

Georgia Southern University

Georgia Southern Commons

National Youth Advocacy and Resilience
Conference

26th Annual NYAR Conference (March 1-4,
2015)

Mar 3rd, 4:00 PM - 5:30 PM

Character, Discipline, and 7 Smart Things Parents Do to Help Their Children Succeed in School.

Michael H. Popkin

Active Parenting Publishers, docpop@activeparenting.com

Follow this and additional works at: https://digitalcommons.georgiasouthern.edu/nyar_savannah



Part of the [Adult and Continuing Education and Teaching Commons](#), [Social and Behavioral Sciences Commons](#), and the [Student Counseling and Personnel Services Commons](#)

Recommended Citation

Popkin, Michael H., "Character, Discipline, and 7 Smart Things Parents Do to Help Their Children Succeed in School." (2015). *National Youth Advocacy and Resilience Conference*. 125.
https://digitalcommons.georgiasouthern.edu/nyar_savannah/2015/2015/125

This presentation (open access) is brought to you for free and open access by the Conferences & Events at Georgia Southern Commons. It has been accepted for inclusion in National Youth Advocacy and Resilience Conference by an authorized administrator of Georgia Southern Commons. For more information, please contact digitalcommons@georgiasouthern.edu.

SLIDE PRESENTATION

MICHAEL H. POPKIN, PhD

ACTIVE PARENTING™

4th edition



ACTIVE PARENTING™
PUBLISHERS



The Purpose of Parenting

To **protect** and **prepare** children
to **survive** and **thrive**
in the **society** in which they will live.



High Tech

Diverse

Democratic



What It Takes to Survive AND THRIVE in a...

Dictatorship	Democratic Society	Lawless Society
Fear	Courage	A strong will
Blind obedience	Responsibility	Violent
No belief in free will	Cooperation	Self-centeredness
Low self-esteem	Respect	Insensitivity to others
	High self-esteem	
	School-smart skills	
	Problem-solving skills	
	Decision-making skills	
	Communication skills	



Your Child's Brain(s)

Order of brain growth and development:

1

Old Brain

- Basic survival functions
- Instinctual behavior
- “Fight or flight” response

2

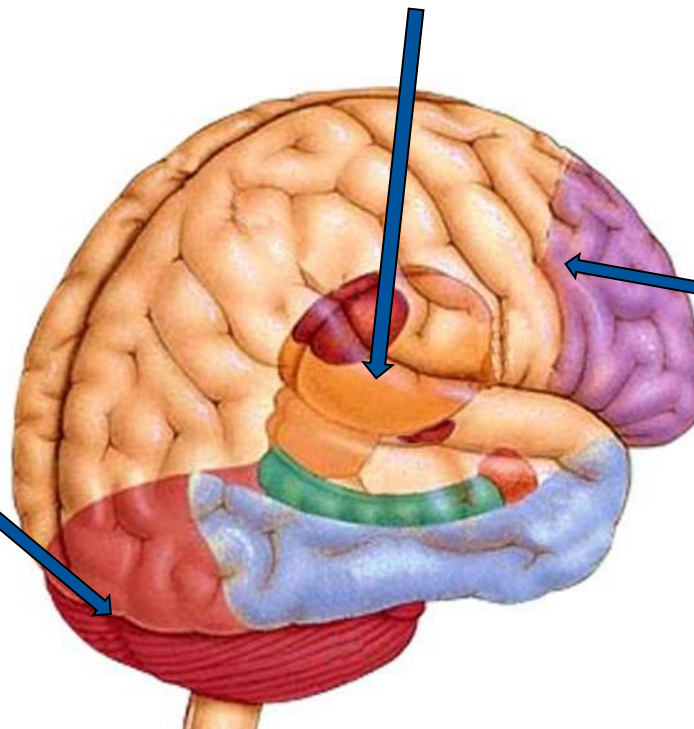
Emotional Brain

- Emotions
- Memory
- Bonding

3

Rational Brain

- “Executive Center”
- Still under construction in children and teens



The Executive Center of the Brain

The “Exec” controls:

- Sound decision making
- Empathy
- Consideration of consequences
- Regulating emotions
- Self-awareness
- Morality



How Parents Can Help

Develop three kinds of skills:

- Nurturing and support skills
- Discipline skills
- Problem-solving skills





**Welcome to Session 2:
Cooperation &
Communication**





**Welcome to Session 3:
Responsibility
& Discipline**





**Welcome to Session 4:
Building Courage
& Self-Esteem**





**Welcome to Session 5:
Understanding
& Redirecting
Misbehavior**





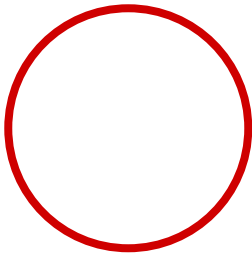
**Welcome to Session 6:
Active Parenting
for School Success**



Active Parent Involvement

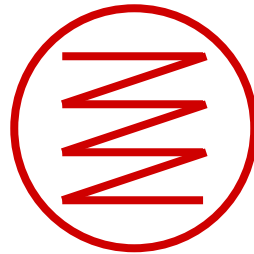
Parent Involvement:

Participating in your child's education at home, at school, and in the community



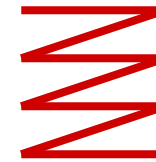
Dictator

(Over-involved)



Active Parent

(Supports, but does not take over)



Doormat

(Under-involved)

7 Smart Things You Can Do to Help Your Child Succeed in School

1. Show up and show support.
2. Get to know your child's teachers and encourage them.
3. Make learning a family priority.

