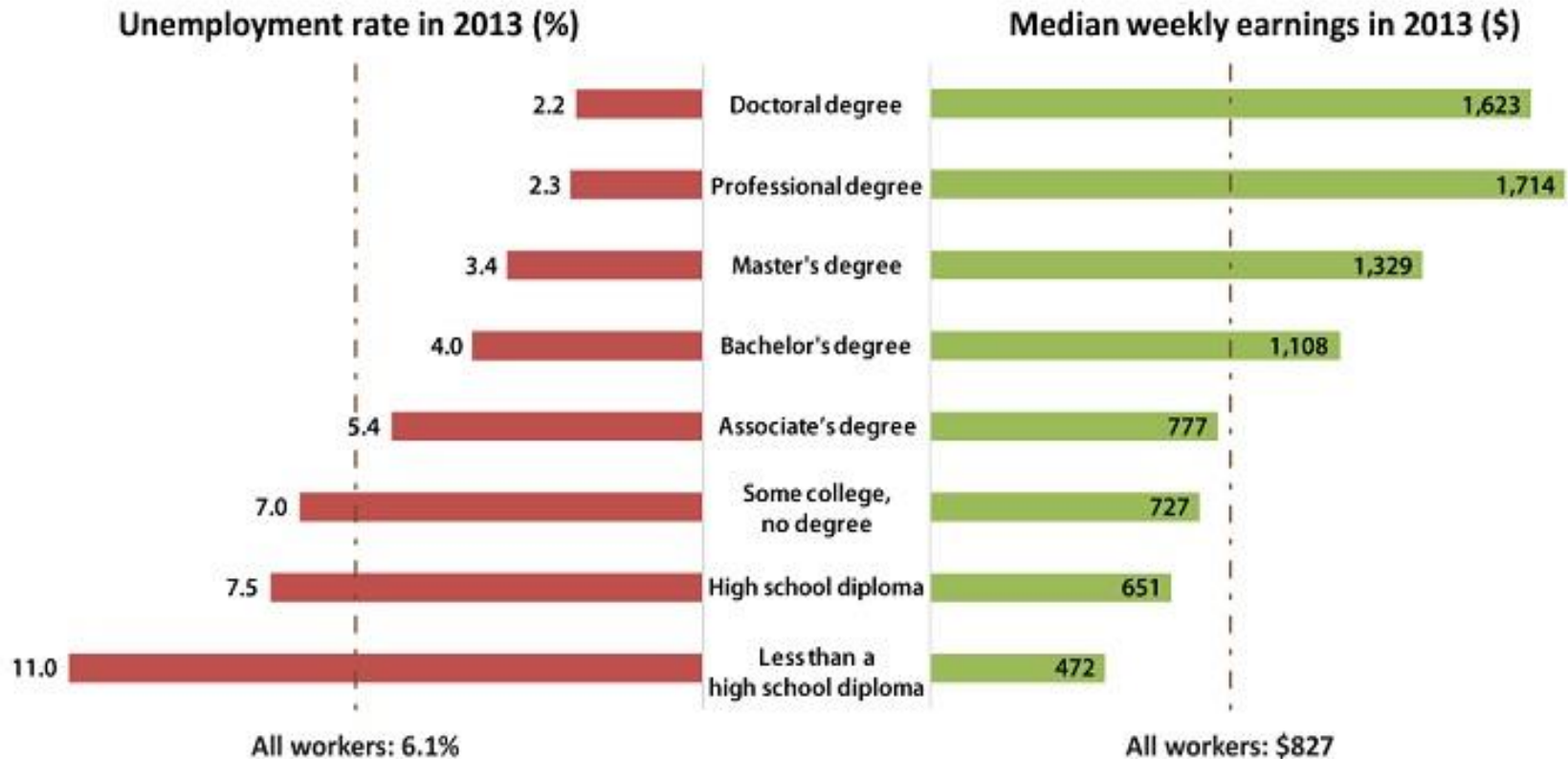
- Part 1 focuses on Cognition and Language Development



The following slides are a sampling of the content within each presentation.

