



Parents,

Here are some good ideas from the Institute of Child Psychology...

Words to Calm a Child:

Phrases Every Child Needs to Hear

When children are experiencing big emotions, they often need us to step in and help them to calm the torrential storm. When a child feels safe with you, they are able to lower their defenses and truly give voice to the feelings inside. Children learn that they will be comforted and unconditionally loved as they experience all the different facets of life. If a child does not feel safe and learns that only certain emotions are acceptable, the more difficult emotions are stuffed down. These children struggle with feeling psychologically safe and end up disconnecting from the most vulnerable parts of themselves. Research now shows us that emotional constriction can lead to a host of psychological and physical issues that persist throughout the lifespan.

It is important to remember that guiding your child through emotional experiences does not mean parenting without limits. We can honor feelings **AND** have clear, consistent boundaries with our children. Children who do not have boundaries often feel unanchored, and unsafe with a pervasive underlying theme of not being cared for.

The language we use with our children becomes their inner voice. As the adults in a child's world, we play a pivotal role in determining how a child perceives themselves and others. It can be tricky in those tumultuous moments to remember what to say - particularly if we are having a hard time calming our own heart rate and breathing!

Here are some of our favorite phrases when our children are struggling:

When a Child is Angry

When children are angry, it is a golden opportunity to connect with them and to show them that we will be there for them during the storms. We don't want to distract, minimize, or bribe our kids through big feelings - rather we want to be fully present, acknowledge their feelings, and then give them lots of space to move through their emotions; this is where the true learning happens.



Here are some phrases you can use when your child is angry:

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| "I hear you" | "You feel really upset right now" | |
| "You really wanted (brief recap on what the child wanted) . . ." | | "You are safe" |
| "This is a big feeling" | "Your heart is beating really fast" | "You're so frustrated" |
| "You didn't feel like that was fair" | "I'm right here" | |
| "It scared you when I raised my voice", " | "It makes you mad when I _____" | |

When a Child Cries or is Sad

When children cry, many adults automatically want to stop the tears. Again, when we stop the tears, we not only halt the emotional process, but thwart any learning that could have emerged from the experience. Very often, even just silently holding a safe space for a child speaks volumes.

These short phrases can help a child who is needing an anchor:

- “I’m listening”
- “You’re really sad”
- “Your heart hurts”
- “This is so hard”
- “I’m here to help you”
- “I understand”
- “You wish it was different”
- “I love you”
- “That was a hard day”
- “It really does suck”
- “It’s okay to cry”
- “I’ll be right here for as long as you need me”



When a Child is Anxious

Anxiety is one of the most common struggles of parents in today’s society. Sometimes the anxiety is object/situation specific, or it’s more general. Regardless, when children are anxious, it means they are fearful and needing connection; they need to know they’re safe before they’re ready to venture into the world. We need to calm the part of the brain that is screaming “*Danger! Danger!*”.

We suggest you move in close, and try some of these phrases, but always pair any of these phrases with something to calm the body: a child cannot think calm thoughts if their bodies aren’t calm (i.e., yoga, deep breathing, being held, exercise, gross motor play).

- “You are really scared”
- “You are so worried about _____”
- “You feel really overwhelmed, but this feeling will go down”
- “I will stay with you until this feeling gets smaller”
- “You are safe with me”
- “I’m not going anywhere. Let’s do some big breaths until this feeling goes down.”
- “It’s hard to feel this way. But everyone feels scared sometimes”
- “I can see you are scared to do that. Would you like to try it together for the first time”
- “That’s such a big feeling”
- “I’m right here. I won’t go away”
- “Even though you’re scared, we’ll figure this out”
- “I believe in you”
- “Everyone gets scared. You are still strong”
- “This worried feeling will not last forever”
- “We will get through this together”



Please Note:

School boundary adjustments may impact actual school of attendance starting September, 2020. If boundary adjustments affect your student, you will be contacted after May 26th.

New student registration is now done online at <https://www.auburn.wednet.edu/Page/22227>

Virtual All-District Food Drive

Each year, schools in the ASD participate in an All-District Food Drive to support the Auburn Food Bank. In 2019, our district raised \$93,000 in food and monetary donations. Unfortunately, this year's drive was canceled due to the school building closure.

ASD employees coordinated a drive to support the Auburn Food Bank and raised almost \$69,000. **We would like to make up the difference between the 2019 and 2020 food drive.**

If your family is able, we invite you to donate to the All-District Virtual Food Drive supporting the Auburn Food Bank. This is a critical community resource, especially during the current health crisis.



Monetary donations can be made via Venmo, @Auburn-Foodbank, online at [Network for Good](#) or by check mailed to 930 18th PL NE, Auburn WA 98002. Please mark your donation with #ASDcares2020.

Food donations are accepted at the Auburn Food Bank between 8 a.m. and 3 p.m. Monday through Friday. 930 18th PI NE, Auburn, WA 98002



Connecting with Students and Attendance

So that we may monitor our effectiveness in reaching students during this closure, teachers are marking in Skyward each Friday whether they were Connected or Not Connected with their students that week. Parents can now see in Skyward Family Access, under Attendance, if their student was marked Not Connected. If your student was marked Connected, there will be no indicator in Skyward Attendance for families.

If you have questions or if you need to report an absence for your student that will prevent them from being able to connect with their teachers for the week, contact Susan Williams at swilliams@auburn.wednet.edu or Shannon Padur at spadur@auburn.wednet.edu