

PARENT NEWSLETTER *Lesson #2*

RULES KEEP US SAFE! WHEN WE USE THEM, WE ARE ALL STARS!



PARENT CONNECTION

It is important to provide your child with S.T.A.R.: Support, Trust, Active Listening, Respect

SUPPORT: Make sure you are there for your child and he/she knows it. Being consistent with the attention that you give your child is critical to building the relationship.

TRUST: This is the foundation of all relationships. Your child will feel secure if he/she knows that you will do what you say. Dependability and reliability are crucial in helping a child feel safe and secure, and emotionally strong.

ACTIVE LISTENING: This is the key to hearing what your child is trying to tell you, even if he/she is not telling you directly. It means listening with your full attention, not thinking about your response. Then, after listening, reflect back in your own words what you think you heard, including feelings not stated in words, to ensure you understood correctly. This helps the child to feel understood. Children need to know you are on their side.

RESPECT: A fundamental characteristic of your relationship, respect must be mutual. It means accepting the validity of your child's thought and feelings. This reflects empathy for your child's feelings and situation, seeing the world through his/her eyes. You don't necessarily have to agree with your child to respect and empathize with his/her thoughts and feelings.

Today we continued by learning about what to do if a child gets lost and needs to ask for help. Finding a SAFE STRANGER is crucial. The #1 Safe Stranger is a MOM WITH CHILDREN. We also learned how important it is to always stay in a public area, where there are lots of people, and to never go anywhere, especially into a back room or to the parking lot, even with the Safe Stranger who is helping you.

We discussed the concept of using a STRONG VOICE. Sometimes we are scared or shy to speak to people whom we don't know. However, when we need help, it's important to remember that Hashem gave us a special gift, our voice, and we must use it. It helps to use our imagination and pretend that the person we are talking to is someone that we know, like our favorite aunt or even our mother. We need to stand up tall, and speak in a loud voice, clearly and slowly, so that every word is heard and understood.

Practice using this voice with your child in different scenarios, as role-playing is a valuable safety tool that makes your child comfortable and imprints the information in his/her memory for future recall.

For the younger children, we focus on a Safe Stranger being a mother with children. However, if you feel your child is developmentally ready expand the lesson by including other Safe Strangers, such as a cashier, an employee of the store wearing a nametag, or a security guard.



Make sure your child filled out his/her Safety Star Chart and it is hung up in a prominent place!