

## WHAT EDUCATORS WISH PARENTS KNEW...

We spoke with a number of educators in Elementary Schools and here are some things they wish parents knew in order for the students to have success at school. [Click on each item to take you to a link with more information.](#)

Limit screen time.

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Don't overschedule  
your child.

Ensure your child gets enough  
sleep for their age and/or  
developmental age.

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Teach your child how  
compromise works and how  
to have flexible thinking.

Give your child age  
appropriate chores to do.

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Teach your child how to  
open their lunch box and  
containers independently.

It's okay for your child to be **bored**.  
Boredom encourages creativity and  
how to take initiative.

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Eat meals together as a  
family and talk.

Practice basic math skills  
at home.

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Follow age guidelines  
on social media apps.

Play lots of games  
with your kids and  
make sure they don't  
always win.

*Raising children who are hopeful and who have the courage to be vulnerable means stepping back and letting them experience disappointment, deal with conflict, learn how to assert themselves, and have the opportunity to fail. – Brene Brown*

Are you a snowplow  
parent?  
It's ok if your child  
experiences  
uncomfortable feelings.

Allow your child to fail and  
struggle - this is how they  
develop resilience and self-  
confidence. Be there to  
support and love them, but  
allow them to do the work.

Scrolling is negatively  
impacting our kids.

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Teach your child how to share  
and how to let others go first.

Spend time  
outside.  
Nature heals.

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Put all phones at a  
charging station away  
from bedrooms at night.

Teach your child  
about grit.

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Make sure your child has  
play time with other  
children.

Don't solve all their  
problems for them.  
Ask them to rate the size  
of the problem.

Can your child be the one  
who includes others?

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Actions speak louder than  
words: your kids will  
emulate you.

Be open to seeing your  
child's unique qualities.  
We all have strengths and  
we also all have areas  
where we need support.

If we're always following our children into the arena, hushing the critics, and assuring their victory, they'll never learn that they have the ability to dare greatly on their own. - Brene Brown