

Hidden Sparks Without Walls Parent Connection

Hidden Sparks Without Walls Parent Connection is a series of courses designed to bring together educational professionals and parents in order to improve the quality of the educational experience for all students, including those who struggle.

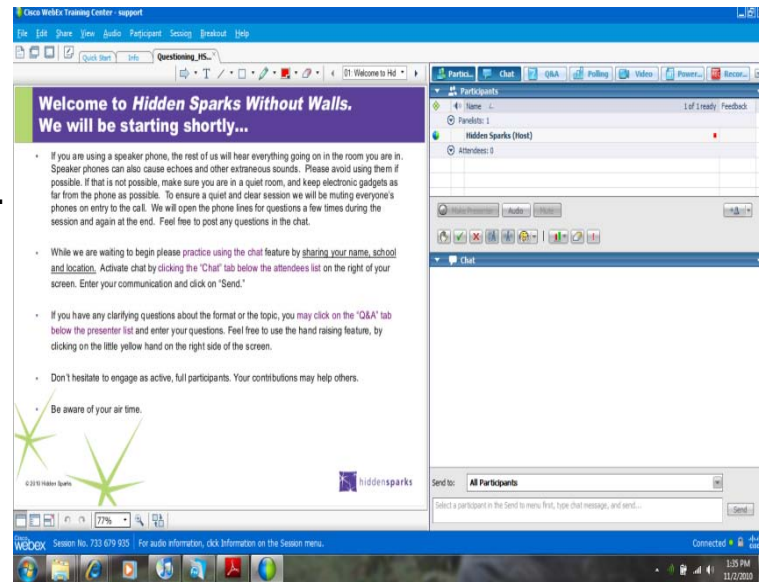
We hope that the information provided in these courses is helpful, however every child, family, and teacher is different and the strategies and techniques discussed in the seminars do not necessarily apply to every situation.

Hidden Sparks Without Walls Parent Connection does not, in any way, substitute for personal professional assistance or guidance delivered by an educational or other professional dedicated to assisting your child or family.

Hidden Sparks Without Walls, and the Hidden Sparks program in general, does not offer evaluation, recommendation, or consultation services to individual students or families.

To alleviate background noise and ensure a quiet session, your phones have been automatically muted. Questions and comments can be submitted via the **CHAT FEATURE**.

While we are waiting, activate the chat feature by clicking in the “Chat” tab that is located below the attendees list on the right of your screen.



When chatting, please remember:

- Select “**All Participants**” if you would like everyone to see your message. Select “**All Panelists**” if you would like only the presenter and facilitator to see your message.
- If you have any clarifying questions about the format, or the topic, you may click on the “**Q&A**” tab located below the presenter list and enter your questions.

The Hidden Sparks Without Walls Parent Connection Series is made possible by the generosity of the

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Helping Boost your Child's Self Esteem

With Mindy Rosenthal.

April 14, 2015

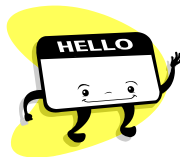


www.hiddensparks.org

Welcome & Conference Etiquette

Below are some tips that will help make this conference call successful:

- **PLEASE NOTE:** We will be muting phones automatically to reduce background noise.
- **For best reception, we recommend your using a landline rather than a cell phone.**
- **Chat Room & Question/Answer Box** – Those participating on-line may use the chat room and question/answer box on the lower right of their screen to enter questions and comments at any time. Questions will be addressed periodically throughout the session and at the end. Please select “**All Participants**” from the dropdown menu if you would like everyone to see your message; select “**All Panelists**” if you would like only the presenter and facilitator to see your message.



Mindy Rosenthal, M.S., BCBA



Mindy Rosenthal, M.S., BCBA, is an adjunct professor at Daemon College and Resource Director at Ilan High School. Her private practice, Behavior & Educational Consulting (BEC), specializes in the remediation of social skill deficits in children, adolescents and adults with ASD and non-verbal learning disabilities. She serves as consultant to various New York and New Jersey schools, devising and implementing social skill and behavioral programs, as well as training parents and teachers.