*Help your child understand that
it's not just school that is important...
Learning itself is important.*

7 Smart Things You Can Do to Help Your Child Succeed in School

1. Show up and show support.
2. Get to know your child's teachers and encourage them.
3. Make learning a family priority.
4. **Structure homework time.**



Structuring Homework Time

- Help your child create a regular work area.
- Agree on a regular study time.
- Develop a homework “to do” list.
- Make sure that the house is quiet and everybody is learning.



7 Smart Things You Can Do to Help Your Child Succeed in School

1. Show up and show support.
2. Get to know your child's teachers and encourage them.
3. Make learning a family priority.
4. Structure homework time.
5. **Read and talk with your child.**



Reading and Talking With Your Child

- Strengthen memory by reviewing what you read last time.
- Encourage thinking and reading comprehension.
- Build vocabulary.
- Ask, *who, what, where* and *why* questions.
- Predict together what will happen next.
- Make positive (encouraging) comments.
- Make it fun!



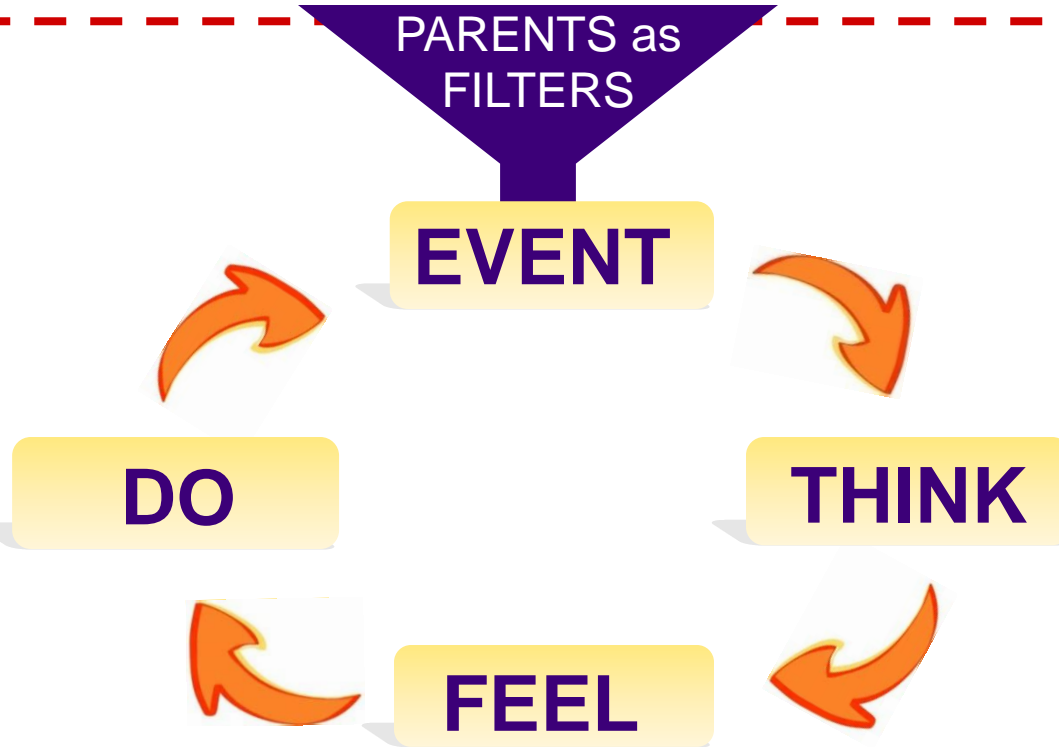
7 Smart Things You Can Do to Help Your Child Succeed in School

1. Show up and show support.
2. Get to know your child's teachers and encourage them.
3. Make learning a family priority.
4. Structure homework time.
5. Read and talk with your child.
- 6. Filter (and limit) your child's media.**



Parents as Filters

Poor Role Models **Positive Media** *A Good School*
Active Parents **Drugs** *Negative Media*



Parents As Filters: The Internet

- Talk to your children and set boundaries for using the Internet.
- Put the computer in a public area where you can observe your kids using it.
- Use software (or other technology) to block inappropriate sites.
- Set complex passwords and change them often.
- Have a policy of periodically checking your kids' browsing history.
- Stay informed. Know what your kids may be doing online – and its risks.



7 Smart Things You Can Do to Help Your Child Succeed in School

1. Show up and show support.
2. Get to know your child's teachers and encourage them.
3. Make learning a family priority.
4. Structure homework time.
5. Read and talk with your child.
6. Filter your child's media.
7. **Support the school's discipline plan.**



Family Talks

1. Plan your introduction and key points
2. Use open-ended questions to stimulate discussion.
3. Avoid communication blocks.
4. Share your values persuasively.
5. Find support materials.



More Parenting Resources

www.activeparenting.com

If you who would like to know about our resources for parents, including video-based discussion programs, online courses, webinar trainings, and more, please check out the Active Parenting website at www.activeparenting.com.

