



A Parent/Guardian's Guide to Thriving in High School

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Parenting a High Schooler may be the hardest phase yet!

- When do I step in and communicate with teachers?
- How much do I remind them and check up about schoolwork and homework?
- Who do I loop in if there are bigger concerns?
- What ARE bigger concerns at this age?
- When do I keep quiet and shrink into the background?



**CONVERSATIONS
THAT I'VE HAD
FAR TOO OFTEN.**

I was looking on
the school app
that says



What ARE my responsibilities as a parent?

Supplies

- Food
- Clothing
- Shelter

Support

- Emotional Support & Encouragement
- Open Communication
- To reach out if outside support is needed



Become a part of the school culture, environment, and activities



- ☑ Join PTSA [Walton High School PTSA](#)
- ☑ Volunteer and/or serve as a board member for an extracurricular activity
- ☑ Volunteer for a committee
 - Front office help
 - School store
 - Copy help
- ☑ Go to School Events (games, performances)
- ☑ Take an interest in their preferred activity

Encourage your high school student to develop healthy relationships

- Join School Organizations
 - Academic Clubs
 - Social Clubs
 - Community Service Clubs
 - Hobbies
 - Extracurricular
- Be a part of the school culture
 - Homeroom: Minute to Win It
 - Participate in Spirit Days
 - Follow “Class of...” Social Media Accounts



What are NOT your responsibilities?

- Attend School
- Do School & Homework
- Follow School Rules
- Make High School Friends
- Join Extracurriculars
- Plan for Life After High School



make sure to
have a balanced
schedule!
(not too many AP's,
not too many
OL's)
Get involved
in clubs!

Don't micro manage
your kids; join honor
societies senior year,
& don't overload
your schedules
with too many
AP courses

I wish I
did my HW. It's
crucial in order to
succeed.

Therapy is really
important.

Take at least 1
easy elective a
semester it helps
as a break in the
day

Don't let the
academic success
of others affect
you, and your
choices

an A in an on
level class is
better than a C
in an AP class.

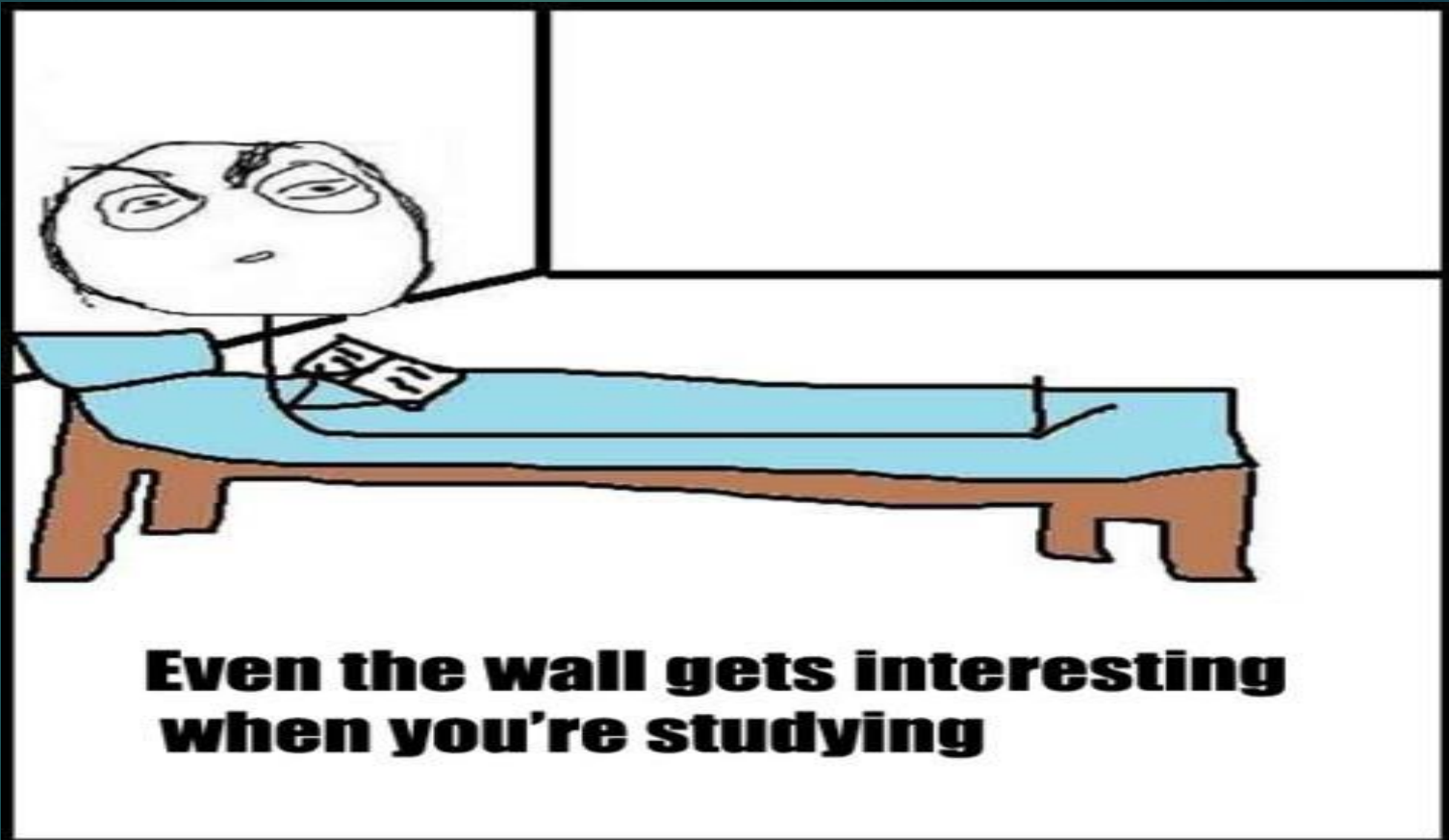
Choose the class you
will do the best
in

