

5 KEY ISSUES IN PARENTING

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CATHOLIC SCHOOLS
CENTER OF EXCELLENCE

Peace
of **MIND**

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Parenting isn't about being perfect but being present.

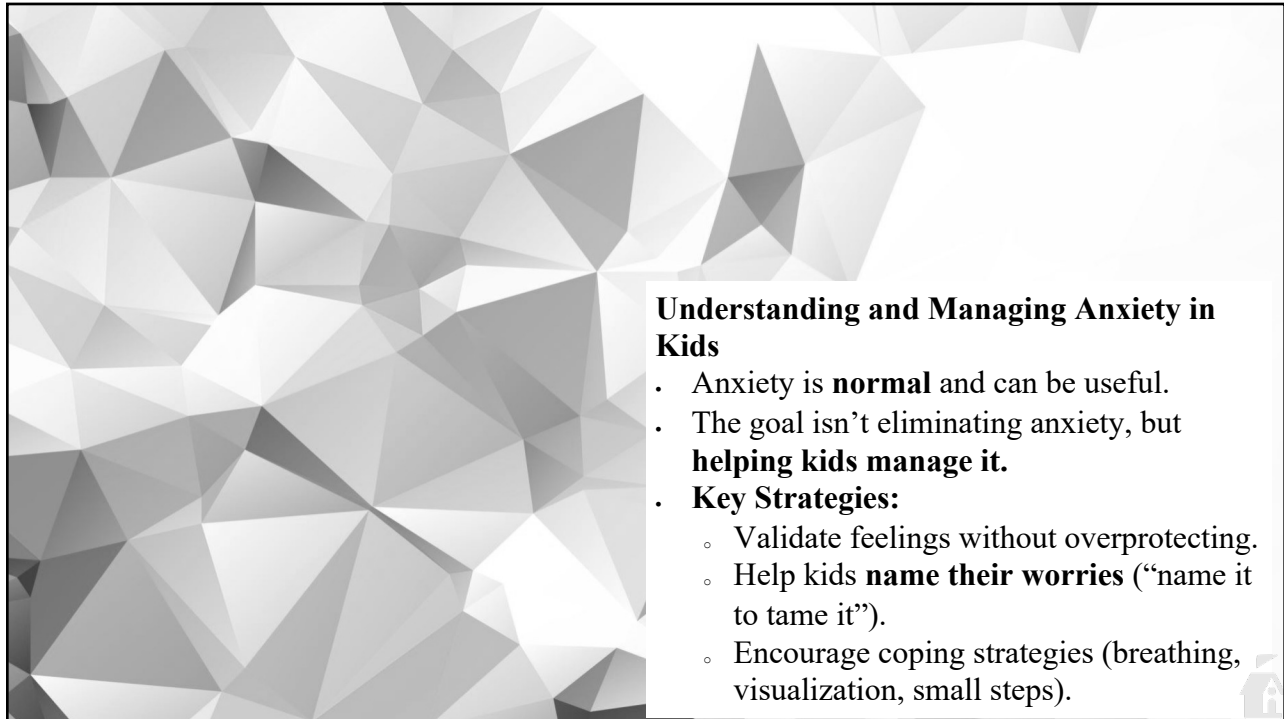
Today's webinar covers:

- Managing Anxiety in Kids
- Balancing Warmth & Boundaries
- Emotional Regulation
- Navigating Friendships
- Avoiding Perfectionism & Overparenting

BONUS

- Encouraging Independence & Problem-Solving

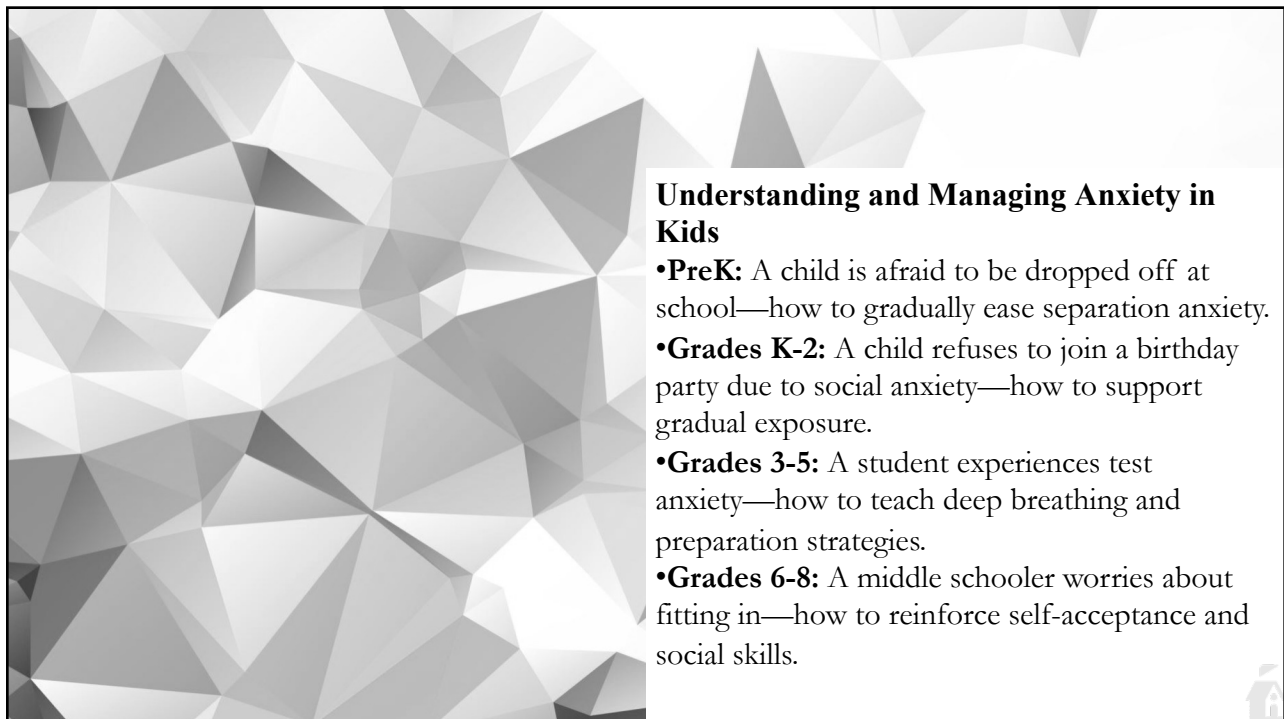
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Understanding and Managing Anxiety in Kids

