

## PARENT NEWSLETTER *Lesson #1*

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

### PARENT CONNECTION

The most important part of abuse prevention is open and honest communication between parent/caregiver and child. As caregivers, we often mistakenly assume our children know we are there for them no matter what. However by providing them with ample individual attention and a listening ear, we demonstrate support, guidance, and an outlet to tell us anything. This open forum not only builds trust, but also increases the child's self-confidence and self-worth.

Encourage your child to share his/her feelings with you, whether the feelings are happy, excited, sad or uncomfortable. Be sure to show **SUPPORT** and **VALIDATE** your child's feelings. Thank your child for opening up to you and sharing. Show your child that he/she is a most important person in your life and that you always have time to listen and to keep him/her safe.

Most abuse happens at the hands of someone the child loves and trusts. This can be very confusing for a child because they may really like or even love their abuser but, hate what they are doing to them. The concept of being confused and holding multiple feelings at the same time is really important to give over to children.

### EDUCATED PARENTS ARE EMPOWERED PARENTS

Magenus BE A STAR personal safety awareness program came to your child's class today to teach the first lesson about self esteem, its importance on behavior and the importance of recognizing our feelings.

We learned that self-esteem is how you think and feel about yourself. It's knowing some of the qualities that make you unique and what you like about yourself. We learned that self-esteem can influence our behavior. If we have positive self-esteem we tend to act responsibly, we can handle life's frustrations and emotions and we can have pride in our accomplishments.

We learned that how we feel about ourselves is really important and recognizing our feelings about all situations and experiences is also really important. We learned that we can hold two feelings at the same time and sometimes they can contradict each other. For example, I can really love someone that is close to me but, really dislike something they are doing. We had some great discussions around this and how it pertains to my own feelings in my own world.

