



News you can use...from your EAP

Back To School Tips For Parents

Research shows that outcomes are generally better for children whose parents actively engage them in daily conversations about their lives in and out of school. As a result, these kids tend to have better grades, are less likely to abuse drugs and alcohol, have higher self-esteem and are more likely to attend college. According to a recent survey, when asked what they needed most to succeed in life, a majority of teens said they wanted more communication with their parents.

“Back-to-school time offers a great opportunity to talk with children about what is happening in their lives,” says Michael Faenza, president of the National Mental Health Association (NMHA). “By spending at least 15 minutes a day listening and talking with your child, parents can provide valuable emotional support, especially during the turbulent times of childhood and adolescence.”

Additional back to school tips

In order to promote positive behavior, higher academic achievement and prevent school bullying, the NMHA recommends the following for parents:

-- **Spend time each day talking to your child** about what happened at school. Engage in discussion about your child’s friends, classes and activities. Give your child positive feedback about his or her new experiences.

-- **Praise and encourage your child** to become involved with school activities and try new things.

-- **Attend school functions and stay involved in your child’s education.** Children whose parents are more involved with their education have higher achievement, are better adjusted and are less likely to drop out of school. Be sure to get acquainted with your child’s teacher(s) within the first few weeks of school.

-- **Make a point to learn about how your child develops not just physically,** but socially and emotionally, as well. If you are aware of what’s typical behavior, emotions and thinking for your child’s age, you will be better able to tell when things may not be right with your youngster.

Your EAP is here to help

If you need help with any personal, family or work-related concern, contact your Employee Assistance Program (EAP). We can provide you or your dependents with short-term counseling, referrals or information to help you face life’s challenges. All EAP services are FREE and strictly CONFIDENTIAL.

To obtain no cost counseling or other EAP services, please call **800-869-0276** or securely request services from the Member Access section of the EAP website: www.eapconsultants.com.