



Do you know how to deal with a school problem?

Sooner or later, most children are likely to have a problem at school. The way parents deal with it can affect the outcome.

Answer **yes** or **no** to the questions below to see if you are prepared to deal with school problems positively:

- ___ 1. Do you communicate regularly with your child's teacher, whether there's a concern or not?
- ___ 2. Do you keep an open mind when your child has a problem at school? Be open to the fact that your child may be helping to cause the situation.
- ___ 3. Do you contact your child's teacher first if you have a concern, rather than calling the principal?
- ___ 4. Do you write down your thoughts and questions before meeting with the teacher?
- ___ 5. Do you ask for an action plan at the end of the meeting so you can work together to address the issue? How well are you doing?

Each yes means you are dealing with school problems positively. For no answers, try these ideas from the quiz.

Good News! Anxiety Can be Successfully Managed!

Does any of this sound like your child or teen?

- clinging, crying, and/or tantrums when you separate
- excessive shyness, avoiding social situations
- constant worry
- avoiding situations or places because of fears
- complaints of frequent stomachaches or headaches
- experiencing sudden and frequent panic attacks



Parents play an essential role in helping their child or teen manage anxiety. When coping skills and brave behavior is rewarded and role-modeled in the home, children and teens can learn to face their fears, take risks, and ultimately gain confidence.

Helpful Hint: As a parent, remember that you are the most influential person in your child's life. See ["Helpful Tips for Parents"](#) and ["Healthy Habits for the Home"](#) for important ways in which you can begin to help your anxious child or teen at <http://anxietybc.com/parent/start.php#tips>



Make online safety a priority in your home

Technology has changed how students learn and how they socialize. Millions of kids in all age groups are online every day at home, at school, at friends' homes, at the library and many are creating online content.

To keep your child safe online:

Discuss rules and expectations.

Use software that helps to protect kids, but supervise carefully, too. Only allow your child to communicate with people you both know when he's online.

Set limits on screen time, such as 10 hours or fewer per week. Remember that screen time includes TV, cell phone, computer and video game use.

Do not allow your child to reveal personal information online, such as his name, phone number, school, passwords or location.

Keep Internet access out of your child's room. Only let your child go online if you can see what he's doing.

Learn about websites your child wants to visit. Are they safe? Do you approve of their content?

Encourage your child to be honest with you if something inappropriate occurs online. React calmly if this happens. Report your concerns to authorities.



Online Resource

Help for Anxiety

<http://www.anxietybc.com/parent/index.php>

Community Resources

Special Events This Month

NEW SUPPORT CIRCLE: Mothers of Many Strengths (M.O.M.S) Parent Support Circle

A place for moms to get together and talk about parenting issues, find support and meet other moms. Child-minding and snacks available. No cost. Wednesdays 11:00am-1:00pm.

Contact: Lori Ryser

Email: mothersofmanystrengths@gmail.com

Phone: 250-552-7400

Lighting the Way conference Free Lecture Bullying & the Digital World

Presented by Dr. MacNamara

May 16, 2013 7:00 pm - 9:00 pm at UNBC

Please register for this free event by visiting the website

<http://resweb.res.unbc.ca/childdevelopmentconference>