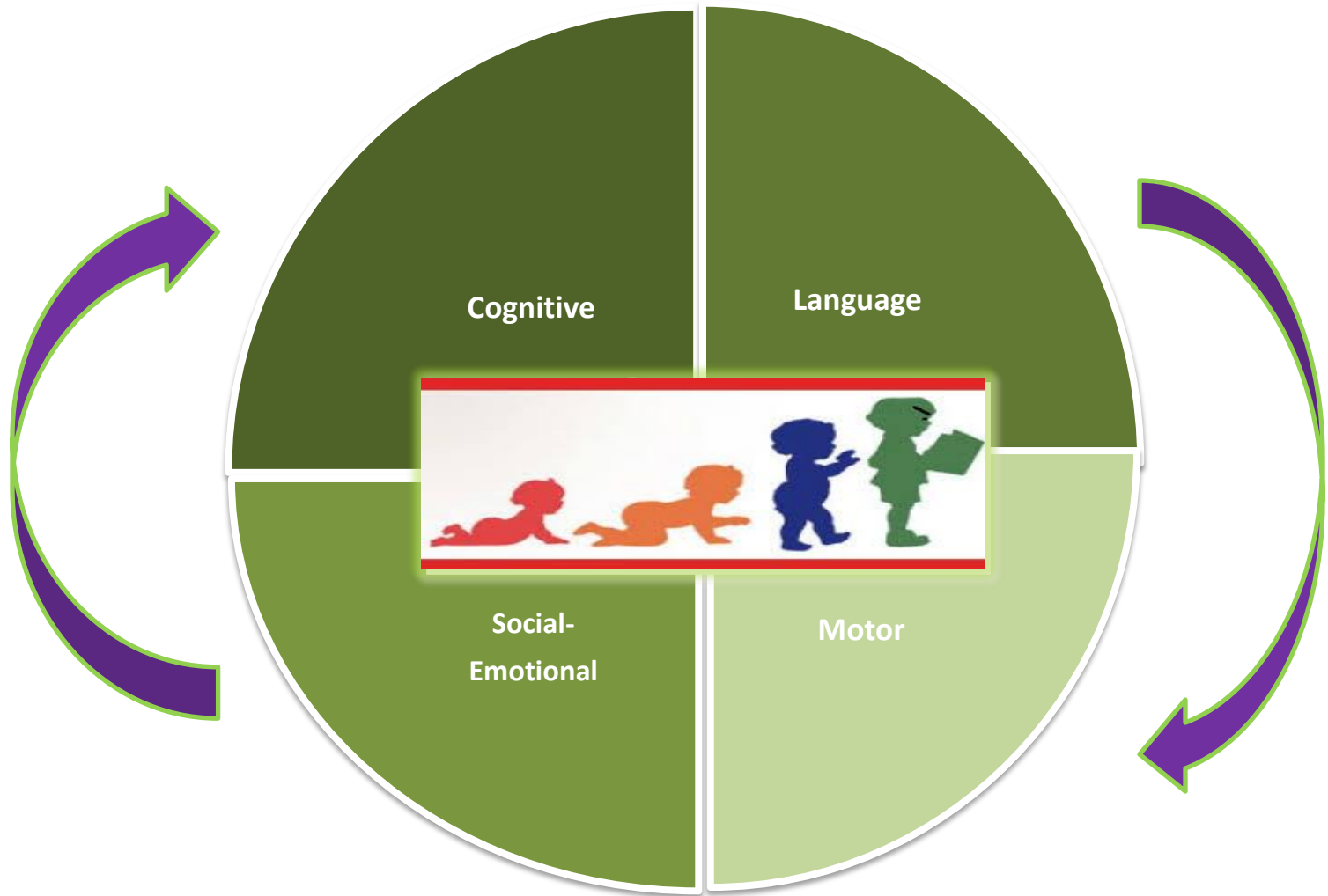
How is education related to life outcomes?

