

## 3/1/2022 PTA Meeting Notes

### PTA Updates

- April 5 PTA meeting will be in person at Grosvenor.
- 4/23 Earth Day celebration - beautification project at holding school, clothing swap, etc. details will be updated as soon as available
- Spring auction: anything, even if small, is most welcome as a donation.

### Communication Skills for Parents

Elise Resnick, Woodlin Mom, mental therapist. eresnick1231@gmail.com

- Children are childish. Are the expectations developmentally appropriate and fair?
- When misbehaving: ask - don't tell. Check in with them
- Redirect what TO do, not what not to do. They already know they're doing what they shouldn't be.
- Listen actively
  - Wait for the right time
  - Show interest
  - Validate
  - Reflect, repeat
- Catch them being good
- Respect. Show it.
- Deposit positivity. Improve ratio of positive to negative
- Kids are fun. You can be too.
- Pandemic life. Re-adjusting, re-directing is tough.

Q. How do ES kids do with virtual therapy. Do you have experience?

: done groups with ES and it worked well, but have not done one-on-one. Thinks virtual can be effective, but would recommend in-person for little kids

Q. Tips on decreasing non-homework screen time?

: Elise's tactic - every x amount of screen time, must do something parent wants them to do as well.

Thought: Can't necessarily go back to pre-pandemic routines because kids are older than they were back then.