

Thrive update



Enhance Inspire
Inform healthy kids make better learners

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>> Help your child have fun and stay safe

Having fun is underrated. In our busy lives it is important to prioritize fun, otherwise we may forget to have any! Between school, homework, and after-school activities, we want to make sure that our children include fun in their schedule, as well. At the same time, we want to make sure that they are safe.

Because children's brains are a work in progress until their mid-twenties, accidents can be a major consequence of their lack of experience, impulsivity, poor planning, and judgment. In fact, the leading cause of death for all children from 1 year to 24 years of age is accidents. As parents, it's important that we teach our children about safety and how to help them reduce risks in everyday life.

Important topics for discussion include:

- Traffic safety
- Fire safety
- The dangers of playing with guns, knives, or matches
- Learning how to use 911
- Water safety
- Knowing important personal information (e.g. address)
- Stranger danger
- Internet use
- Body awareness and appropriate touching
- What to do if you are lost

For adolescents, there are many additional discussions that we need to have around safety issues, including:

- Substance abuse
- Dating behavior
- Driving safety
- Going places alone
- And even sleep deprivation (because teens need 9 hours of sleep nightly and rarely get it, they are at increased risks for a wide range of maladies, including car accidents).

Having ongoing family communication about these and other topics of importance helps ensure that you are preparing your child for what lies ahead and teaching them that they can always talk to you about any safety concerns in the future. Teaching our children the importance of balancing fun and safety will help prepare them for success during potential higher risk times in high school, college, and in life.

Look for us on the web!
www.bvdsd.org

Dr. Jan Hittelman, Ph.D.
Boulder Psychological Services

>> Parents: Tips for spring break

It's March and Spring Break is quickly approaching. Students are finishing up tests, midterms, and papers. They are also preparing for a week away from school, time spent with friends and having lots of fun. Spring Break comes with a plenty of free time, and because parents often have to work, that can mean time without adult supervision.

Increased time alone also means more opportunities for decision making and possibly taking risks. Risk taking and substance use often peak during school break periods. Here are a few tips for parents to help prepare your child to make healthy choices over spring break.

Talk with your child. Ask questions and listen with an open mind. Set clear expectations and make your views and rules clear. Make sure your child knows you would disapprove of substance use and why.

Decrease opportunity and access. Alcohol, tobacco, marijuana and prescriptions drugs should be inaccessible to youth in your home. Make sure to lock up alcohol and any other drugs not intended for your child -- or their friends.

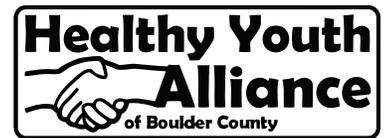
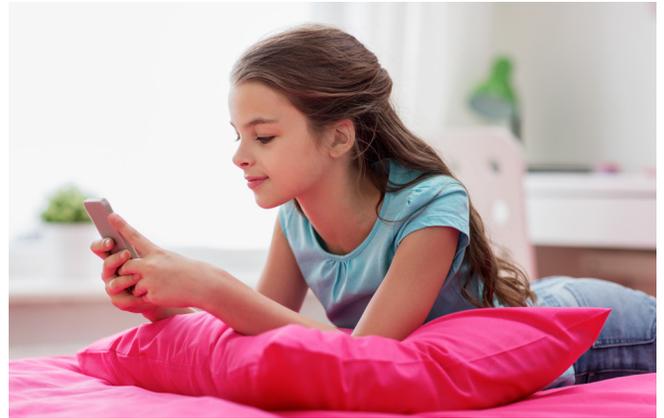
Set boundaries and monitor behavior. Know where your child is and check in with calls and texts. Set house rules including if friends are allowed over when you aren't home. If they are, how many friends and who.

Check in when you get home. Ask about their day, what they did, if they had fun, and what's the plan for tomorrow?

Provide tools and practice. Provide your child with refusal skills and options. Brainstorm events or experiences they might face over spring break, and work through them together. Role play and make a plan.

As parents, it's our job to encourage and prepare our children to make healthy and safe choices. Be a resource to your child during adolescence. Make sure they know you are an Askable Adult, one they can talk with about tough issues. All of our kids have to learn to make their own decisions. Encourage them to make the smart choice.

Meca Delgado
Boulder County Healthy Youth Alliance



>> Being in charge of one's body

As parents, we can help our children learn how to assert themselves and say "no" when in precarious situations, as well as having more accountability for their actions.