- Anxiety is **normal** and can be useful.
- The goal isn't eliminating anxiety, but **helping kids manage it**.
- **Key Strategies:**
 - Validate feelings without overprotecting.
 - Help kids **name their worries** (“name it to tame it”).
 - Encourage coping strategies (breathing, visualization, small steps).

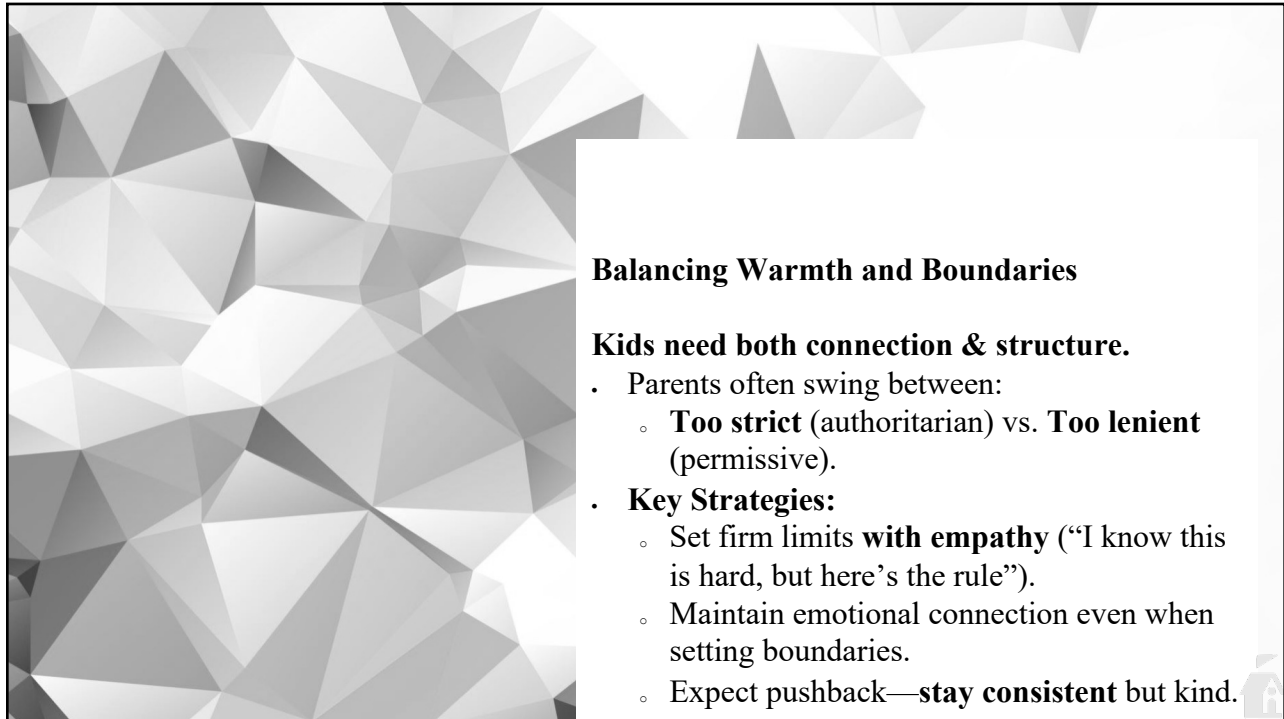
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Understanding and Managing Anxiety in Kids

- **PreK:** A child is afraid to be dropped off at school—how to gradually ease separation anxiety.
- **Grades K-2:** A child refuses to join a birthday party due to social anxiety—how to support gradual exposure.
- **Grades 3-5:** A student experiences test anxiety—how to teach deep breathing and preparation strategies.
- **Grades 6-8:** A middle schooler worries about fitting in—how to reinforce self-acceptance and social skills.

