



## With ParentingMercerIsland.org

### PARENTS:

- ☑ Learn skills to address everyday challenges like creating a **homework routine, supporting reading, or managing anger**
- ☑ At the same time, grow their child's self-awareness, self-management, social awareness, relationship skills, and the ability to make responsible decisions

### SCHOOLS:

- ☑ Provide tools and resources to parents for addressing issues like **homework routines, reading, confidence,** and others that improve outcomes
- ☑ Extend their social-emotional skill building by engaging parents in supporting students in the home

Tools are based on an easy-to-use 5-step process including **actions to take** and the **words to say** to build their relationship and strengthen their communication with their children. Parents search by age and issue to address a variety of topics:

- Bullying
- Confidence
- Conflict
- Child Trauma
- Discipline
- Empathy
- Establishing Rules About Alcohol
- Establishing Rules About Cannabis
- Friends
- Mixed Messages About Alcohol
- Mixed Messages About Cannabis
- Peer Pressure
- Responsibility
- Routines
- Stress and Anxiety
- Talking About Differences

**ParentingMercerIsland.org** includes in-depth information on various topics in the “I Want to Know More” resources:

### COMMUNICATION

- ☑ “I Feel...” Feelings Chart
- ☑ Intentional Communication
- ☑ Calm Down Strategies for Parents and Children
- ☑ Teaching Your Child to Identify and Name Their Feelings

### DEVELOPMENT

- ☑ Social and Emotional Development

### DISCIPLINE

- ☑ Guidance and Discipline for Skill Building
- ☑ Logical Consequences

### PARENTING PROCESS

- ☑ Parenting Process for Your Child’s Success

**Parenting Mercer Island contains additional resources valuable for parents, teachers, counselors, and staff including:**

- ☑ Brief summaries of each tool;
- ☑ Audio versions of each tool and I Want to Know More resource;
- ☑ Rack cards highlighting key information;
- ☑ Printable media like a Feelings Chart and Parenting Process graphics; and
- ☑ Promotional media like videos and posters.

### RELATIONSHIPS

- ☑ Intentional Ways to Grow a Healthy Parenting Relationship

### RISKY BEHAVIOR

- ☑ Alcohol and the Teenage Brain
- ☑ Cannabis and the Teenage Brain
- ☑ Healthy Risk Taking
- ☑ Is My Child Drinking? What Do I Do?
- ☑ Is My Child Using Drugs? What Do I Do?
- ☑ Prevent Substance Use at Every Age
- ☑ Why Teens Shouldn’t Drink Alcohol
- ☑ Why Teens Shouldn’t Use Cannabis



Learn more by visiting  
**ParentingMercerIsland.org**