Earnings and unemployment rates by educational attainment



Note: Data are for persons age 25 and over. Earnings are for full-time wage and salary workers.
Source: Current Population Survey, U.S. Bureau of Labor Statistics, U.S. Department of Labor

Core Developmental Domains

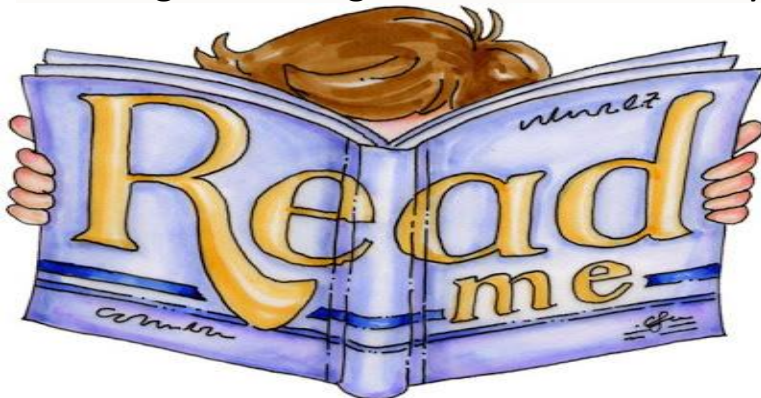


Santrock, J. W., (2009). *Life span development (12th ed.)*. New York, NY: McGraw-Hill.

Developmental Markers

By age 7, children...

- increase their vocabulary to an average of 16,000 words
- can manipulate sounds in words
- use longer sentences
- understand 2-3 step directions
- begin to categorize their vocabulary



By age 11, children...

- increase their vocabulary to an average of 40,000 words
- communicate in complete sentences and can follow multi-step directions
- use language to produce descriptions, definitions, and narratives that make sense
- learn appropriate way to: express their own opinions and ideas and join in conversations
- develop metalinguistic awareness and learn how to use language in culturally appropriate ways

Santrock, J. W., (2009). *Life span development (12th ed.)*. New York, NY: McGraw-Hill.

Bilingualism

- Bilingual language development follows a similar developmental trajectory.
- Choice vs. Necessity
- Simultaneous vs. Sequential Bilingualism
- Ninety-two languages other than English are spoken in LAUSD.





Cognitive Development



At age 7 children:

- Use pre-logical thinking
- Display centration
- Understand cause and effect
- Begin to move away from egocentric thought
- Are capable of **representational** imitation
- Display an **expanded** concept of time and space
- May display animism
- May have difficulty discriminating between truth, fantasy, and realism
- Understand one-to-one correspondence

At age 11 children:

- Solve problems using factual knowledge
- Reverse their thinking
- Reason without the constraints of immediate perceptions
- Understand cause & effect in concrete problems
- Use practical imitation
- Understand conservation
- Classify objects by multiple attributes
- Coordinate the concepts of order and duration
- Organize events, objects, and situations in space & time



Cognitive Development and Reading Comprehension

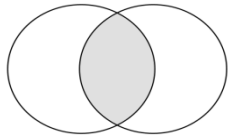
In Grades 1-3 Children:

- Use experiential knowledge for reading comprehension
- Ask and answer text-based questions: who, what, where, when, why, how
- Identify main ideas, character traits, setting, and cause and effect in stories
- Make predictions with increasing accuracy
- Retell stories
- Use context clues to decipher the meaning of text

In Grades 4-6 Children:

- Read with purpose
- Draw & analyze information from multiple sources and read different text genres
- Make inferences, compare & contrast events, ideas, themes, & concepts,
- Understand figurative language, cause & effect, tone & point of view
- Summarize and retell text with accuracy and increased detail
- Apply different strategies to understand text
- Self –monitor their comprehension

Strategies for Cultivating Children's Cognitive and Language Development



Grades 1-3

Encourage your child to:

- Recognize patterns
- Identify similarities and differences
- Engage in discovery learning
- Develop his/her imagination through symbolic play

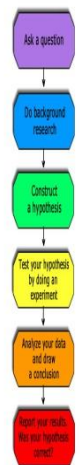


Grades 4-6

Encourage your child to:

- Think critically, scientifically, and creatively
- Take intellectual risks and read for pleasure
- Solve problems
- Plan and organize their space and time
- Set their own goals

The Scientific Method



Variety of Resources for Parents

True or False

- ▶ Reading failure is linked to problems with social maladjustment, employment & school achievement.
- ▶ Reading trajectories are established at the end of elementary school.
- ▶ Learning to read is a natural ability.

