



Welcome



We will start at 9:35 PM.

¡Bienvenidos!
Comenzaremos a las 9:05 AM.
Si puedes escuchar la música, tu audio está funcionando
¡Siéntete libre de presentarte en el chat!

Chào mừng
Chúng tôi sẽ bắt đầu lúc 9:05 AM
chiều.
Nếu bạn có thể nghe thấy âm nhạc,
âm thanh của bạn đang hoạt động.
Hãy tự giới thiệu bản thân trong
cuộc trò chuyện!

خوش آمدید
بم شام 9:05 بجے شروع کریں گے۔
اگر آپ موسیقی سن سکتے ہیں، تو آپ کا
آڈیو کام کر رہا ہے۔
چیٹ میں اپنے آپ کو متعارف کرانے کے
لئے آزاد محسوس کریں!

እንኳን ደህና መጣህ
ከቀኑ 9:05 ሰዓት እንጀምራለን።
ሙዚቃውን መስማት ከቻሉ አዲዮዎ እየሰራ
ነው።
በቻሉ ውስጥ እራስዎን ለማስተዋወቅ ነፃነት
ይሰማዎ!



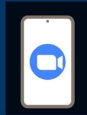
FAMILY SERVICES TEAM AT HOLMES MIDDLE SCHOOL
INVITES YOU TO OUR:

VIRTUAL & IN PERSON FAMILY COFFEE



POSITIVE DISCIPLINE

THURSDAY,
APRIL 18, 2024
9:30AM-10:30AM



JOIN US IN PERSON
AT HOLMES MIDDLE
SCHOOL OR ONLINE
ON ZOOM.

Learn strategies for
cooperating with your
teen

from the [Fairfax
County Parenting
Education Program](#)

DIFFRENT LANGUAGE INTERPRATATION AVAILABLE

A large red circle is centered on a dark blue background. Inside the red circle, the letters 'REC' are written in a white, bold, sans-serif font. The letters are evenly spaced and centered horizontally within the circle.

REC

Interpretation Languages Available

In Person	Virtually on Zoom
<p>In person</p> <ul style="list-style-type: none">• Arabic- Aburoqtti, Ruba• Dari-pashto - Ahmad Azizi• Spanish -Susan Ortiz Garcia• Amharic-Alem Oncho	<p>Virtual:</p> <ul style="list-style-type: none">• Urdu- Ahmed, Rubina• Vietnamese- Dang, Thu• Dari- Poursina, Shekofeh• Spanish- Richter, Etna• Amharic- Woldemichael, Lemlem



REC

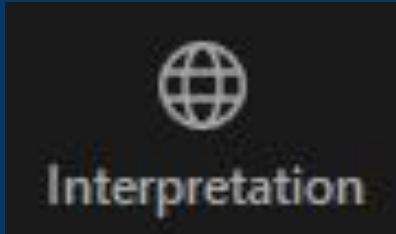
Zoom Support:

- **Mel Mollick**
School-Based Technology Specialist

Tech Tips for Today

1

Click
“Interpretation” to
translate speaker
into your language.



- Haga clic en Interpretación para traducir el hablante a su idioma.
- Nhấp vào Thông dịch để dịch người nói sang ngôn ngữ của bạn.
- اپنی زبان میں اسپیکر کا ترجمہ کرنے کے لیے تشریح پر کلک کریں۔
- ተናጋሪን ወደ ቋንቋዎ ለመተርጎም ንጥረት ላይ ያድርጉ።

2

Optional: Mute Original
Audio if the English is
distracting



- Opcional: silencia el audio en inglés si te distrae
- Tùy chọn: Tắt âm thanh tiếng Anh nếu nó gây mất tập trung
- اختیاری: انگریزی آڈیو کو خاموش کریں اگر یہ پریشان کن ہے۔
- አማራጭ: የሚረብሽ ከሆነ የእንግሊዝኛ ድምጽ ድምጽ-ከል ያድርጉ

3

When you speak, you will
be heard in the English
room.

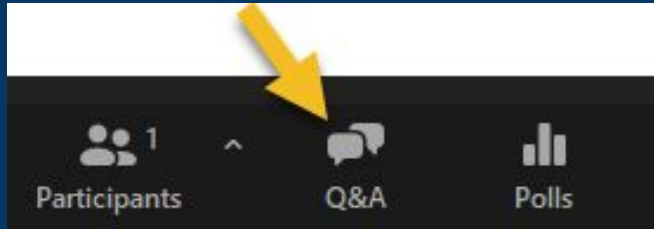


- Cuando hable, se le escuchará en la sala de inglés.
- Khi bạn nói, bạn sẽ được nghe trong phòng tiếng Anh.
- جب آپ بولیں گے تو آپ کو انگلش روم میں سنا جائے گا۔
- ሲናገሩ በእንግሊዝኛ ክፍል ውስጥ ይሰማዎታል።

Tech Tips for Today

4

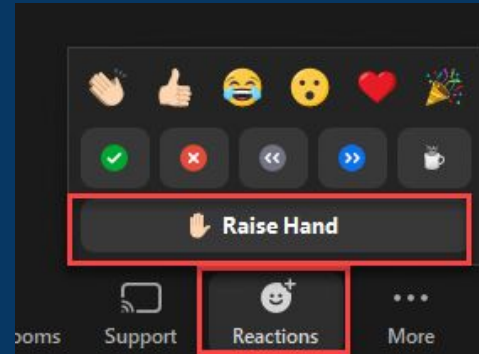
Use the Q&A to ask questions. Chat is disabled.



