

Principal's Log 2.19

Dear TMS Families,

After some difficult conversations with my children at home about current events, I realized that we are currently experiencing a period of concentrated uncertainty in our lives. The Media is full of controversial and stress-producing information and our children have unprecedented access. I could list the events that have occurred recently as examples, but I believe we could all quickly do that for ourselves. What's important, is that we can offer support when they have questions or display behaviors that make us wonder about their well-being.

For me, turning to outside sources can be helpful. So, this week I'm offering you this article from [Common Sense Media](#) called: "How to Talk to Kids About Difficult Subjects." It is written by fellow parent Caroline Knorr. I will summarize its advice for engaging teens but, I invite you to read the entire article at your leisure.

Teens seem to think they know everything and hesitate to ask questions so:

1. Talk with them about what you see and back into the conversation without asking specific questions.
2. Stay open-ended and unbiased in your approach so that you encourage dialogue.
3. Make sure that teens know that it's ok to be conflicted and unsure. The Media tends to paint things in black or white. Try and revel in the complexities and grey areas.
4. Reveal your feelings and vulnerabilities but be careful not to cross into the friendship zone. As a parent, you'll need to create boundaries. Share your values and model an understanding of different perspectives.
5. Ask kids to grapple with different situations as simulations. Ask, "What would you do if?"
6. Teens can be both cynical and idealistic. So, point them toward hopeful ideas and solutions.

TMS families, I invite you to consider these ideas and I look forward to our continued partnership as the school year continues. Enjoy the holiday weekend!

My Very Best,

Gregory Stiefel, Principal

<https://twitter.com/GregStiefel>

Be sure to check out our website for PTA flyers, calendar snapshots, and other reminders.

http://tms.tuckahoeschools.org/201718_weekly_eneewsletter