Nurturing Your Child's Well-Being

MIDDLE SCHOOL

Trisha DiFazio • Allison Roeser

Nurturing Your Child's Well-Being

Nurturing Your Child's Well-Being

MIDDLE SCHOOL

Trisha DiFazio • Allison Roeser

Publishing Credits
Corinne Burton, M.A.Ed., *President* and *Publisher*
Aubrie Nielsen, M.S.Ed., *EVP of Content Development*
Kyra Ostendorf, M.Ed., *Publisher, professional books*
Véronique Bos, *Vice President of Creative*
Christine Zuchora-Walske, *Senior Editorial Manager*
Alyssa Lochner, *Senior Production Editor*
Ryan Scheife, *Graphic Designer*

Image Credits
All images Adobe Stock, iStock, and/or Shutterstock.

Library of Congress Cataloging-in-Publication Data
LCCN: 2024015414



A division of Teacher Created Materials
5482 Argosy Avenue
Huntington Beach, CA 92649-1039
www.tcmpub.com/shell-education
ISBN 979-8-7659-7727-9
© 2025 Shell Educational Publishing, Inc.

The reader may reproduce copies of materials in this book for home use only. The reproduction of any part for further distribution is strictly prohibited. No part of this publication may be transmitted, stored, or recorded in any form without written permission from the publisher.

Website addresses included in this book are public domain and may be subject to changes or alterations of content after publication of this product. Shell Education does not take responsibility for the future accuracy or relevance and appropriateness of website addresses included in this book. Please contact the company if you come across any inappropriate or inaccurate website addresses, and they will be corrected in product reprints.

All companies, websites, and products mentioned in this book are registered trademarks of their respective owners or developers and are used in this book strictly for editorial purposes. No commercial claim to their use is made by the author(s) or the publisher.

This book is dedicated to parents, guardians, and caregivers who do the hard work and the “heart work” of taking care of children.

Acknowledgments

TD: Thank you to my parents, Peggy and Rocky DiFazio, and to my parents-in-law, Jan and Ken Chapman, for all their love and support. Special thanks to my favorite teacher of all time, my wife, Karen Smith DiFazio. Last but not least, thank you to my coauthor, Allison Roeser, for being one of the best parents and friends that I know.

AR: First and foremost, thank you to Trisha DiFazio for being such an incredible visionary and coauthor and for providing comic relief when it's needed most. Thank you to my parents, John and Deb Roeser, and my siblings, in-laws, and dear friends for their care and kindness. This wouldn't have been possible without Nathan and Luca, who gave me the opportunity to be a parent. A big thanks to Sean for always supporting me.

Huge thanks to all the great people at Teacher Created Materials and Shell Education, especially Christine Zuchora-Walske and Aubrie Nielsen, for making this book possible.

Contents

Introduction 1

Chapter 1 Bank on Yourself: Parental Self-Care 3

Chapter 2 First Things First: Food, Water, Sleep, and Movement 13

Chapter 3 Let's Get Emotional: Understanding Emotions ... 23

Chapter 4 Creating Connections: Relationship Building with Your Child 35

Chapter 5 Making the Most of Mistakes: Helping Create a Growth Mindset 43

Chapter 6 Managing Tech Time: Helping Children with Their Screens and Devices 49

Accessing the Digital Resources 61

About the Authors 62

Introduction

Do you ever wish parenting was just a tad easier? Do you find yourself feeling tired and stressed out by its never-ending demands? Let's face it, being a parent can be incredibly rewarding, but it can also be really hard. This book was designed with you in mind to help lighten the load.

We admire and appreciate all that it takes to be a parent these days. Our decades of experience in education and supporting families, along with personal experience in parenting, have shown us time and time again how important social and emotional topics are to daily life. No matter where in the United States we are doing trainings, it all comes back to this: when we can focus on connection and well-being, it helps children and adults grow, feel a sense of belonging, and thrive.

In this book, we offer support and ideas to help make the parenting journey a little easier by providing examples and activities on social and emotional topics that are important to parents and children. We have placed specific emphasis on supporting not only the child but also you, the adult. At the end of the day, one of the best things parents can give a child is a well-regulated adult.

Getting the Most from This Book

Each chapter offers tips, ideas, and activities to support you and your child. We designed the book to be flexible, so you can start on page one and read it through or skip to the chapters that are most relevant for you and your family right now. For example, if you feel like screen time has become a constant battle, check out chapter 6,

You've Just Finished your Free Sample

Enjoyed the preview?

Buy: http://www.ebooks2go.com