It's ok to say "no" even to family.

Physical touch should never be forced. The child is receiving the message that their body is not their own. Parents often tell their child to go hug someone and from their child's body language, it's clear that the child is reluctant but feels like s/he has to. The next time you start to say "go kiss grandma goodbye," "give your friend a hug and say sorry," try to catch yourself. Instead ask them if they would like to give grandma a hug or kiss goodbye. If there's hesitation, then suggest a high five or a wave instead. Tell them to say they're sorry but without requiring a hug.

Don't touch me there!

Teach your child the formal names for their body parts. Have those difficult conversations. Ask questions. If your child ever needs to tell you something, they will name it correctly so you will know what s/he is talking about.

Boundaries can help.

You get to have privacy, too. What?! Your child does not need to know what you talked about with so and so or be in the bathroom with you. Teach them about privacy by modeling. If your child is touching you in a private area tell your child that it is not ok to touch you there.

Having the choice of when to engage in physical touch with people, as well as open communication are key to helping to empower your child to feel in charge of their own bodies.

Tatum Oman Uhrick LPC, RPT
Play Therapist
Boulder Psychological Services
www.childtherapyboulder.com



>> Calendar of classes & events

MARCH 2017

Wednesday, March 1, 6-8 p.m.

Executive Functioning Strategies

BVSD Education Center, 6500 East Arapahoe Road, Boulder

Instructional specialist Leslie Gaiser and Eric Warneke offer practical strategies for home and school for students struggling with Executive Functioning issues. For more information, contact Anna Stewart at 720-561-5918 or anna.stewart@bvsd.org.

Monday, March 6, 6-7:30 p.m.

Exercise as it Relates to Learning and Mood

Horizons K-8 Charter School, 4545 Sioux Drive, Boulder

Presenters: Tatum Oman-Uhrick, LPC and Caroline Roy, LCSW

Learn about the profound connection between physical and mental well-being and how to make it part of family life. A Pathways to Success Workshop – Free and open to the public. www.BoulderPsychologicalServices.com

Common Sense Parenting

Mondays, March 6-April 17 (no class March 27) – Kohl Elementary School – 5-7 p.m. (childcare available)

Wednesdays, April 5-May 3 – BVSD Education Center – 9-11 a.m.

Sign up for one session. Meets two hours a week for six weeks. Common Sense Parenting is a skill-based parenting program that can be applied to every family. The program's logical strategies and easy-to-learn techniques address issues of communication, discipline, decision making, relationships, self-control and school success. Presented by Certified Common Sense Parenting Trainers Leslie Gaiser (BVSD Instructional Specialist) and Anna Stewart (BVSD Parent, School and Community Liaison). Training is free, \$25 for book and materials. Registration required. Contact Anna at anna.stewart@bvsd.org or 720-561-5918.

Wednesday, March 8, 7 p.m.

2e: Twice Exceptional Film Viewing and Panel Discussion

Summit Middle School, 4655 Hanover Ave., Boulder.

Presented by Boulder Valley Gifted & Talented and BVSD. Join for a viewing of Thomas Ropelewski's documentary "2e: Twice Exceptional" (54 minutes). Learn about the challenges and possibilities of these gifted learners. Find how teachers/parents can engage these students' curiosities and help them build meaningful and successful social and academic connections. The movie screening will be followed by audience Q&A with panelists, including special education experts, gifted educators, parents and students. Register for this FREE event online at www.eventbrite.com/e/twice-exceptional-movie-screening-and-panel-discussion-tickets-31653654934.

Wednesday, March 8, 6-7:30 p.m.

Couple Coaching 102: Keeping the Love Alive

Lafayette Library, 775 Baseline Road, Lafayette

Presenter: Kat Austin, LMFT. Avoid common challenges and discover how to strengthen your loving relationship. A Pathways to Success Workshop. Free. www.BoulderPsychologicalServices.com

Wednesdays, March 8-April 12 (no class March 29), 5:30-7:45 p.m.

Love and Logic: Early Childhood Parenting Made Fun™

At the YWCA of Boulder County, 2222 14th Street, Boulder, CO 80302

Workshop provides tools/techniques that can change the way your family operates and makes parenting more fun. The early childhood class is geared toward parents of young children from ages 0-6. Presented by Cyndi Goldfarb, M.S., LCCE. To register go online www.ywcaboulder.org or call 303-443-0419. \$35/person, \$60/couple. The registration fees for this program are at a greatly reduced rate thanks to the generosity of the Temple Hoyne Buell Foundation.