Session Goals:

- ➔ To understand what self-esteem consists of
- ➔ To understand why self-esteem is important
- ➔ The role of the Parent and Teacher
- ➔ Practical tools to increase self-esteem

Confidence

“It’s not what you are that holds you back, it’s what you think you are not”

Self-Esteem

What?

- Self concept, self awareness, self-esteem, self-control

Why?

- Values

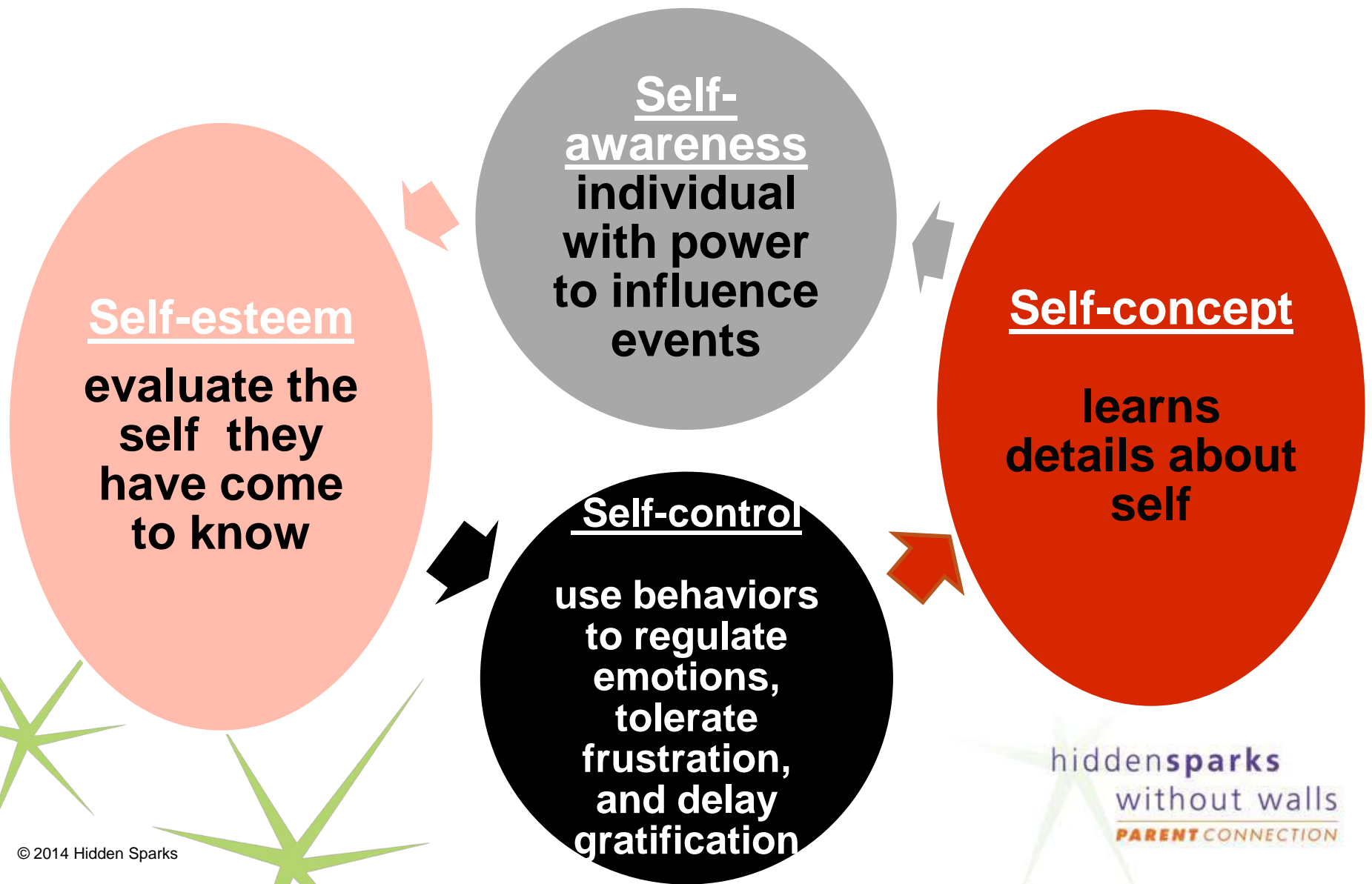
Why here?