How Can Parents Help?

- Encourage your child to: join conversations and express his/her own opinion, communicate their thoughts in complete sentences
- Be an active listener and help your child extend/elaborate their ideas
- Teach/model social etiquette in language: initiating, turn taking, asking questions, changing topics, clarifying
- If your child is bilingual, monitor their progress in English Language Development and re-classification status
- Consider the types of language your child uses, when promoting vocabulary development

Online Tools

<http://www.lapl.org/> LA Public Library; Resources in English and Spanish, homework and research, and library events

www.healthychildren.org: American Academy of Pediatrics: Developmental information in English and Spanish

www.starfall.com Free website for K-2 skills

translate.google.com - Translates and pronounces words

www.miriam-webster.com - Dictionary and thesaurus

www.reading.org - International Reading Association; Offers information for parents, such as recommended book lists and brochures

www.wikipedia.org Free online encyclopedia; Offers information in English and Spanish

www.rhymer.com Free online rhyming dictionary

Resources for YOU, the Presenter

Notes page at the bottom of the majority of slides

True or False

- Reading failure is linked to problems with social maladjustment, employment & school achievement.
- Reading trajectories are established at the end of elementary school.
- Learning to read is a natural ability.

Reading ability is a strong predictor of school success; it is the foundation of all school learning.

Present the questions to the group & discuss:

- **Question 1: True**
 - Literacy is linked to occupational opportunity; it facilitates reading of forms, directions, lists, labels, records, etc. Some states use 4th grade reading failure rates to predict prison construction (Lyon, 2001)
- **Question 2: False**
 - Pre-literacy skills develop as early as infancy, reading trajectories while malleable, are established as early as first grade
- **Question 3: False**
 - Literacy must be learned/taught- learning to read does not happen naturally. Unlike speaking, it is not acquired by being exposed to others who speak. Reading involves many parts of the brain working together; illiteracy can be generational.

(Nevills & Wolfe, 2009)

References

American Psychological Association, Home // Psychology Topics // Parenting. Retrieved September 18, 2014, from <http://apa.org/topics/parenting/index.aspx>

Bybee, R.W., & Press. Sund, R.B. (1990). *Piaget for educators* (2nd ed.). Prospect Heights, IL: Waveland.

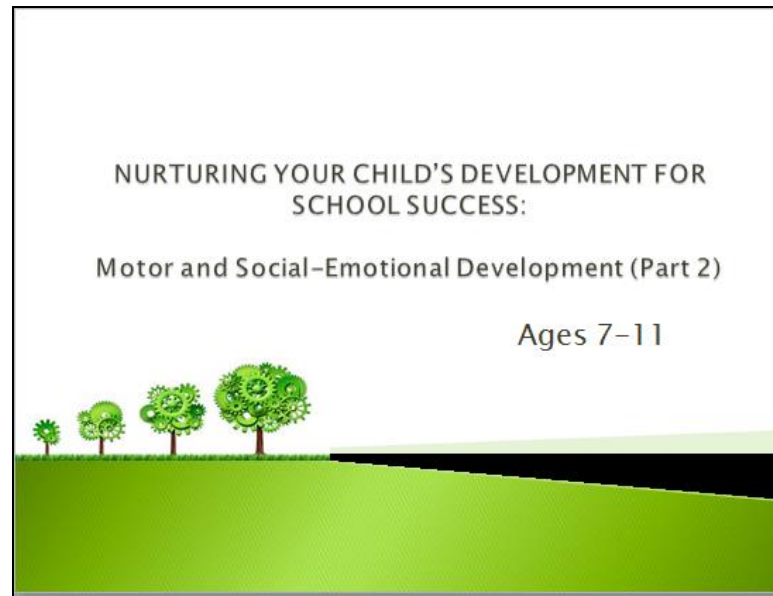
Developmental Norms for Speech and Language. Retrieved October, 20, 2014, from <http://www.asha.org/SLP/schools/prof-consult/norms/>

Levine, M. (2002). *A mind at a time*. New York, NY: Simon & Schuster.