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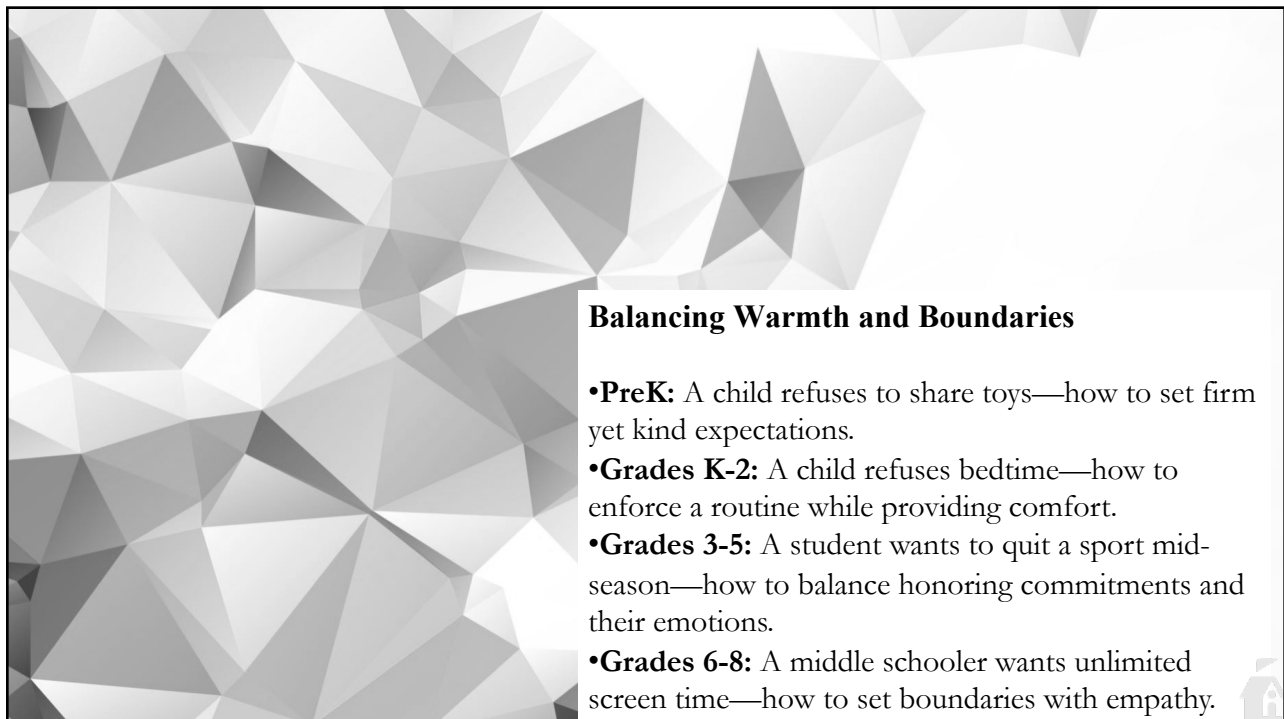


Balancing Warmth and Boundaries

Kids need both connection & structure.

- Parents often swing between:
 - **Too strict** (authoritarian) vs. **Too lenient** (permissive).
- **Key Strategies:**
 - Set firm limits **with empathy** (“I know this is hard, but here’s the rule”).
 - Maintain emotional connection even when setting boundaries.
 - Expect pushback—**stay consistent** but kind.

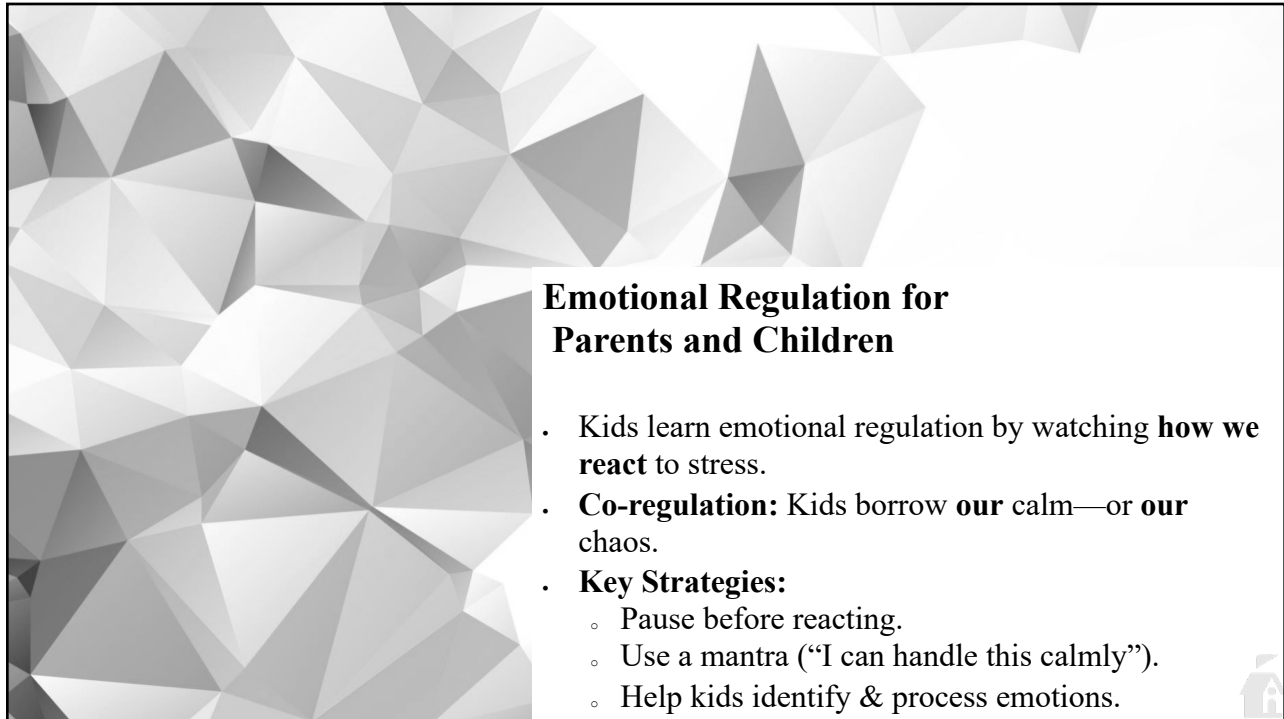
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Balancing Warmth and Boundaries