- The key to generalization
- A stepping stone for academic, social & personal growth
- A pre-requisite for self-control
- Schools as a cause and cure

How?

- CBT
- Self- Affirmation
- Competence
- Positive Explanatory Style

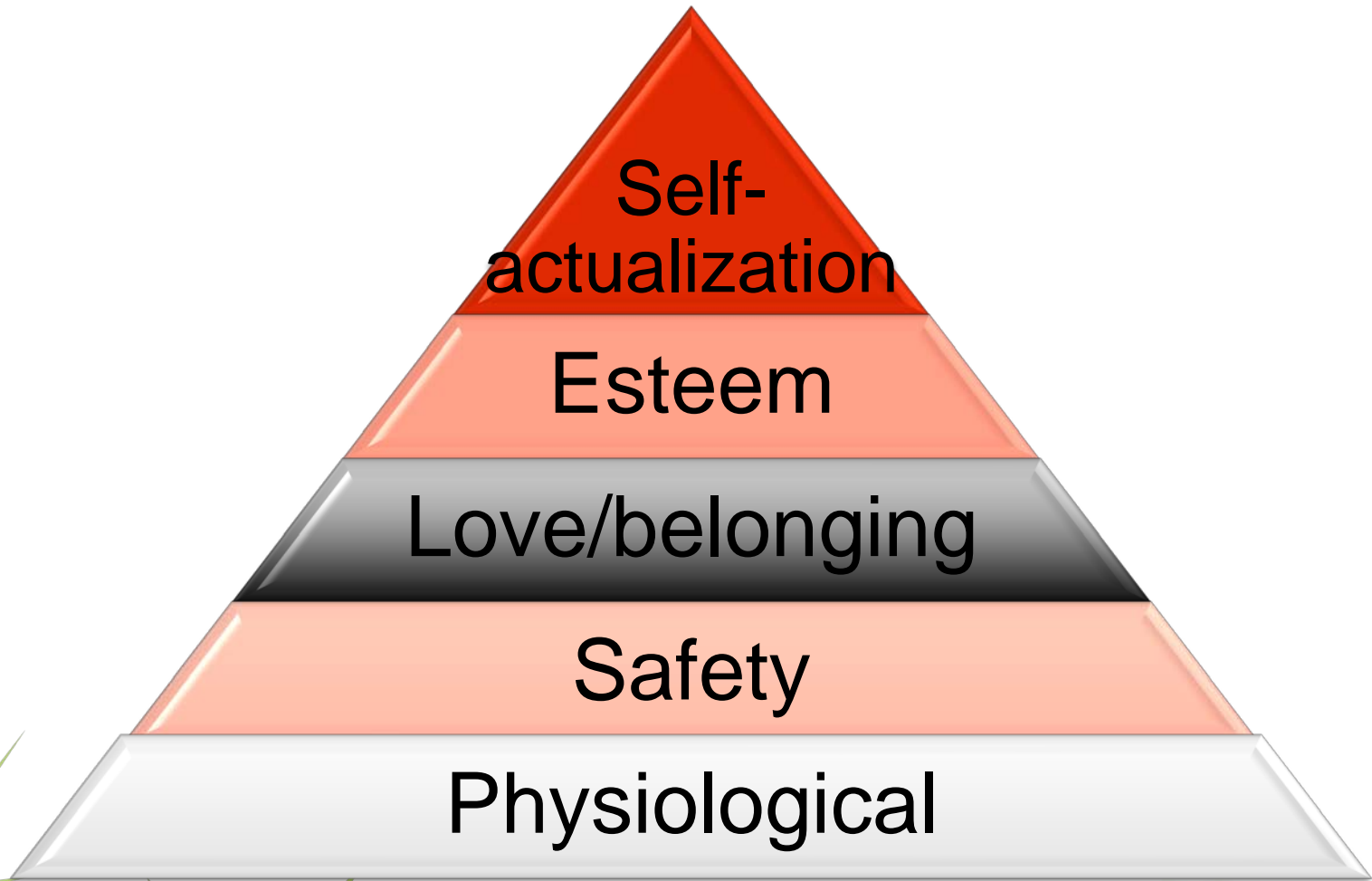
4 Parts of Self (Harter, 2006; Mruk, 2006)