Ample references for you to further your knowledge or share with others

Parent Modules: Developmental Milestones for 7-11

- Part 2 focuses on Motor and Social-Emotional Development



The following slides are a sampling of the content within each presentation.

Motor Skills are Linked to School

Gross Motor Development

- Baby fat decreases and is replaced with muscle mass; increases in muscle tone and strength are also evident
- Motor skills become increasingly smooth and coordinated
- Increased participation in games and organized/unorganized sports at school and in the community

Sanrock, J. W., (2009). *Life span development (12th ed.)*. New York, NY: McGraw-Hill.



Fine Motor Development



Thomas Edison, President Reagan, and President Clinton used a simple vertical style not very different from this. This style is probably like the one you learned.

Your parents and grandparents probably learned a style like this with extended beginning and ending strokes. It slants and has very fancy capitals. W. H. W. W.



Berninger, V. W. (2012, May/June). Strengthening the mind's eye: The case for continued handwriting instruction in the 21st century. *Principal*, 28-31.

Social-Emotional Development

Self-Development



Self-Awareness

Self-Esteem

Self-Concept

Self-Efficacy



Social Development

Social Cognition



Santrock, J. W., (2009). *Life span development (12th ed.)*. New York, NY: McGraw-Hill.

Friendships

- ▶ Typically, friendships are gender specific and age-related; they are based on common interests
- ▶ Friendships can foster self-esteem and a sense of well-being and/or cause turmoil and upset
- ▶ Friendships can serve many functions



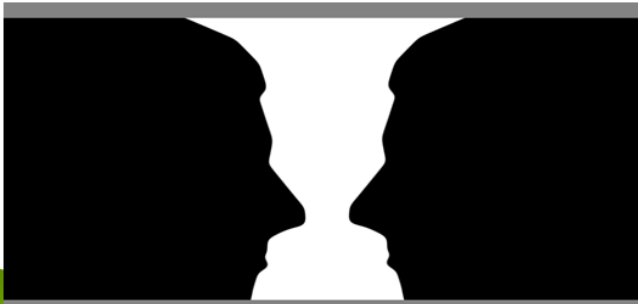
Santrock, J. W., (2009). *Life span development (12th ed.)*. New York, NY: McGraw-Hill.

Play



Perspective Taking

Children ages 8-11 display an increased sense of self-understanding and make advances in understanding others



Moral Development

By age 10, a child understands that rules can change; they can weigh intention & understand that infractions do not always result in punishment



Santrock, J. W., (2009). *Life span development (12th ed.)*. New York, NY: McGraw-Hill.

Parent Module: 3

Empowering Your Child to Succeed at School:

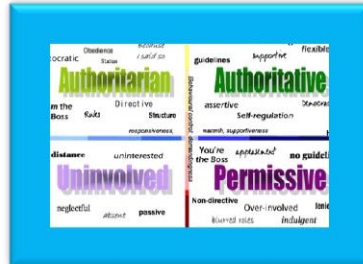
Strategies for Parents



The following slides are a sampling of the content within each presentation.

Parents Learn About: Parenting Styles & How Nature vs. Nurture Plays a Role in Our Development

- Authoritarian
- Authoritative
- Permissive
- Uninvolved



Temperaments: Nature vs. Nurture

- Our temperaments are pre-disposed at birth
 - Shy vs. Outgoing
 - Passive vs. Active
 - Flexible vs. Strong-willed
- Parenting styles can contribute towards a child's temperament by suppressing, enhancing, and/or exacerbating them.



