

BE KIND

Caregiver Gear Up Lesson

PURPOSE:

Teach caregivers how to communicate effectively with their child's teacher. It is important for caregivers to see their child's teacher as an ally when dealing with concerns about their child and as the primary contact for any concerns a caregiver may have. Caregivers will also learn how to document any incidents or concerns they may have related to their child. Accurate and detailed documentation of incidents give credence to a caregiver's arguments/concerns.

LEARNING GOALS:

- To learn how to communicate effectively with your child's teacher.
- To learn how to effectively document incidents/concerns.

POTENTIAL SPEAKERS:

- **Teacher or School Administrator** – Focuses discussion on bullying and school policies regarding what is considered bullying. Also, a discussion about the best and most appropriate methods to communicate concerns with the teacher and school administration.
- **School Counselor/Psychologist** – Focuses discussion on emotional transition to kindergarten and how caregivers could prepare children for this change.
- **Children's Librarian** – Discuss the Caregiver Handout section on tips for documenting and communicating school and classroom concerns.

HOSTING THIS SESSION:

- PLEASE READ THROUGH CAREGIVER HANDOUT BEFORE HOSTING THIS DISCUSSION.
 - Welcome caregivers back.
 - Invite caregivers to share some of the at-home activities they completed with their children from last week's session.
 - Allow caregivers time to ask any questions.
 - Give out Caregiver Handout. Encourage caregivers to take notes on the back of the Caregiver Handout.
 - Announce today's theme – **Be Kind**.

 - Introduce Guest Speaker and what they will be speaking about today.
- OR**
- Facilitate discussion using this lesson's discussion questions.
 - Distribute discussion questions to caregivers.
 - Have caregiver read question aloud.
 - Encourage everyone to answer the questions as a group.

CLOSURE:

- Encourage questions at the end of session.

- Review what children learned and encourage caregivers to ask children about their feelings and what they learned about kindness today.