Challenge, but don't over burden

What Walton High School students
want their parents to know

Parents: Provide a place to study

(IT DOESN'T HAVE TO BE A DESK)





Provide Support – Set your child up with the resources they need to succeed, including yourself

- Designate a specific study space
- Minimize distractions
- Organize study materials
- Make it comfortable
- Establish a routine ~ regular study time



Encourage your child to access help if needed, including:

- Tutoring in school with honor societies
[Student Tutoring Program / Student Tutoring Program \(waltonhigh.org\)](#)
- WEB ~ encourage students to reach out to teachers if needed
- Teacher office hours

TIME MANAGEMENT: Keys to Success

- Create a visual representation of their schedule in a planner/calendar
 - Use this to help your child set priorities (school, extracurricular activities, free time, electronics, etc.)
- Encourage your child to estimate how long assignments & activities will take
- Use time management techniques
 - 25 minutes of focused work followed by 5-minute breaks (use visual timer or apps)
 - Help your child break down the activities/assignments so they are smaller and more manageable



Managing Stress & Anxiety 101

Sleep! Make sure
your child gets
enough

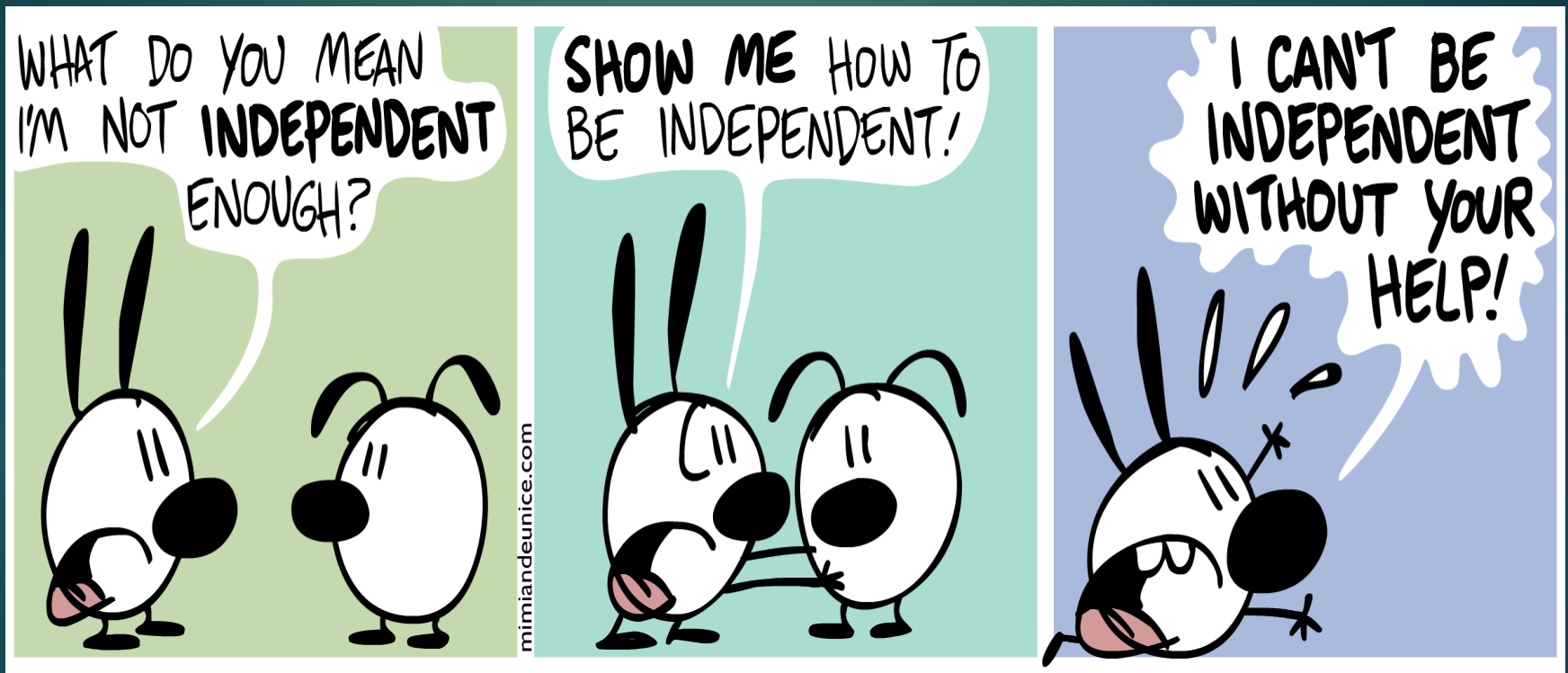
Exercise/Physical
Activity

Healthy Eating



Building Blocks for Self Esteem:

Set up Good Habits to Develop Independence



Decisions, making mistakes, and independence = Growth



Create a “decision rich environment”

Create a safe space where mistakes and failures are what they are – opportunities to learn

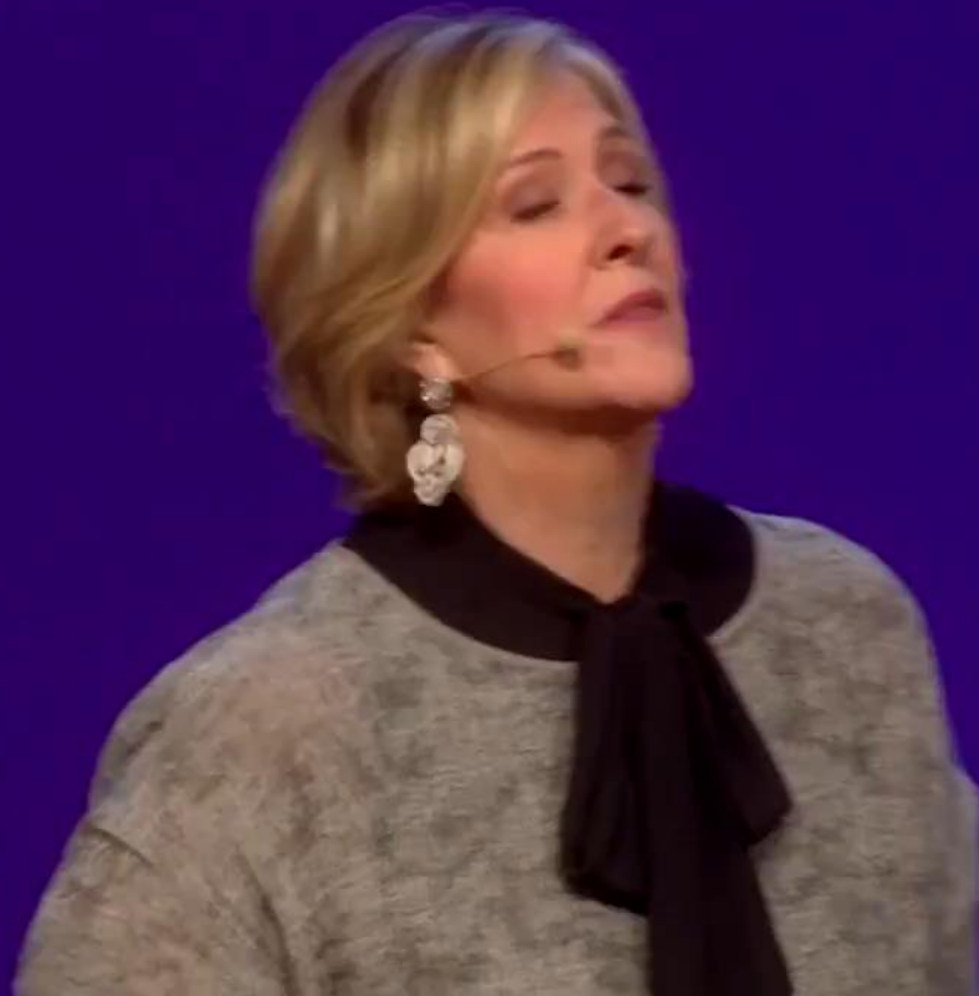
Practice making little decisions

Plan for scenarios – “if things start to go wrong...this is what I could do”

What are you routinely doing for your child that they could do for themselves?