Parenting Styles

Child well-being



You Tube Video

<https://www.youtube.com/watch?v=P3g0kKD4ixo>

Building Relationships from Parent to Child and Sibling to Sibling

Developing Positive Parent/Child Relationships

- Be clear and consistent
- Establish boundaries
- Be respectful
- Be fair
 - Take into account your child's developmental level
 - Have the consequence match the act



Promoting Positive Sibling Relationships

- Mild sibling rivalry is typical
- Be mindful of each child's developmental stage
- Encourage sharing of toys and belongings
- Teach children that they must ask to use other's belongings

Strategies for Promoting ...

Family Bonding Time



Strategies for Family Bonding Time

- Set family rules
- Set schedules but allow for flexibility
- Eat as many meals together
- Set “family fun” activities
- Limit electronic gadgets for both children and parents (TV, video games, phone, iPads, etc.)



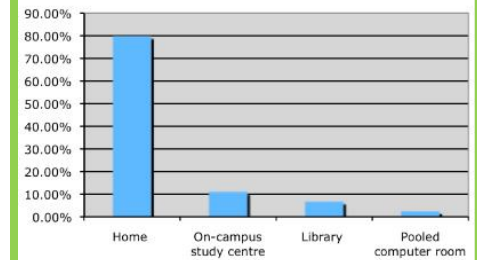
Productive Learning Environment

Creating a Productive Learning Environment

- Allow children a quiet space for homework time, whenever possible
- Have materials ready (pencil, assignment, eraser, etc.)
- Allow your child to do his/her own homework by themselves
- Make yourself available to clarify questions or review information



Preferred study site



Encouraging Nutritious Eating Habits

- Make fruits and vegetables part of your meals
- Make water a choice to drink
- Set breakfast, lunch and dinner times if possible
- Encourage healthy snacks



Cultivating Positive Sleeping Habits

- Try to be consistent with bed time
- Establish a routine to prepare for bed time (bath, brushing teeth, reading)
- Remember that children need 10–12 hour of sleep, depending on their age
- Remember that most adults need 7–8 hours of sleep



Ways to enhance your child's life...

Promoting Healthy Practices

- Encourage your child to play outside vs. watching TV or playing video games
- Go on walks with your child
- Encourage your child to participate in school sports/activities
- Set the stage for the academic week on Sunday evenings



Developing an Alert and Happy Child

- Make sure your child is well rested
- Give yourself some alone time in the morning
- Allow yourself plenty of time to get your task completed in the morning
- Set an alarm to music or allow your child a wake-up call before you want him/her out of bed
- Have clothes set out the night before

It's All About the Social Skills...

Fostering Healthy Social Skills in Your Child

- Try to think positively and encourage your child to do so as well
- Encourage your child to respect others through their words and actions
- Talk to your child about manners and being kind to others







Handouts for Parents

English





Spanish

Empowering Parents to Help Their Children Succeed at School:
Tips for Good Home Strategies

<p>Promote a healthy parenting style</p>  <p>Promote and develop good parent/child relationships</p> <ul style="list-style-type: none"> Be clear and consistent / be firm Establish boundaries Be respectful / honest Talk to your children Read to your child or tell them stories Praise child for accomplishments (encourage vs allow your child to make choices (from ones you have predetermined)) 	<p>Promote good behavior by understanding your child's temperament</p> <p>Promote strong family bonding</p> <ul style="list-style-type: none"> Set family rules/schedules/fun activities Eat as many family meals together as possible 
<p>Promote healthy eating habits</p> <ul style="list-style-type: none"> Encourage healthy foods/drinks 	<p>Promote successful study habits</p> <ul style="list-style-type: none"> Allow children a quiet space for homework time Allow your child to do his or her own homework Teach your child to put his/her homework in the backpack 


EMPOWERING PARENTS TO HELP THEIR CHILD SUCCEED AT SCHOOL.

