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P.E.P. TALK

POSITIVELY EMPOWERING PARENTS



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Welcome to PEP talk

WRITTEN BY LINDSAY HILL - CDA

Welcome to PEP Talk - Positively Empowering Parents

The aim of PEP Talk is to talk about relevant topics for parents and caregivers in a way that is meaningful, engaging and empowering.

Speaking from one parent to another, I know first-hand that parenting can be the hardest job on earth. I have 3 children of my own who are in grades 2, 4, and 6. If you are anything like me then I am sure there are some days you feel like you've got a good handle of things and life is going well, and then suddenly you wonder who these children are and what has happened to your polite cherubs you were singing praises to the day before!

Parenting is ever changing and adapting to the social, emotional and physical needs of your growing young people. It is not easy, but you've got this - you can handle what's thrown your way because you have the open-mind to learn, grow and succeed as a parent.

And, if you ever need a sounding board, or someone to chat with - I am here for you and your family. Connect with me at the school or send me an email at lhill@rockyview.ab.ca

Report cards...

WRITTEN BY LINDSAY HILL

It's hard to believe that Report Card time is just around the corner. Our teachers are working tirelessly to get their marking done, and feedback written for each child.

Please be mindful on how you approach report card time, as it certainly does make plenty of our beautiful children anxious. I find that many of our young folks are already pretty hard on themselves, so do try to keep a balanced approach when seeing the report card.

Remember it is the teacher's duty to provide feedback on how things are going, and to provide room for improvement where possible because no one is perfect...

I see your role, as the parent/caregiver, as being the cheerleader! It is your job to hoot and holler, sing your child's praises, and be their champion. You are their "soft place to land." Even if the report card comes back with feedback that surprises you, frustrates you, or even disappoints you - try your best to temper your reaction.

As I said, our young folks do a pretty good job of beating themselves up for what they see as a "bad" report card. If they feel like you are going to be mad, or upset with them, it increases their stress and anxiety level. And it's really, really hard to learn anything new when feeling anxious or worried.

A poor report card is merely an invitation to a conversation. I encourage you to talk it over with their teacher, find out more, be curious, see if there is anything that you can do at home to help with homework, or supplement with extra help if necessary. We have many talented tutors in town, who can help. And if your child needs extra support, that's okay! We all learn at different rates, but we get there in the end, right? So, let's remember to support hard work and effort, and remember "grades" are only part of the equation. You've all got amazing, talented, kind-hearted, energetic, enthusiastic and unique young people in your life... who are perfectly imperfect and worthy of love and acceptance, just the way they are.



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However, if you still have any concerns - feel free to touch base with me, and we can chat! The work I do here is a free, confidential, year-round program aimed at supporting families and children facing social, emotional, or family challenges. I have the pleasure of meeting one-on-one with you, and/or your child to see what supports are available within the school, and/or community that might be helpful for your situation. I look forward to connecting.

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