Thursday, March 9, 4-5 p.m.

Get the Facts: How to find the truth in your media

When it comes to media consumption and engagement, it is a confusing and chaotic time for teachers and students. This free webinar addresses media consumption and literacy. For more information or to get tickets, visit www.universe.com and search "media webinar."

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Look for us on the web!
www.bvsd.org

>> Calendar of Classes & Events

MARCH 2017 EVENTS CONTINUED

Tuesday, March 14, 12:15-1:45 p.m.

Anxiety and Learning Differences

Jewish Community Center, 6007 Oreg Ave., on the corner of Arapahoe and Cherryvale

How to help your child develop coping skills to manage their anxiety and improve their academic performance. Presenter: Scott Brown, PhD. Sponsored by The Zarlengo Foundation. Presented by Hillside School. Free and Open to all.

hillsidelearning.org/hilltopics, info@hillsidelearning.org.

Wednesday, March 22, Noon-1 p.m.

Webinar: Understanding Adult ADHD – Symptoms, Diagnoses, and Strategies

Presenters: Dan Fox, LPC, Dr. Sunda Friedman TeBockhorst & Angelo Ciliberti, LPC

Deepen your understanding of this often misdiagnosed disorder and how to effectively manage it.

A Pathways to Success FREE Webinar. Register by going to www.BoulderPsychologicalServices.com/free-webinars.

March 27-31 – Spring Break – No School for Students in BVSD

>> Treading water and blowing bubbles: Know your swimming basics

The world is 71 percent water:

That means swimming can be a big part of our lives. It can be a hobby, an exercise, summertime favorite and a competitive endeavor. It can be something you enjoy or something you loathe. Either way, both adults and children should regard swimming as a life skill.

However, like balancing a checkbook and driving through a roundabout, most of us do not have that life skill.

According to a survey by the American Red Cross, only 56 percent of adults report having water safety skills that could save their lives. Those skills include treading water, bobbing to the surface after jumping into deep water, floating in a circle and then exiting the water, leaving a pool without a ladder and swimming 25 yards without stopping.

On top of that, only 39 percent of parents of kids 4-17 say their little ones can perform those skills, yet more than 90 percent of those kids participate in water activities. And only 20 percent of parents expected their kids to take swim lessons in the summer.

So this summer, vow to make sure you and your child have the proficiency to be safe, confident and happy in the water. Really, swimming is not just a life skill. It's a life-saving skill.

Tips From the Y

Teach your young child the art of blowing bubbles. Start with a glass and a straw. Let them blow bubbles and explain how it works. Move to the bathtub. Encourage them to put their mouth in the water to blow bubbles. Then try it at the pool this summer.

The Y is currently registering for summer camp, youth sports and swim lessons. Register at ymcabv.org.

Andra Coberly Webster is the communications director for the YMCA of Boulder Valley. The Y strengthens community through programs that focus on healthy living, youth development and social responsibility. Financial assistance is available.



>> Make spring break memories with a campcation

Spring break is the glorious week away from school that heralds the coming of summer. But do you remember what you did for your fourth-grade spring break, or your ninth? Make this year's break safe and memorable for your kids with a BVSD Lifelong Learning Campcation.

Instead of cramming the family into your car for a tedious road trip, stick around for a plethora of unforgettable opportunities. The party is at Platt for grade schoolers with *Harry Potter Art & Yoga*, *Candy Chemistry* and *Worm Wednesday*. Or, you can head to *HorsePlay Ranch* to be a cowkid for a day and make friends with the goats, horses and chickens. If you would rather 3D print your own friends, we've got a camp for that too!

The last week in March is also the perfect time to get your teenager out of the passenger seat with *Top Cops Driver's Ed*. In four days they can earn their permit and hop behind the wheel of your family truckster.

Don't forget to plan ahead for summer! *BVSD Lifelong Summer Camps* are open for registration and filling up fast. You can take advantage of our Early Bird 10 percent off special if you register by March 31 and use the secret code: summerofyes.

Visit www.BVSD.org/LLL or call 720-561-5968 to book your spring break campcation.