Cómo facultar a los padres para que ayuden a sus hijos a ser exitosos en la escuela:
Ideas para unas buenas estrategias en el hogar

<p>Promueva un estilo saludable de crianza</p>  <p>Fomente y desarrolle las buenas relaciones entre padres e hijos</p> <ul style="list-style-type: none"> Sea claro y consistente / sea firme Establezca límites Sea respetuoso y honesto Hable con sus hijos Léale a su hijo(a) o cuénteles cuentos Alabe a su hijo(a) por sus logros (aliente vs permítale a su hijo(a) que tome opciones (de las que usted haya predeterminado)) 	<p>Fomente la buena conducta entendiendo el temperamento de su hijo(a)</p> <p>Promueva lazos familiares fuertes</p> <ul style="list-style-type: none"> Fije las reglas/horarios/las actividades de diversión familiares Coman juntos cuantas comidas familiares puedan 
<p>Promueva los hábitos alimenticios saludables</p> <ul style="list-style-type: none"> Aliente los alimentos y bebidas saludables 	<p>Promueva los hábitos de estudio exitosos</p> <ul style="list-style-type: none"> Permita que los niños tengan un espacio tranquilo para el tiempo de la tarea Deje que su hijo(a) haga su propia tarea Enséñele a su hijo(a) a poner su tarea en la mochila 


COMO FACULTAR A LOS PADRES PARA QUE AYUDEN A SUS HIJOS A TENER ÉXITO EN LA ESCUELA.

Promote good sleep habits



- Establish a routine to prepare for bedtime (bath, brushing teeth, reading)
- Ensure that your child gets 10 to 12 hours of sleep


Promote healthy habits



- Encourage your child to play outside vs. watching TV or playing video games
- Go on walks with your child
- Encourage child to participate in school sports/activities
- Set the stage for the academic week on Sunday evenings


Promote good citizenship and social skills

- Try to think positively and encourage your child to do so
- Talk to your child
- Encourage your child to know the difference between disagreeing and arguing




Promote strategies that will allow for an alert and cooperative child in the morning

- Make sure your child is well rested
- Give your child a wake-up call or signal before you want him/her out of bed
- Make sure your child eats breakfast
- Remind your child that you love him/her




EMPOWERING PARENTS TO HELP THEIR CHILD SUCCEED AT SCHOOL.

Promueva los buenos hábitos del sueño



- Establezca una rutina para prepararse para la hora de dormir (el baño, cepillarse los dientes, leer)
- Asegúrese de que su hijo(a) duerma de 10 a 12 horas


Promueva los hábitos saludables



- Aliente a su hijo(a) para que juegue afuera en lugar de ver la TV o jugar juegos de video
- Salga a caminar con su hijo(a)
- Aliente a su hijo(a) para que participe en las actividades y deportes escolares
- Siente las bases para la semana académica los domingos por la noche


Fomente las habilidades de la buena ciudadanía y las destrezas sociales

- Trate de pensar positivamente y alentar a su hijo(a) para que lo haga
- Dele a su hijo(a) una llamada para despertar o señal antes de que usted lo quiera fuera de la cama
- Aliente a su hijo(a) para que sepa la diferencia entre el no estar de acuerdo y la discusión.



Fomente estrategias que resultarán en un niño(a) alerta y cooperador(a) en la mañana

- Asegúrese de que su hijo(a) esté bien descansado(a)
- Dele a su hijo(a) una llamada para despertar o señal antes de que usted lo quiera fuera de la cama
- Asegúrese de que su hijo(a) desayune
- Recuérdale a su hijo(a) que lo(a) quiere



COMO FACULTAR A LOS PADRES PARA QUE AYUDEN A SUS HIJOS A TENER ÉXITO EN LA ESCUELA.

Parent Module: 4

Making the Home to School Connection:

Preparing you and your child for a successful school experience.....



The following slides are a sampling of the content within each presentation.

Starting from Home Base

Establishing Routines in Your Home

Morning needs may include:

- Getting up and out of bed
- Eating Breakfast
- Getting dressed
- Preparing materials
- Getting to School



Being Present in More Ways Than One...