Reinforce self-motivation & demonstrating life skills independently

Parenting: Building trust in small moments



SUPER
SOUL
SESSIONS



Communication is Key!



Set Expectations AND Pick your Battles Wisely

I'm not saying I'm a parenting expert but letting your kids have ice cream for breakfast makes the morning more pleasant.

Sarcastic Mommy @sarcasticmommy4

HOW TO DECIDE IF THIS IS A BATTLE WORTH PICKING

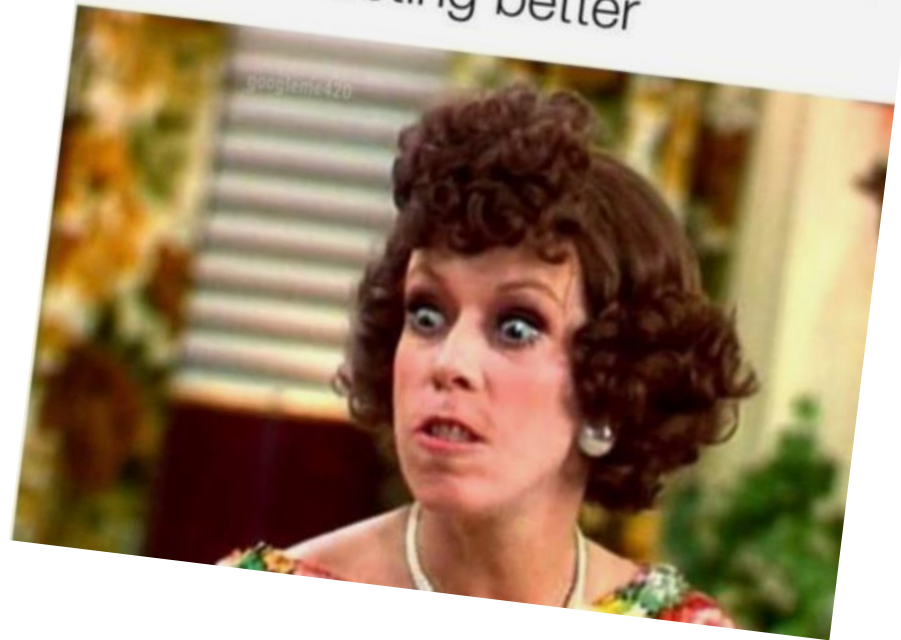
www.karenbeckerlifecoach.com

1. Ask yourself if this decision will truly matter in a week, a month, or a year.
2. Keep the thoughts child-focused. What will happen with your children if you do not pick this battle?
3. Consider the past. How have battles gone? Are they costly? Time-consuming? Do they get solved?
4. Is there a compromise instead of a battle?
5. Can you make this a decision instead of a battle?

What to do when they make mistakes...and they WILL make many!

- Use it as an opportunity to get closer
- Talk with them and listen
- Remember that behavior is communication
- Help them problem solve
- If you can't say something nice, don't say anything at all
- Remember what it was like to be their age
- Don't try to rescue them

A large part of being a mom is staring at your kids like this until they start acting better



Typical signs that additional support may be needed

Sudden & drastic changes may include

- ▶ Grades decline
- ▶ Social withdrawal
- ▶ Changes to eating habits, weight loss or gain
- ▶ Sleep problems, excessive or unable to sleep
- ▶ Sudden changes in friends
- ▶ Missing/Skipping school
- ▶ Signs of substance use



Navigating Communication about *Academics*

When and How to reach out

- ▶ If your child is having difficulty with academics, i.e., assignments are not completed, quiz/test grade are low)
- ▶ Have your children take the initiative
 - ▶ Review information on CTLS first
 - ▶ Seek out a friend in class to ask the question
 - ▶ Utilize office hours and WEB for questions and support
 - ▶ Email the teacher if unable to meet in person
 - ▶ Utilize honor society tutoring opportunities

Parent's role:

- ▶ Sign up for communication with the school
- ▶ Monitor Parent Communication with CTLS
- ▶ If you and your child are unable to find the answers, help your child determine when and how to approach the teacher (i.e., Help your child craft the email, practice what to say)
- ▶ Last resort – email the teacher and copy your child on the email

