

Dear Parents/Caregivers,

We have been learning about ways that we can recognize and address everyday stress. As an important connection to our learning in this area, we have included some ideas for you to help your child develop skills, attitudes, and behaviours needed to communicate effectively and to nurture good relationships with peers, friends, and family. Please think of this as a “Post-it” note that can be a helpful tool for promoting positive family discussions.

**Conversation Starters:**

- *What was the highlight of your day? Why?*
- *Teach me something you learned today that you think I might not know.*
- *What word would you use to describe how you are feeling right this minute?*
- *How can you tell if someone in our family is stressed?*
- *Tell me some things you’ve learned about how to react responsibly when something is bothering you.*

**Tips to Help Your Family De-stress Together:**

- Go to the park.
- Play charades or a board game together.
- Hike, bike, picnic, drive .... Just get out for a while!
- Have a one-on-one chat to air a concern.
- Put notes for discussion in an anonymous suggestion box and address them at the time that is right for you.

**Tips for Recognizing When a Family Member is Stressed:**

- Changes in behaviour, such as not wanting to participate
- Too much “alone time” in another room
- Crying, moping, lack of eye contact
- Too many excuses not to talk
- Lack of contact with friends
- Not wanting to go to school
- Acting out—unusual behaviours

Thank you for your interest!

Sincerely,