

FEBRUARY 12, 2019



With love!
Happy Valentine's Day!

13 (Better) Questions to Ask Your Child about School

When your child comes home from school there are lots of things you want to know about their day at school. Here are some important things to keep in mind when you're talking to your child about school.

- If you give your child the opportunity to answer with one word (yes, no, a name), then you're likely to get a one-word response. Try to ask open-ended questions to keep a conversation going.
- Often kids are not specific, so you have to ask for specific information when you want it.
- Avoiding emotion-packed words (fun, happy, sad, mean) will allow the conversation to go on longer.
- Asking positive questions will give your child a chance to express concerns. Negative questions will stop a conversation.

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Stop Fighting with Your Teen: 5 Transformative Strategies

By Sharon Saline, Psy.D.

When tangling with teen moods and defiance, it's easy to forget you're on the same team! Both you *and* your teen want him to succeed. Use these five strategies to avoid the dynamics that pit kids against their parents, and help no one.

“Who am I?” “Where do I fit in?”

These questions plague and preoccupy every adolescent, to some degree, in the throes of puberty. For teens with ADHD, they are compounded by a psychology of shame, inner put-downs, and even self-hatred spawned from years of trying (and often failing) to cope with the added challenges of school and life with attention deficit or a learning disability.

We see this play out on a daily basis but sometimes forget what our teens need most – even (and especially) when we are enforcing discipline or building skills: encouragement and positivity to counter those critical, negative voices in their heads. How can you effectively balance your teen's need for rules and consequences with his simultaneous need for conditionless love? Read on.

1. Self-Control

You lose your temper – and faith in the belief that your efforts will ever pay off – after reminding your teen for the fifth time to fold the laundry all over his bed. Frustration is an understandable reaction. But, teens tell me they only grow more agitated and defiant when their parents explode. The key here is learning to manage your feelings first, and then trying to help your child.

Start by making a point to notice when you are getting off-track, and try to bring yourself back by taking deep breaths and pausing the action. Act like your GPS and take a moment to “Reroute.”

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AMP wants our foster/adoptive families to consider this opportunity for their youth to attend the AMP conference at the Des Moines & Ankeny DMACC locations on 2/23/19. This is “free” and transportation is provided throughout the day
☺ Parents are welcome to accompany their youth so please register if you are an adult or teen.

Rise Up is a statewide youth conference on February 23, 2019 At DMACC in Ankeny (morning) and DMACC Urban (afternoon) for foster, adopted teens. This conference will allow teens to learn about opportunities for their academic and professional careers. Thanks for your help spreading the word!!

REGISTER AT: https://dmacc.secure.force.com/events/targetX_eventsb_events#/esr?eid=a0i61000006ZAeoAAG

Save the Date
2019 Spring Conference



February 23, 2019



8:30am - 4:00pm

The 2019 Achieving Maximum Potential “Rise Up” Spring Conference at Des Moines Area Community College will allow students to learn about opportunities for your academic and professional career.

The morning session will occur at the Ankeny Campus and features hands-on experiences with a wide range of academic programs. We will travel to the Urban-Des Moines Campus for the afternoon for a keynote speaker and a series of workshops designed to help all participants learn skills that are critical to academic and career success.

Morning Session



DMACC Ankeny Campus
Building 5: Student Center
2006 S. Ankeny Blvd
Ankeny, IA 50023

Afternoon Session



DMACC Urban/Des Moines Campus
Building 1: Student Center
1100 7th Street
Des Moines, IA 50314

RSVP Today

https://dmacc.secure.force.com/events/targetX_eventsb_events#/esr?eid=a0i61000006ZAeoAAG

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Your first obligation as a parent is to not bring chaos into your kids' lives.

