

Mental Health News for Parents

January is for National Mentoring Month

Facts and Techniques for Success

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KNOW THIS:

While the school fills your child with knowledge about academics, you can fill your child with the idea that they are special and unique. Parents are, in fact, the most important mentors their children can have. Mentoring is about trust, feedback, and quality time...and so is parenting! Be a mindful parent...be a great mentor.

WAYS TO “MENTOR” YOUR CHILD:

- Communicate family goals for your child.
- Be a role model: watch your words and behavior.
- Have a quality time schedule and stick to it.
- Be a good listener.
- Find TV shows that you can watch together and talk about together.
- Be active in your child’s school and schoolwork.
- Talk about current events.
- Parents make mistakes. If you make a mistake, say sorry.
- If your child is in the Nicasa After School Program—come visit!



CONSIDER THESE RESOURCES:

- Read Parents as Mentors: this is a perspective on being a parent mentor that is life changing! (by Sandra Burt and Linda Perlis)
- Read What Do I Do With a Child Like This? By L. Tobin. This easy to read resource will open your eyes!
- Read Teaching Parents to Do Projects at Home by Judy Harris Helm, Stacy Berg, Pam Scranton, and Rebecca Wilson. This is a tool kit for parents. You’ll love it.
- You can always call the supportive team at Nicasa at 847-546-6450.