- **PreK:** A child refuses to share toys—how to set firm yet kind expectations.
- **Grades K-2:** A child refuses bedtime—how to enforce a routine while providing comfort.
- **Grades 3-5:** A student wants to quit a sport mid-season—how to balance honoring commitments and their emotions.
- **Grades 6-8:** A middle schooler wants unlimited screen time—how to set boundaries with empathy.

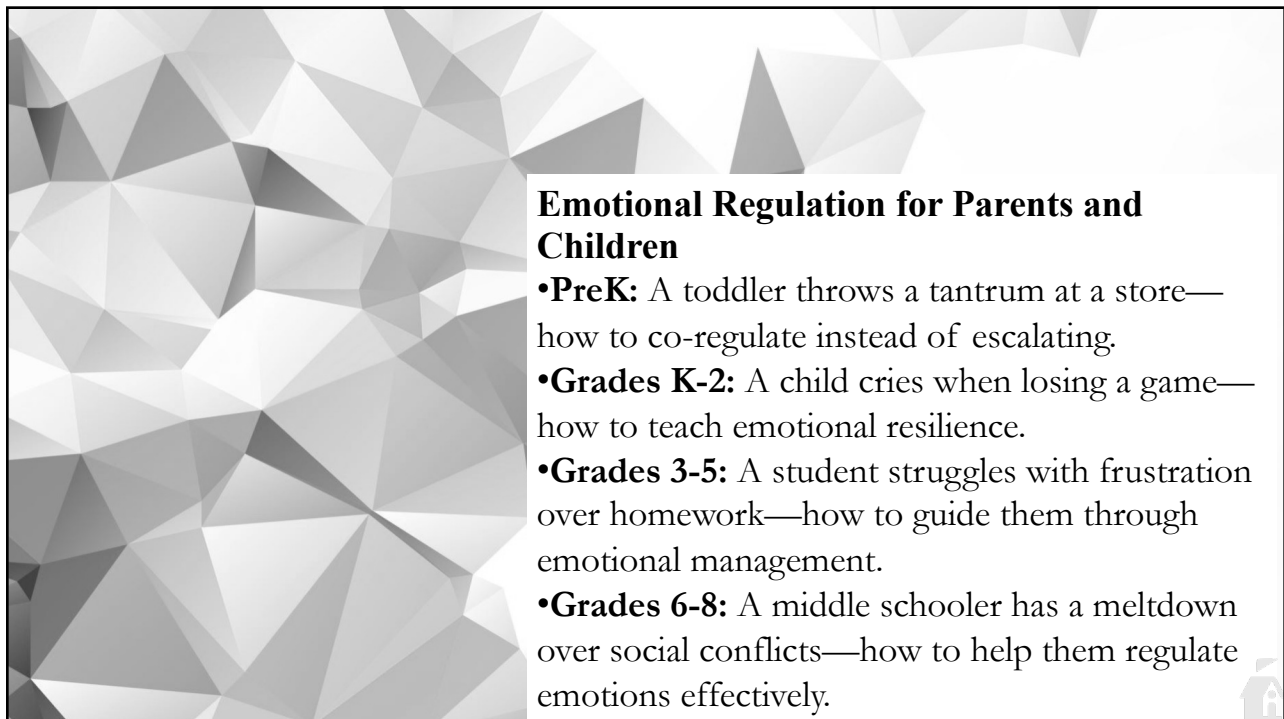
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Emotional Regulation for Parents and Children

- Kids learn emotional regulation by watching **how we react** to stress.
- **Co-regulation:** Kids borrow **our** calm—or **our** chaos.
- **Key Strategies:**
 - Pause before reacting.
 - Use a mantra (“I can handle this calmly”).
 - Help kids identify & process emotions.