(WHAT) Signs of a Healthy Self – Esteem

- Can accept criticism and compliments
- Can take initiative
- Can laugh when makes a mistake
- Can make decisions
- Can state an opinion
- Can forgive self and others
- Can feel comfortable in social situations

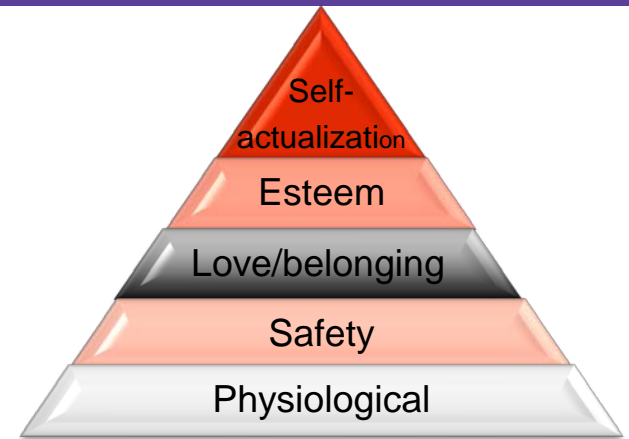
Abraham Maslow's Hierarchy of Needs



Maslow's Quiz

Match the correct level with the letter of the need.

- A. Physiological Need
- B. Safety Need**
- C. Love/Belonging/Social Need
- D. Esteem Need**
- E. Self-Actualization Need**



- _____ 1. I'm starving.
- _____ 2. Please lock the door.
- _____ 3. I hope I won't get fired for that mistake.
- _____ 4. I will succeed with that new program.
- _____ 5. I wish they would invite me to go to lunch.
- _____ 6. I want to chair that committee.
- _____ 7. Those people in that office are just mean.
- _____ 8. I hope they think my idea was good.
- _____ 9. I know I can be promoted.
- _____ 10. I'm exhausted.

