

Turtle Rock Parent Night

Topic: Social Skills



Welcome:

Presenter:

Joshua Razo M.S. Ed. Counseling, PPS

Elementary Resource Counseling, Specialist

Feel free to take notes.

But, the slide show will be available on the counseling webpage

The screenshot shows a web browser window displaying the 'TURTLE ROCK ELEMENTARY' counseling page. The URL is 'turtlerock.iusd.org/resources/turtle-rock-counseling'. The page has a dark blue header with the school logo and navigation links: 'ABOUT', 'OUR STAFF', 'PARENTS', 'STUDENTS', 'RESOURCES', and 'ENROLL'. Below the header, the main content area is titled 'TURTLE ROCK COUNSELING'. It features a list of services in dark blue boxes with white text: '+ MENTAL HEALTH/WELLNESS SERVICES AND RESOURCES', '+ TURTLE ROCK COUNSELING PROGRAM OVERVIEW', '+ SECOND STEP PROGRAM', '+ INDIVIDUAL & SMALL GROUP COUNSELING', and '+ PARENT RESOURCES'. The 'PARENT RESOURCES' item is circled in yellow. To the right, there is a 'CONTACT US' section listing Mr. Joshua Razo, M.S., P.P.S. (Specialist, 949-936-8692, JoshuaRazo@iusd.org) and Mrs. Debbie Laskey-Smith (Guidance Paraprofessional, 949-936-8466, DebbieLaskey@iusd.org). The browser's taskbar at the bottom shows the time as 6:04 PM on 10/21/2019.

Calm Classroom



What are social skills and why are they important?

Developing strong social and emotional skills is really about teaching your child how to have meaningful relationships with others, how to develop a sense of empathy, and how to be able to adapt to stressful situations.

We want our students to:

- **Be responsible for their behavior**
- **Understand & follow rules**
- **Get along with others**
- **Accept differences in others**
- **Have patience**
- **Stay calm when interacting with others**
- **Listen to others**
- **Take turns**
- **Do nice things for others**
- **Ask for help**

Model

The best way to teach appropriate behaviors is by setting a good example for children.

Our first reaction to any experience is a teachable moment for children.

An example, is when we lose our temper and shout. If we do this in front of children, then the child will learn to shout and throw a tantrum when faced with a stressful situation.

Instead, try to stay calm and explain to your child why you want a certain behavior. Of course, children are experts at pushing your buttons, and all parents will likely lose their temper at times. This is natural, but if this is always your first reaction, then it will likely become your child's first reaction as well.

Practice

Perfect Practice makes Perfect.

- **Regularly and consistently**

There are many ways to practice these skills, and it can be as simple as doing something nice for a friend or sibling, for example (i.e. “Let’s surprise your brother and make his favorite meal for dinner”).

Reading stories is another great way to teach social and emotional skills. ([See book list on Counseling Page](#))

Books to Read

Book list:

1. [The Hundred Dresses](#) by Eleanor Estes
2. [My Many Colored Days](#) by Dr. Seuss
3. [The Pout Pout Fish](#) by Deborah Diesen
4. [Giraffes Can't Dance](#) by Giles Andreae and Guy Parker-Rees
5. [Today I Feel Silly & Other Moods That Make My Day](#) by Jamie Lee Curtis
6. [Love, Hugs, and Hope: When Scary Things Happen](#) by Christy Monson
7. [Focusing and Calming Activities for Children](#) by Deborah Plummer
8. [Crazy Hair Day](#) by Barney Saltzberg
9. [Visiting Feelings](#) by Lauren Rubenstein
10. [When Sophie Gets Angry – Really, Really Angry...](#) by Molly Bang

Games to Play

GAMES:

- **The Gab Bag:** *Listening skills and conversation starters*
- **Tell Me How:** *Listening skills.*
- **Continuous Story:** *Listening skills and appropriate responses*
- **Surprise Compliments:** *Increasing positive feelings.*

Reinforce

It is important to take time to review and reflect on your child's use of social skills each day. Having a simple conversation can help reinforce the lessons learned that day. Also, be sure to celebrate your child's successes – if you make a big deal out of their positive behavior, your child will likely want to repeat the behavior.

Presenter Evaluation

Please take a minute to fill out the presentation evaluation. This helps determine times for presentation, topics of discussion, and feedback for the presenter.

Thank you for attending!

Next Parent Night:

- Building Responsibility (Jan.)
- Self-Esteem (Feb.)
- Peer Relations (TBD)
- Organization (TBD)
- Emotional Control (TBD)



Joshua Razo

joshuarazo@iusd.org

949-936-6284