

Talking with Your Child about School¹

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Listening, learning, and living together: it's the science of life.



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In a hurried world, keeping up with our children when we're trying to juggle marriage, jobs, possibly multiple children, and the many other challenges life can throw at us, we can feel overwhelmed at times. However, keeping lines of communication open with your children can be critical to how they handle the challenges they face, especially when they are in school.

Create opportunities to talk to your child about school, and listen to them! Allow them to vent and/or complain while giving compassionate feedback. Try to see school through their eyes and empathize by accepting their feelings, thoughts, and ideas of the situation and ignoring your own adult perception of the situation for the moment. And attempt to normalize their situation and what they are currently going through, when possible.

Check in with your children every day, before *and* after school. Talk over your child's fears and help them find ways to cope or overcome those fears. Also address possible challenges that your child may be facing at school before these become an issue. These issues may include bullying and peer pressure to engage in high-risk behaviors, such as drug and alcohol use and sexual activity. Talk with your child and his/her friends as a group, and as much as possible, be *available* and *open* for questions! Conversations are an important part of quality parent-child relationships, and those relationships, in turn, can help your children cope with many pressures they face at school.

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To listen to the radio broadcast:

http://www.radiosource.net/radio_stories/500.mp3

http://www.radiosource.net/radio_stories/500.wav

References

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