(WHY) Values of Self-Esteem

Happy

Respectful

Motivated to accomplish your goals

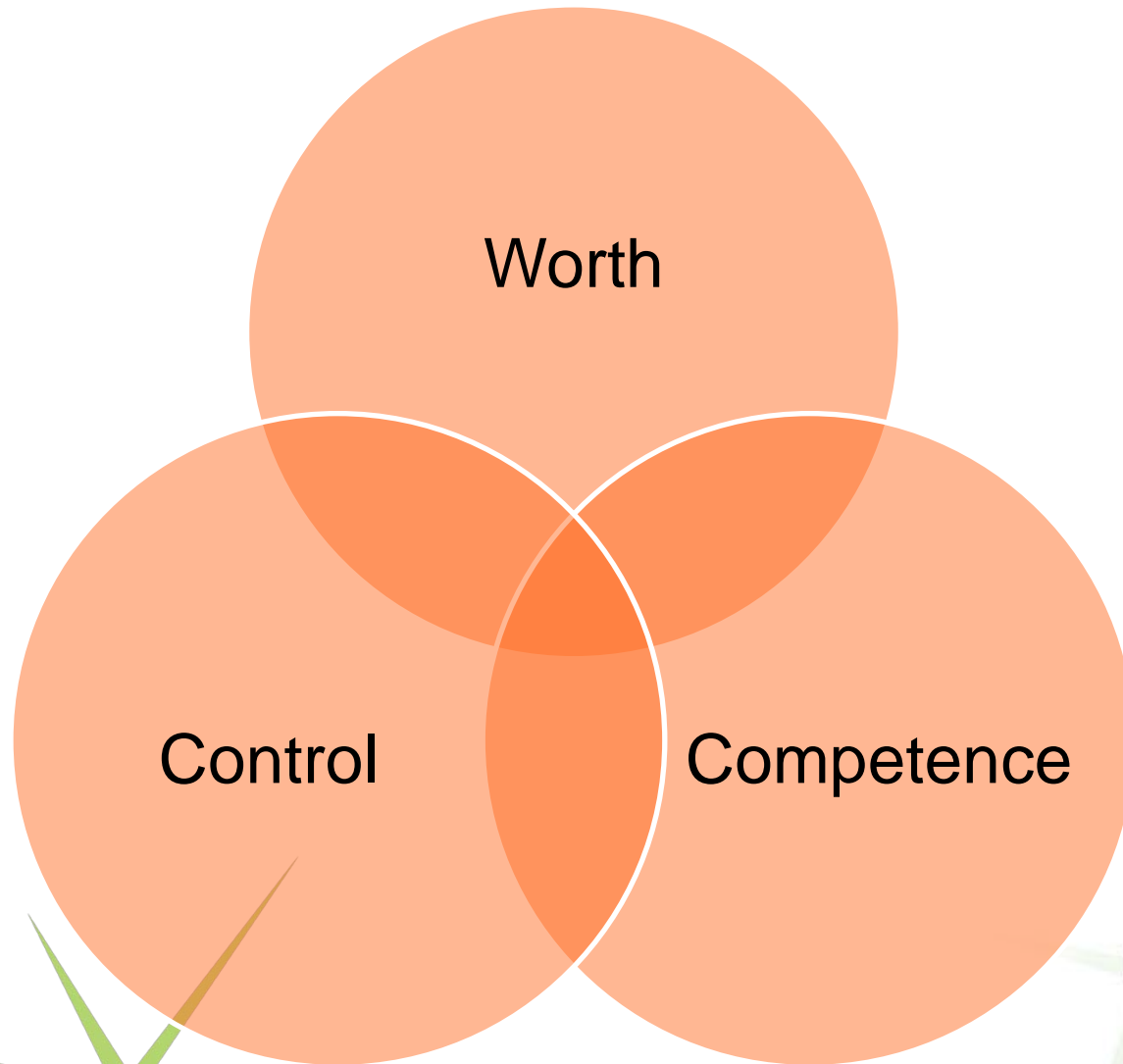
Healthy

Popular

Successful

Live longer

Self-esteem in Social Context (Bedrova & Leong, 2005)



(HOW) Practical Methods for Increasing Self-Esteem

Be your own Best Friend

Redefine Self-Image

Develop an Optimistic Explanatory Style

“Giving” Therapy

Environmental Supports (positive view of self- and others)

Dress the Part (speech, clothing, posture, hygiene)

Self- Care (healthy habits – food, sleep, exercise)

