SEPTEMBER, OCTOBER, NOVEMBER 2019; PARENT ISSUE

LINK UP

The official e-newsletter of IUSD Speak Up, We Care

IMPORTANCE OF CONNECTION

Myriads of studies report that as social animals, us humans need each other. We yearn for feeling supported, appreciated, and loved. Having deep connections and good relationships will lead to feeling happier and healthier lives. Social media may make us feel like we are able to connect to others with ease, but these connections are mostly superficial. We need to get back to basics and foster more face-to-face connections with these helpful tips.

PARENT CHALLENGE

Cook dinner with your child without talk of school or future

Post your challenge with #speakupwecare

IRVINE UNIFIED SCHOOL DISTRICT
SPEAK UP We Care!

TIPS ON HOW TO CONNECT

- Creating traditions and rituals together is a really great way to bond, have fun together
- Connection starts with listening without comment
- Follow their lead- It's important to support your child's interests and get involved when and where you can
- Easily connect through affection and praise by saying I love you and telling them when you are proud of them
- Cook or take your child out to dinner with no talk on school or future

Which tip will you commit to this week?

CONNECTED, BUT ALONE?

> CONNECTION IS THE ENERGY THAT IS CREATED BETWEEN PEOPLE WHEN THEY FEEL SEEN, HEARD, AND VALUED; WHEN THEY CAN GIVE AND RECEIVE WITHOUT JUDGEMENT.
>
> -BRENE BROWN