School Attendance



School Attendance

LAUSD Attendance Expectations



LAUSD Student Health and Human Services Attendance Manual, March 2013

Staying Connected



ACTIVITY:

How well do you know your child's school?

Name your child's:

- ▶ Principal
- ▶ Assistant Principal
- ▶ Classroom Teacher/Special Education Teacher
- ▶ Room Number
- ▶ Office Secretaries
- ▶ Yard Supervisors
- ▶ Librarian
- ▶ School Psychologist
- ▶ Parent in your child's class
- ▶ Cafeteria Manager
- ▶ Plant Manager



Parent Module: 5



Surviving STRESS

A physical, mental, or emotional response to events that cause bodily or mental tension

The following slides are a sampling of the content within each presentation.

Pros and Cons of Stress

Stress is Beneficial

When it helps people develop the skills they need to cope with and adapt to new situations (potentially threatening situations)



Stress is Harmful

When it is severe enough to overwhelm a person's ability to take care of himself/herself or their family



Prevalence of Stress

- Stress of city life
- Workplace stress
- Stress in children



Symptoms of Stress

- Tension and irritability
- Fear and anxiety about the future
- Difficulty making decisions
- Being numb to one's feelings
- Loss of interest in normal activities
- Loss of appetite
- Anger

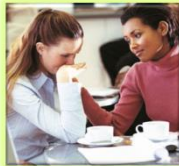
Center for Disease Control & Prevention

Types of Stress

- ▶ **Acute Stress**
 - Short lived stress
 - Can be beneficial
 - Meeting a deadline
 - Studying for exams
 - Can be damaging
 - Car accident
 - Trouble at work
 - Problems with children at school
 - Daily hassles

Healthy Ways to Cope With Stress

- Take care of yourself
 - Eat healthy
 - Exercise
 - Get plenty of sleep
- Seek social support – talk to others
 - Friends, family members, etc.



Simple Tips to reduce stress

- Schedule "Family ONLY" times
- Stand up and stretch
- Stop saying negative things to yourself
- Give a compliment to someone
- Give a SMILE

Helping Children

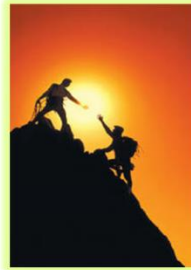


- Maintain a consistent routine
 - Waking up, eating, going to sleep at regular time
 - Going to school and participating in the afterschool activities
- Talk, listen, and encourage expression
 - Create opportunities to have your children talk, but do not force them
 - Listen to their thoughts & feelings and share some of yours

Resiliency and Activity

Resiliency

The ability to adapt well to adversity, trauma, threats, or even significant source of stress



American Psychological Association

10 Tips to build Resilience in children

1. Make connections
 - connecting with people provides social support and strengthens resilience
2. Help your child by having him/her help others
3. Maintain a daily routine
4. Take a break
 - endless worrying can be counter-productive

American Psychological Association

ACTIVITY

- Activity
- Story



Parenting Workshops: Secondary

- During the 2014-15 school year, two (2) parenting modules were completed:
 - Navigating Adolescent development: Preparing for change & transition (Ages 12-18)
 - Managing Stress and Enhancing Well Being
- Additional Secondary Parenting Modules to be developed during Summer 2015 to address:
 - Communicating with Your Teen
 - Motivation: Understanding it, Encouraging it, and Maintaining it
 - Social Media and Your Adolescent

And...Special Education Referral and Exiting Process that is designed for all grades.

Parenting Workshops: Secondary

- Parenting Modules will be piloted during the first semester of the 2015-16 school year across selected secondary sites throughout the six (6) ESCs.
- Secondary Parenting Modules will be presented to school psychologists during the second semester of the 2015-16 school year. Modules will be uploaded onto the Psychological Services website and ready to present for all district school psychologists during the second semester of the 2015-16 school year.

We hope this presentation provides you with a synopsis of the parenting modules available and what is yet to come.



...in the upcoming school year!