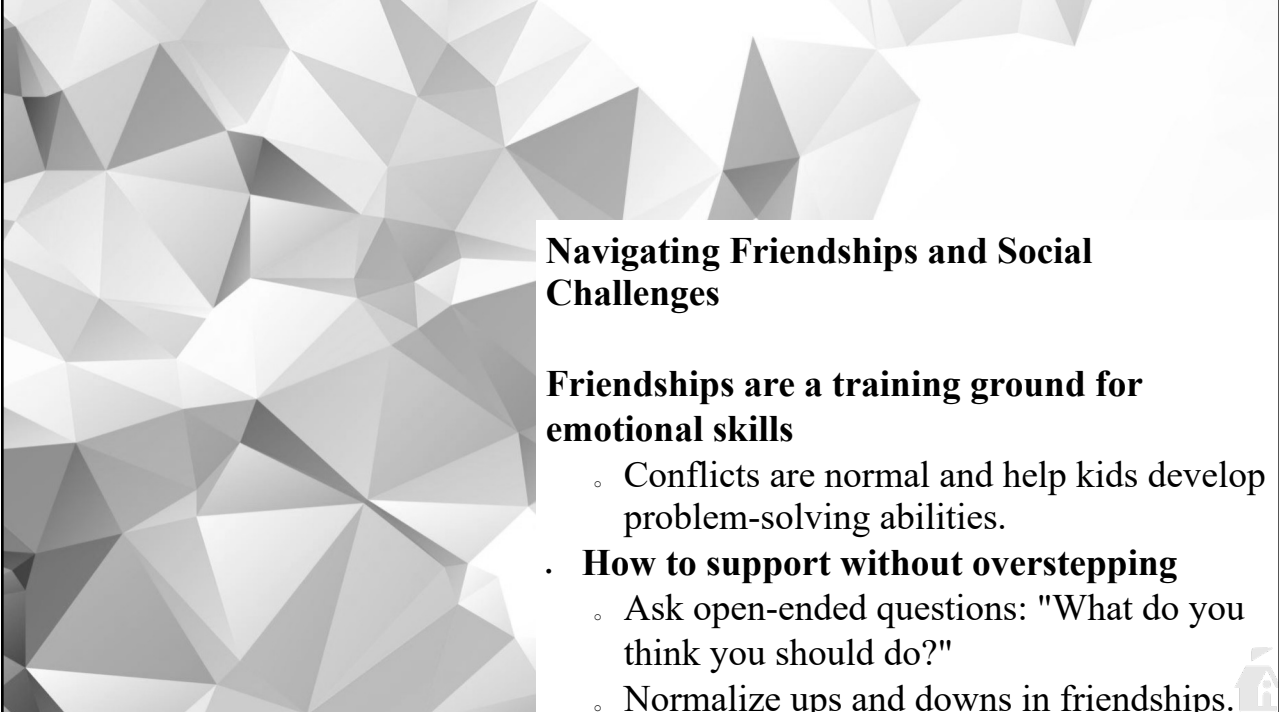
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Emotional Regulation for Parents and Children

- **PreK:** A toddler throws a tantrum at a store—how to co-regulate instead of escalating.
- **Grades K-2:** A child cries when losing a game—how to teach emotional resilience.
- **Grades 3-5:** A student struggles with frustration over homework—how to guide them through emotional management.
- **Grades 6-8:** A middle schooler has a meltdown over social conflicts—how to help them regulate emotions effectively.

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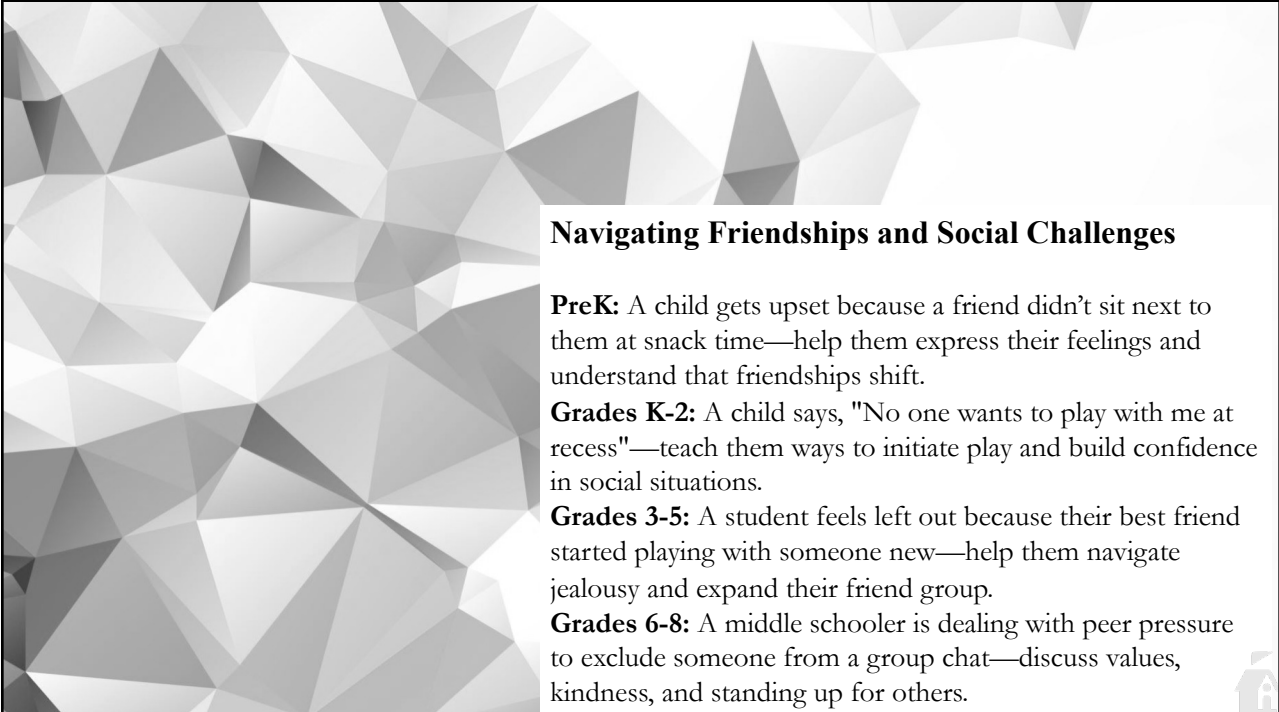


