



You may remember that last year our school counsellor Ms Yuki Delong ran an Active Parenting Workshop. Those parents who were able to attend reported that the sessions were most useful .

We will be running the course again this year, commencing on Thursday 20th April 2017. Classes will be held in the morning for six weeks. To register your interest please contact Kim in the JIS office. If you would like further details regarding the course please contact me directly. gbailie@es.jis.edu.hk. Student Support Coordinator

Encourage, Encourage, Encourage!

Build on **STRENGTHS** with the **BANK** Method

- B**reak learning down into baby steps.
- A**cknowledge what your child does well.
- N**udge them to take the next step.
- K**eep encouraging improvement.

Active Communication

- 1 Listen actively.
- 2 Identify & respond to feelings.
- 3 Look for alternatives & evaluate consequences.
- 4 Offer encouragement.
- 5 Follow up later.

Effective Discipline

Polite Requests • "I" Messages • Firm Reminders
Logical Consequences

Logical Consequence Guidelines

- Ask child to help choose consequence.
- Use either/or & when/then choices.
- Make sure consequence is logically connected.
- Only give choices you can live with.
- Keep tone of voice firm and calm.
- Give choice once, then act.
- Expect testing.
- Allow child to try again later.

AVOID Power Struggles

- F**eelings
- L**imits
- A**lternatives
- C**onsequences

7 Smart Strategies for School Success

- 1 Show up & show support.
- 2 Get to know your child's teachers & encourage them.
- 3 Make learning a family priority.
- 4 Structure homework time.
- 5 Read & talk with your child.
- 6 Filter (& limit) your child's media.
- 7 Support the school's discipline plan.

