

Share these ideas from the Ready4K Trauma-Informed parenting curriculum to help your families stay engaged with their community during this time of social distancing.

### 1. Remind Parents that You are Partners

**FACT:** You're the expert on your child. Sharing what you know helps the teacher meet your child's needs. Let the teacher know about your child's behaviors, feelings, likes, and dislikes.

**TIP:** Reach out to your child's teacher. Share things your child likes doing. Ask if they can suggest learning activities that fit with these activities.

**GROWTH:** Keep reaching out. Try sharing any concerns or worries your child has expressed. Does the teacher have any suggestions for strategies that might help?

### 2. Offer Ideas for Staying Connected

**FACT:** Kids need lots of time and attention. This can mean less time with the other people in your life. Connecting with adults is a way to care for you.

**TIP:** This week, plan to enjoy time with someone you love. Try a video chat or a virtual "coffee date." Connecting with others is good for you and your parenting!

**GROWTH:** Keep connecting! Now make a list of friends you can call when you need to talk. Post the list to remind yourself that reaching out to others can help you refuel.

### 3. Provide Actionable Ways to Share Their Strengths

**FACT:** You can be a wonderful support to those around you. When you help friends, family, and other parents, your community grows stronger.

**TIP:** Tonight, try calling another parent or family member and asking, "Is there anything you need?" Suggest one little thing you can do to help them out.

**GROWTH:** In the morning challenge your child to set a helping goal for the day. Ask, "What's one thing you will do to help someone today?"

And specific action steps are always a good idea!

**CONNECT:** Volunteering is a great way to give back to the community. You'll build your social circles, too. Find volunteer opportunities in our community: <https://www.volunteermatch.org/>



*The Ready4K Trauma-Informed family engagement program is aligned to the Strengthening Families® protective factors framework.*