Navigating Friendships and Social Challenges

Friendships are a training ground for emotional skills

- Conflicts are normal and help kids develop problem-solving abilities.
- **How to support without overstepping**
 - Ask open-ended questions: "What do you think you should do?"
 - Normalize ups and downs in friendships.

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Navigating Friendships and Social Challenges

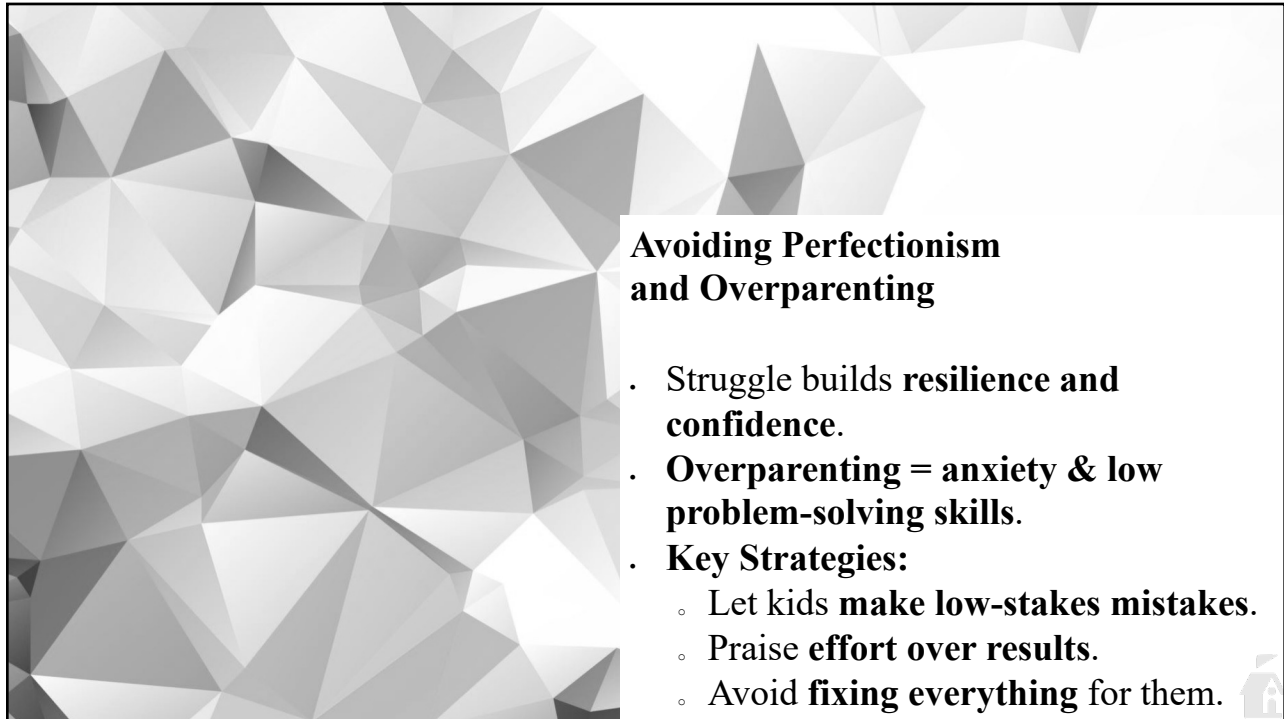
PreK: A child gets upset because a friend didn't sit next to them at snack time—help them express their feelings and understand that friendships shift.

Grades K-2: A child says, "No one wants to play with me at recess"—teach them ways to initiate play and build confidence in social situations.

Grades 3-5: A student feels left out because their best friend started playing with someone new—help them navigate jealousy and expand their friend group.

Grades 6-8: A middle schooler is dealing with peer pressure to exclude someone from a group chat—discuss values, kindness, and standing up for others.

