

## October 2018 Parent Education Event Recap

### *"Nurturing Your Child to Independence"*

The LWPTSA Council and LWSD launched its Parent Ed series on October 18th with Sheri Gazitt of Teen Wise Seattle on this essential topic. It was a good segue from the Council's Brown Bag earlier that morning given by LWSD representative Matt Gillingham, on Social and Emotional Learning. Ms. Gazitt spoke to parents of mostly elementary-aged students at the new Clara Barton Elementary on raising self-sufficient, independent children and why that's so important.



We would like to summarize the key points for you here. As parents, we have the opportunity to nurture self-esteem and confidence in our children. Those lessons should begin at an early age and continue on until they leave the house. Some easy ways to give your young children practice is through chores. They provide kids with an opportunity to practice self-mastery and develop skills. Some chores can include laundry, preparing lunch, getting the mail, and taking care of pets. Ms. Gazitt encouraged parents to think carefully about the chores and discuss with your children and agree on consequences for not completing them. It's more effective if kids come up with their own consequences and of course parental follow-through is essential to the exercise. A great example is folding laundry. Your son or daughter might not do it the way you would prefer, but your job is to give him or her the space to develop the skill and a sense of accomplishment. In this way you help your children learn that they can handle themselves in a myriad of situations. The larger message to parents was this: allow your child to practice resiliency by giving them opportunities to fail, learn and work through challenges. A big part of this is giving yourselves permission to not expect "perfection" (of them or yourselves) so your child gets the space he or she needs learn and grow into independent, resilient young adults.

Be on the lookout for future Parent Ed events advertised through *Currents*, *Weekly Waves* and *Peach Jar*!

*Irene Neumann and Swarnima Aswinkumar, Co-VPs of Family and Community Engagement (FACE), LWPTSA Council and Sangeetha Visweswaran, Parent Education Chair, LWPTSA Council*