Encourage Mistakes – Discourage Perfectionism

Become a Positive Thinker

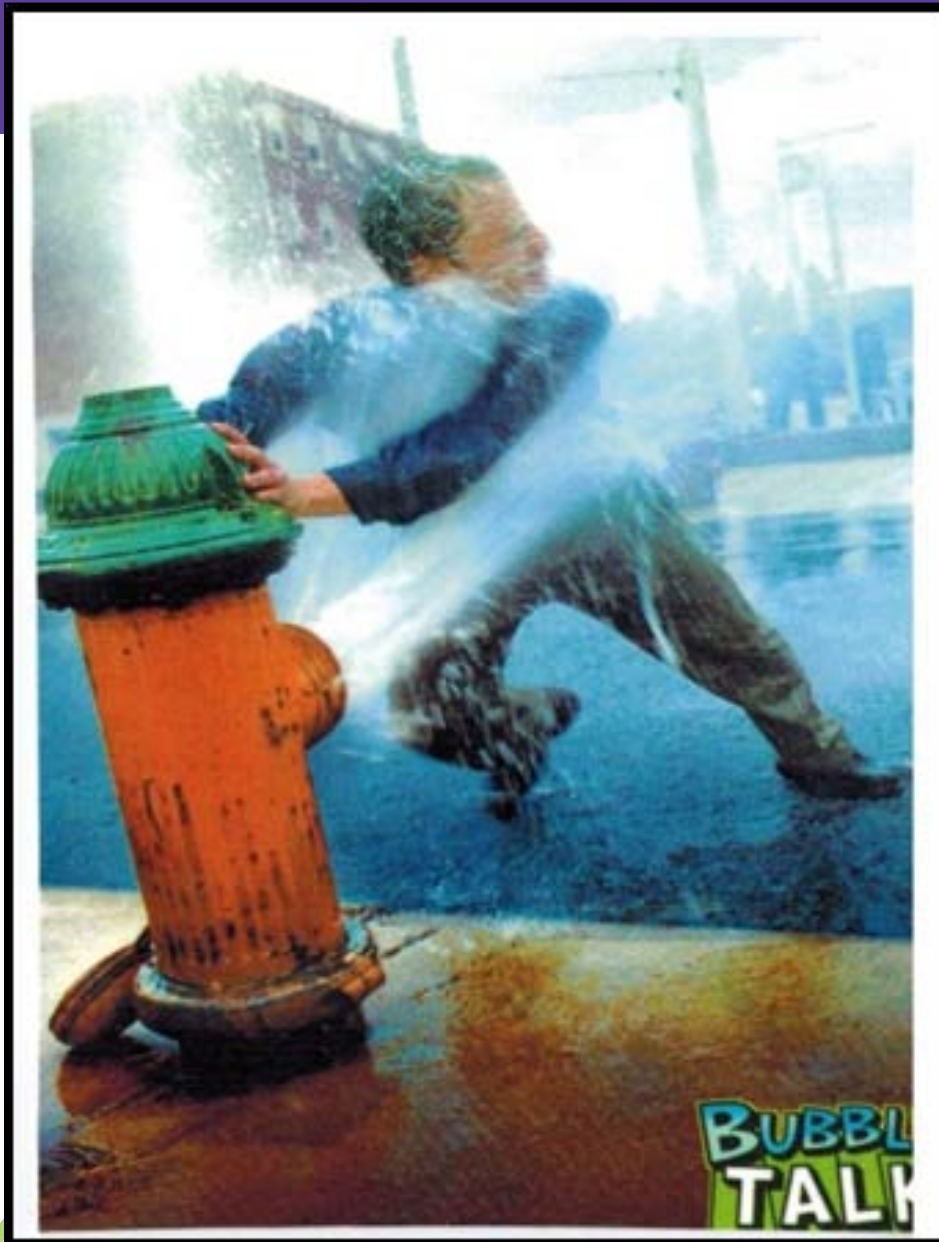
- Notice the positive
 - Look at the whole picture
 - At least I.....
 - Silver Lining
- Focus
- Think
- Talk
- Judge **YOURSELF** Favorably
- Accept compliments graciously