▶ ****Remember – you will not be going to college or work with your child!***



Navigating Communication about *Social Emotional Concerns*

When and How to reach out

If your child is struggling (difficulty with sleep, struggling with mood regulation, grades are impacted, peer relationships impacted, family struggles)

Have your children take the initiative

Utilize lunch or WEB for time to reach out for support by coming to the counseling office

Students can email the counselor to set up an appointment

Students can ask the teacher for a pass to come during class time if needed

Parent's role

Check the school counseling website for resources

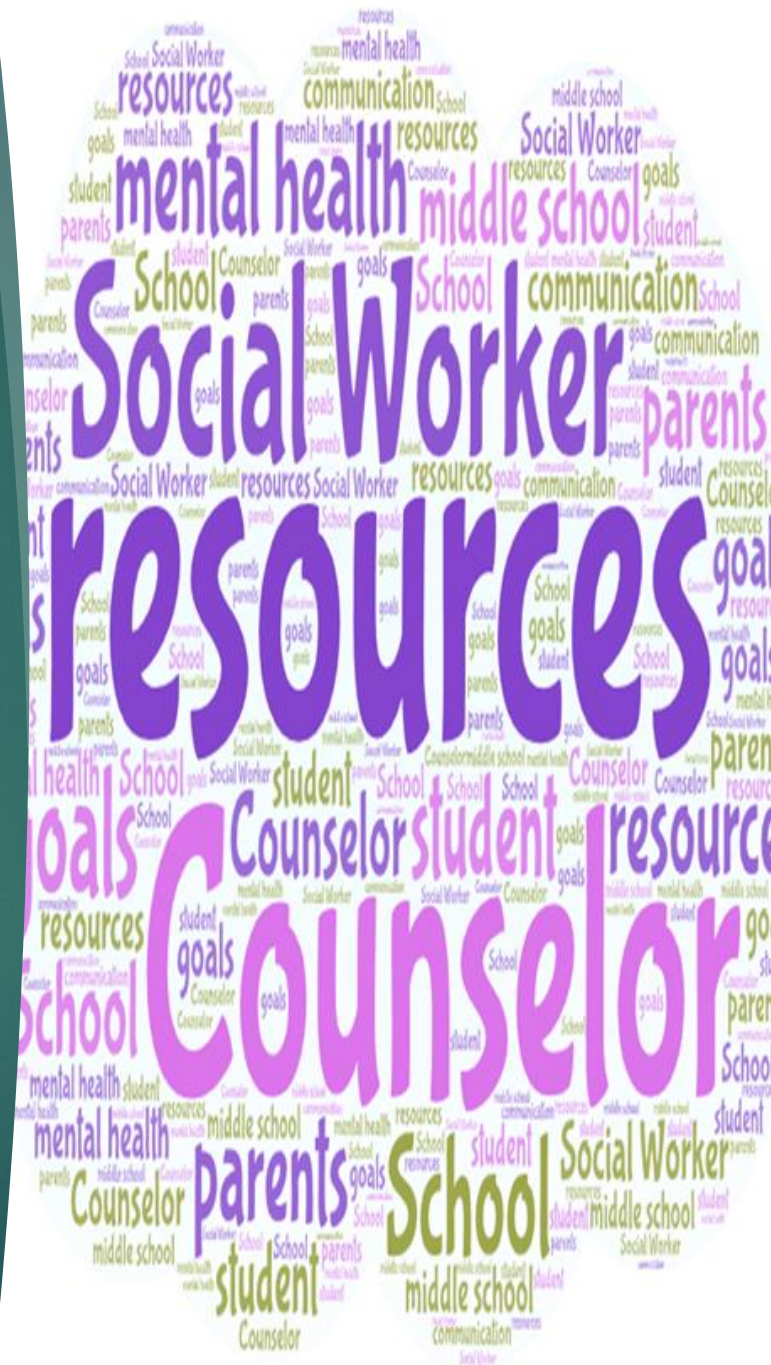
If issues continue, reach out to the counselor by email to discuss the concerns

****Remember ~ you want to encourage your child to learn strategies for self care independently***



Resources

- Walton High School Counseling
- Schwartz School Social Work Website
- Mind Your Mind ~ Cobb Collaborative
- Parenting a High Schooler – Behavior and Expectations | Strong4Life
- Parenting in the Screen Age: A Guide for Calm Conversations; Ruston & Tabb
- Conversation Starters About Teen Mental Health | Newport Academy



Click on images below to access links to the resources
or use QR Code to download to your mobile device





QR Code
Parent
Workshop
Resources

Thank you for
coming!

QUESTIONS?