- Utilice las preguntas y respuestas para hacer preguntas. El chat está deshabilitado.
- Sử dụng phần Hỏi đáp để đặt câu hỏi. Trò chuyện bị vô hiệu hóa.
- استخدم الأسئلة والأجوبة لطرح الأسئلة. تم تعطيل الدردشة.
- ጥያቄዎችን ለመጠየቅ Q&A ይጠቀሙ። ቻት ተሰናክሏል።

5

Raise your hand if you want to use your microphone.



- Levanta la mano si quieres usar tu micrófono.
- Hãy giơ tay lên nếu bạn muốn sử dụng micrô của mình.
- اگر آپ اپنا مائیکروفون استعمال کرنا چاہتے ہیں تو اپنا ہاتھ اٹھائیں
- ማይክሮፎንዎን ለመጠቀም ከፈለጉ እጅዎን ከፍ ያድርጉ-

Today's Guest Speaker:

Agustina Bravo

Fairfax County Department of Family
Services
Prevention Department
Parenting Education Programs
Social Services Specialist III
12011 Government Center Pkwy, Suite
600
Fairfax, VA 22035
Phone: 703-324-7196
E-mail:
Agustina.Bravo@fairfaxcounty.gov



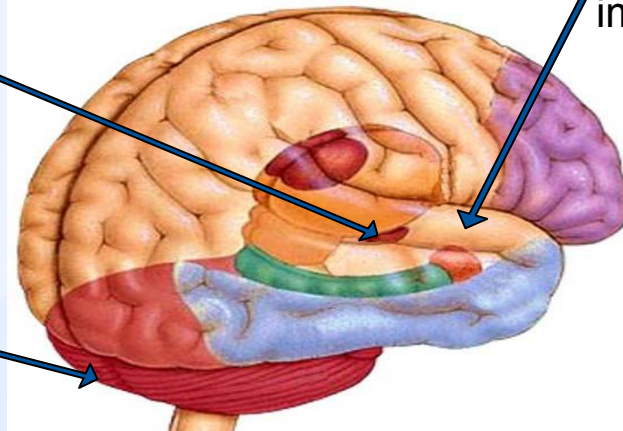
FAIRFAX COUNTY DEPARTMENT OF
FAMILY SERVICES

Teen Brain Development



Brain growth and development occurs from back to front:

- 2**
Nucleus Accumbens
motivation
- 1**
Cerebellum
physical coordination
sensory processing



- 3**
Amygdala
emotion
impulse

- 4**
Prefrontal Cortex
judgment
“executive center”

Teen Brain Development



- **What does the prefrontal cortex (the “Executive Center”) control?**

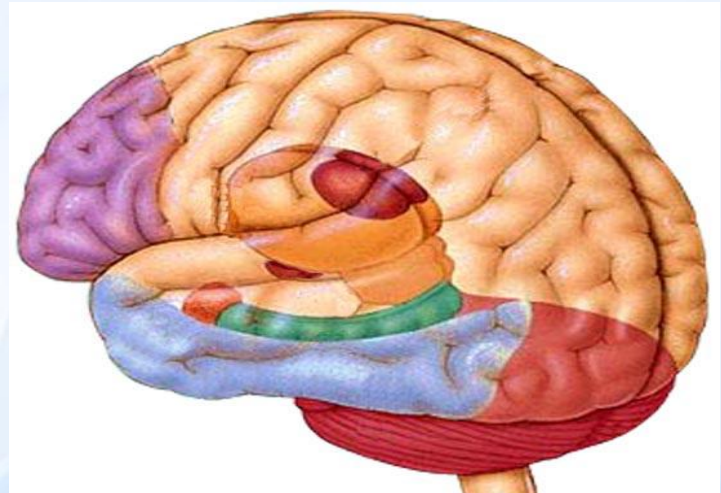
Sound decision making

Empathy

Considering consequences

Regulating emotions

Self-awareness



The Purpose of Parenting



To provide, protect, and prepare our children and teens to be able to survive and thrive in society in which they will live.

I-Statements



I feel _____ (state your feeling)
When _____ (describe exact behavior)
Because _____ (state need that relates to
behavior)
What I want is _____ (describe exact behavior)

Choices & Consequences



- **Consequences:**

Natural Consequences

Logical Consequences

Logical Consequences



Either/Or Choice:

Either _____,
or _____.

Logical Consequences



When/Then Choice:

When _____,
then _____.

Family Rules



Involve Do's and Don'ts

Help all family members know what is and what isn't expected of them.

Encourages family members to take responsibility for their own behavior and to be contributing members of the family.

Help teens learn appropriate behavior through parental modeling.

Are designed to promote and reinforce desirable and cooperative behaviors.

Rewards



A reward is a pleasant consequence for behaving in an appropriate or desirable way.

Rewards let children know how pleased parents are with their behavior.

Rewards can be praise, hugs, extra privileges, special outings and telling your children you appreciate their efforts.

Questions?

Upcoming Family Coffee

May 9 9:30-10:30

Topic: Stress Management for Parents

Do you want to learn how to manage your own stress and help your teen age child to manage stress?

Please Mark your Calander for May 9 9:30-10:30am to attend in person or virtual. We will share the details soon.

Holmes Middle School Family Survey

<https://docs.google.com/forms/d/e/1FAIpQLSc3zwdWS..>



**Fill out
the
Family
Survey**