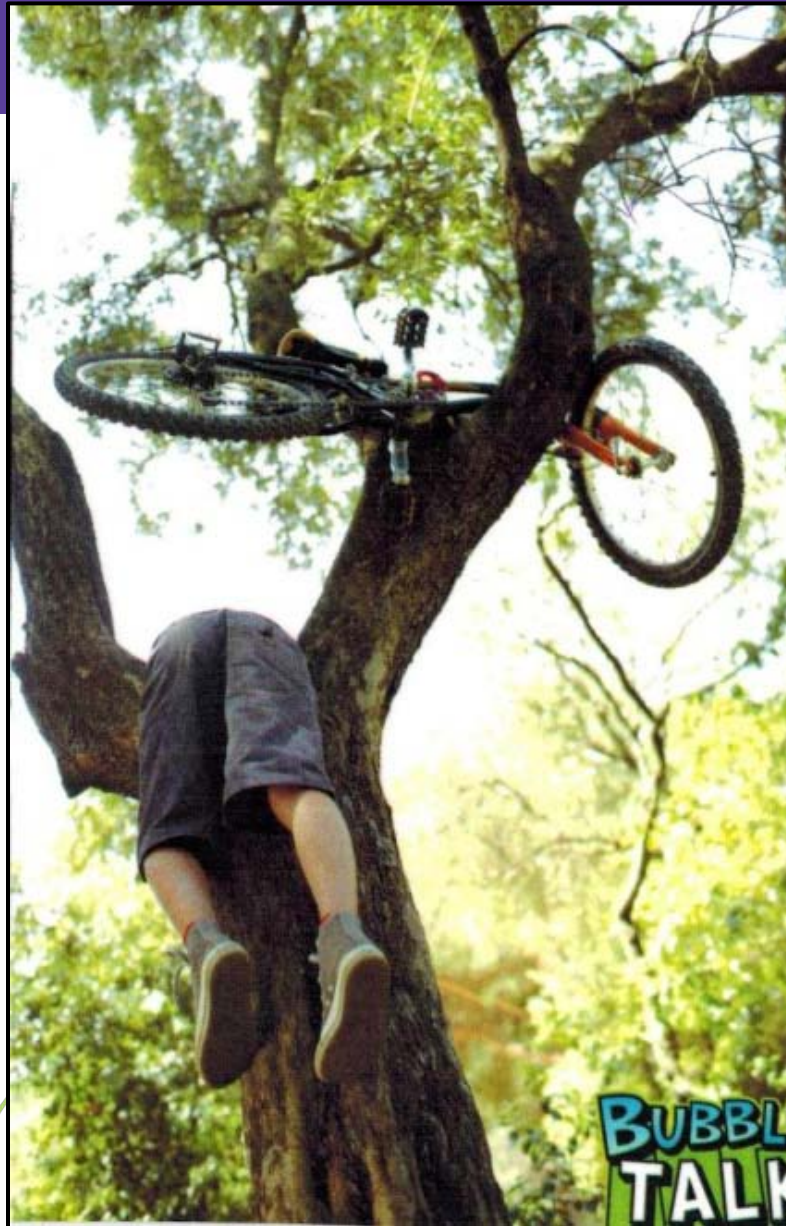
(B+)What is the Silver Lining?



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Parent Techniques: SMILE!!

-  **Show interest in their life and daily activities.** Notice and comment on their toys, games, and creations.
-  **Mentioning is strengthening.** The more an adult talks about and emphasizes the positive, the stronger it becomes.
-  **Invite them into your world.** Share with them age appropriate details of your life. Involving them in minor decisions like menu planning, will prove how much you value and respect them more than mindless words.
-  **Legitimize their emotions.** When childrens' emotions are validated they learn to trust their feelings and perceptions.
-  **Expect them to succeed, be patient with their shortcomings, and focus on their strengths as opposed to their weaknesses.**

Parent Checklist: Did I SMILE at my kids today?



-  **Showed interest in** _____
-  **Mentioned positive** _____
-  **Invited them** _____
-  **Legitimized emotions** _____
-  **Expected to succeed** _____

Avoid the Pitfalls

Pitfalls

All or nothing thinking (perfectionist tendencies)

Mental Filtering

Converting Positives into Negatives

Jumping to negative conclusions

Mistaking feelings for facts

Self-put downs

Instead

Use hopeful statements

Forgive yourself

Avoid should & must statements

Focus on the positive

Re-label negative thoughts (question)

Give partial credit

Self- Esteem (What & Why)

- 4 parts of Self
- Maslow
- Values
- Social Context

How?

- Practical Techniques
- B+
- SMILE
- Avoid the pitfalls

Upcoming Hidden Sparks Without Walls Parent Connection Sessions

Wed. 4/29/2015	For Teachers She Said What? – Zipora Schuck
Wed. 5/13/2015	For Teachers and Parents What Me Worry? Understanding and Managing Anxiety in Our Children- Dr. Rona Novick

***Registration for our summer Blended Learning
Lenses Course for educators is now open.
For more information on the course and/or to bring
Hidden Sparks programs to your school visit:
www.hiddensparks.org or call Sara at 212-767-7707.***

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