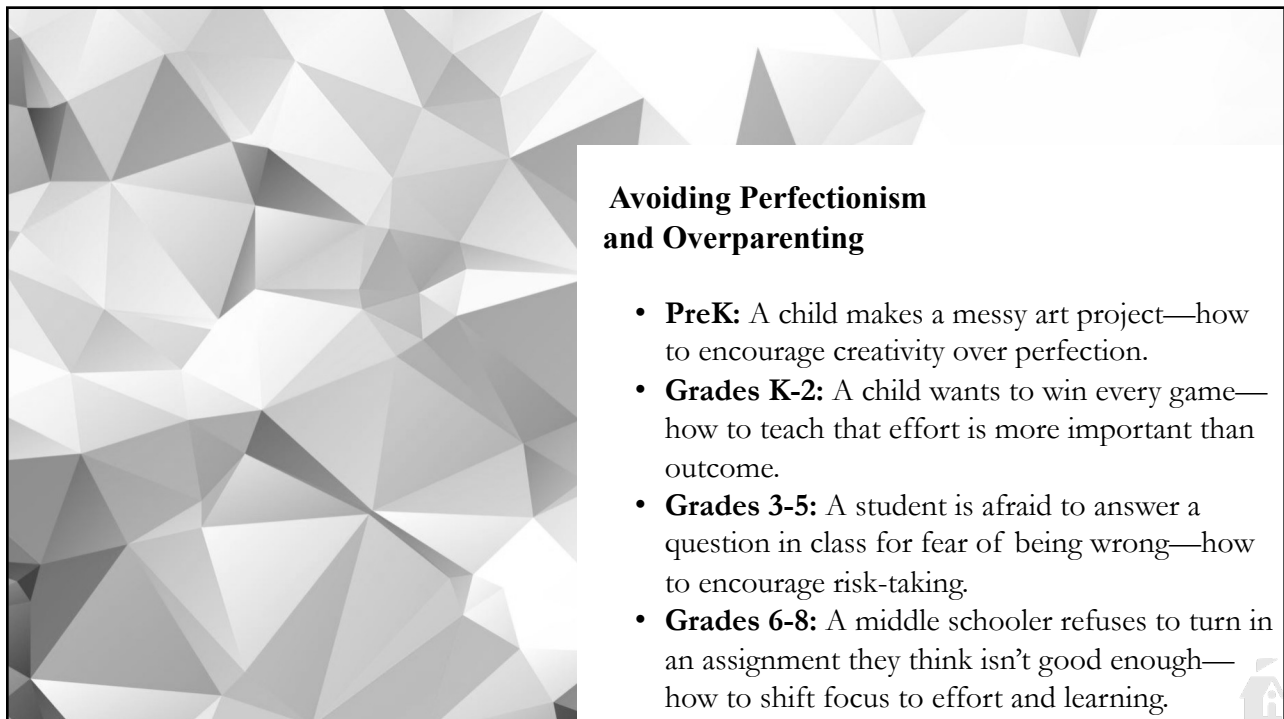
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Avoiding Perfectionism and Overparenting

- Struggle builds **resilience and confidence**.
- **Overparenting = anxiety & low problem-solving skills.**
- **Key Strategies:**
 - Let kids **make low-stakes mistakes**.
 - Praise **effort over results**.
 - Avoid **fixing everything** for them.

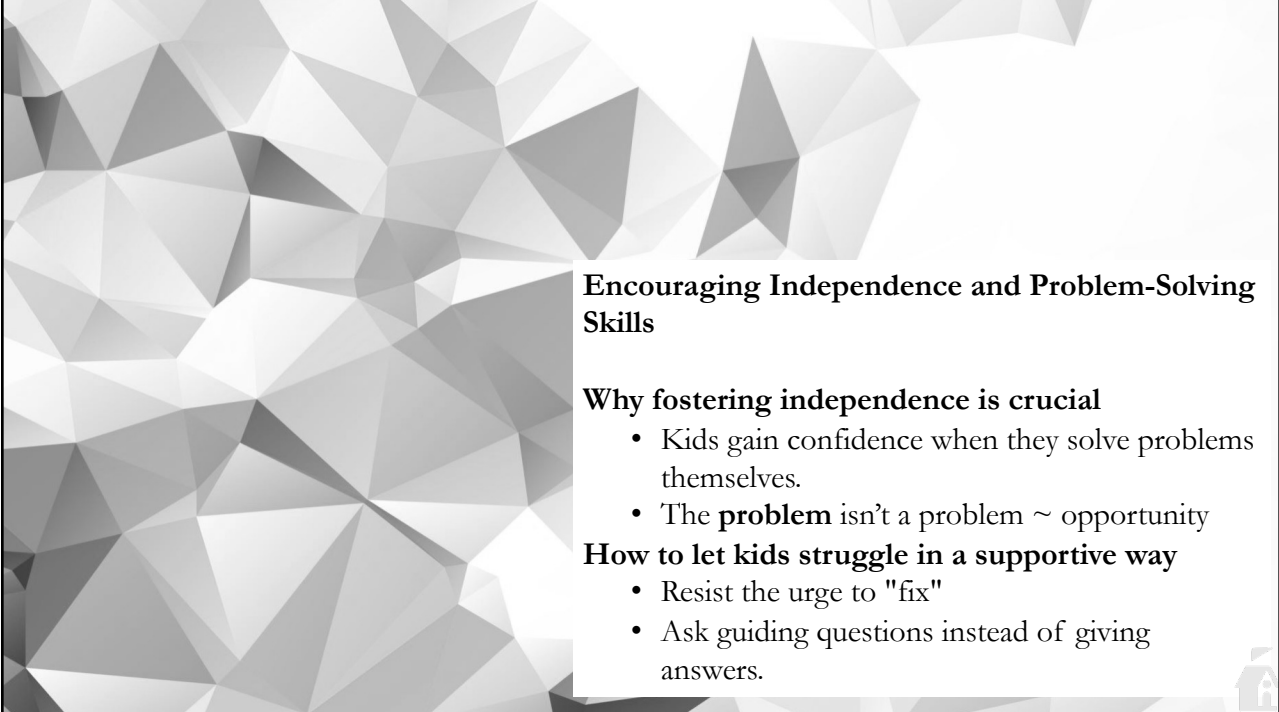
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Avoiding Perfectionism and Overparenting

- **PreK:** A child makes a messy art project—how to encourage creativity over perfection.
- **Grades K-2:** A child wants to win every game—how to teach that effort is more important than outcome.
- **Grades 3-5:** A student is afraid to answer a question in class for fear of being wrong—how to encourage risk-taking.
- **Grades 6-8:** A middle schooler refuses to turn in an assignment they think isn't good enough—how to shift focus to effort and learning.

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Encouraging Independence and Problem-Solving Skills

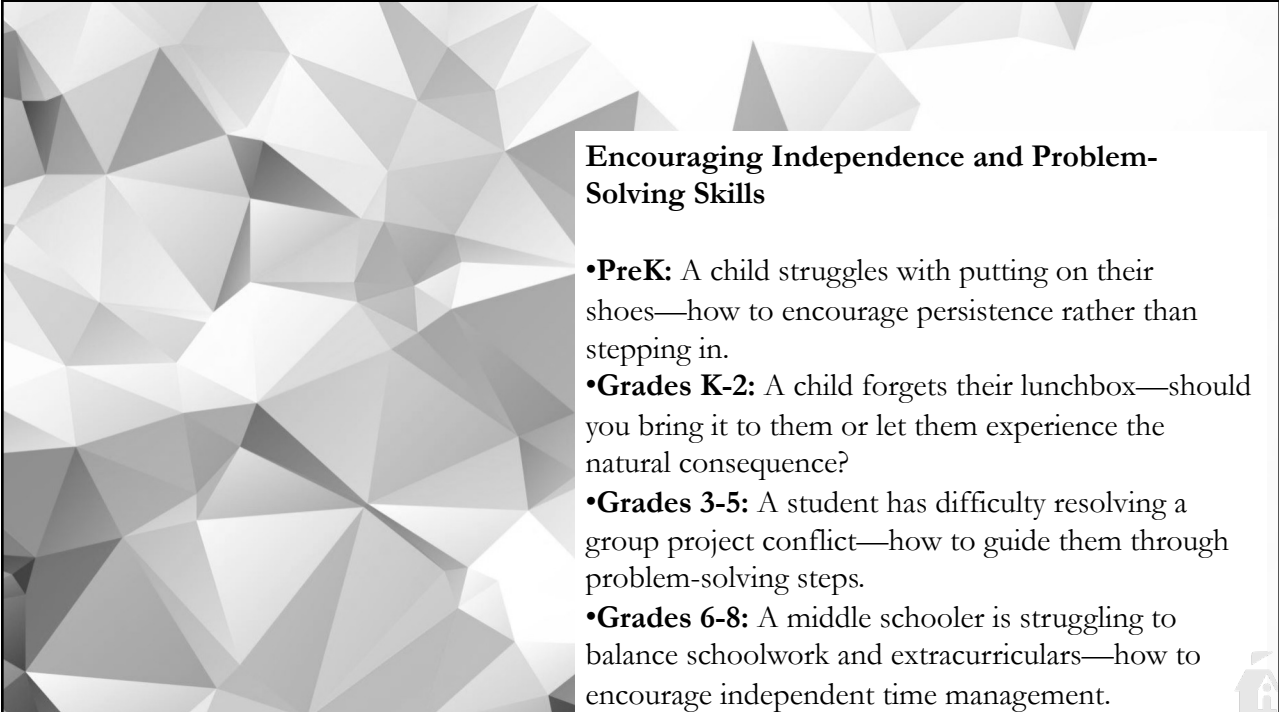
Why fostering independence is crucial

- Kids gain confidence when they solve problems themselves.
- The **problem** isn't a problem ~ opportunity

How to let kids struggle in a supportive way

- Resist the urge to "fix"
- Ask guiding questions instead of giving answers.

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Encouraging Independence and Problem-Solving Skills

- **PreK:** A child struggles with putting on their shoes—how to encourage persistence rather than stepping in.
- **Grades K-2:** A child forgets their lunchbox—should you bring it to them or let them experience the natural consequence?
- **Grades 3-5:** A student has difficulty resolving a group project conflict—how to guide them through problem-solving steps.
- **Grades 6-8:** A middle schooler is struggling to balance schoolwork and extracurriculars—how to encourage independent time management.

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