



# theParent HANDBOOK

A RESOURCE FOR PARENTS OF ELEMENTARY KIDS

PLAN YOUR  
JOURNEY

BULLYING

BOUNDARIES

CELL PHONES

FRIENDS

OPERATION:  
PARENT

EDUCATING. PREVENTING. CONNECTING.

Our mission is to provide ongoing education, support and hope to those raising teens and preteens in today's culture.

Raising kids today is an adventure.

GET PRACTICAL ADVICE TO EQUIP YOURSELF AS YOU BEGIN THE ADVENTURE OF A LIFETIME.

INSIDE: social media • huffing • coping skills & more!

THIS HANDBOOK IS BEING PROVIDED TO YOU BY:

# MY CHILD'S

*important school info*

*school year:* \_\_\_\_\_

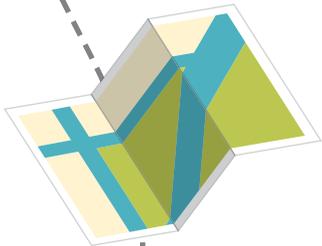
<b>child</b>		<b>grade</b>	
school phone number		school hours	to
ID number	bus number	drop-off time	pick-up time
locker number		locker combination	
lunch period		lunch time	to
principal		email	
counselor		email	
teacher		email	

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# WELCOME *to the adventure!*

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What an exciting time this is! It's probably hard to believe your little one is in elementary school and making their way toward middle school.

Did you ever stop to think about what an awesome adventure parenting is?

What could be more exciting than helping to shape your child's future?

As with any adventure, there will be some unanticipated "twists and turns."

For example, you might be providing your child with a cell phone for safety purposes, but with that comes access to images, information and people that might be dangerous.

Because our role as parents is to be "protectors" on this journey, we need to keep our children safe *everywhere*...including online!

That's why we're so excited for you to receive this parent handbook.

We hope it will serve as your "map" or "compass" as you begin to navigate your way towards middle school. Having a "heads up" can be a real life saver when you're traveling uncharted waters.

Keep parenting and enjoy the adventure!



Jean Schumm  
President and Founder  
OPERATION: PARENT

# BEGINNING *the journey*

## *Start your journey off on the right foot...*

***Understand your role as the parent.*** Your job is to PROTECT. Don't be afraid to do your job. They need to know you will keep them safe. Your role is not to be your child's "friend." They will have plenty of friends, but only one mom and one dad who love them enough to protect them.

***Think with the end in mind.*** In other words, remember, you are not really raising a child...you are raising an adult. Now is the time to teach them to be accountable, dependable and responsible.

***Be a positive role model.*** Right now, you are the center of your child's life. This won't last forever so be intentional with your words and deeds, because they need you to be their number one hero.

***Set boundaries.*** Nothing says "I love you" like setting boundaries. Help your child learn that rules are a part of life and help keep everyone safe. Start by establishing a set bedtime, limiting computer time, and banning cell phones from the dinner table.

***Don't go it alone.*** It's never a good idea to travel alone! This is true for parenting, too. Get to know the parents of your child's friends. Befriend other parents, too, because it takes a village of engaged parents to keep kids safe today.

***Talk to your child's teacher.*** Ask how your child is doing in school and see if there is anything you can do to help your child grow and learn. Teachers love to discover that you are interested in your child's school life!

***Give yourself a break.*** At some point you will stress out, be overwhelmed, lose your temper, or just plain blow it. When everything goes wrong: stop, take a deep breath, give yourself a break, and go back to being the best parent you can be.

***Keep parenting!***

“We’re standing up to today’s culture.”



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**NATIONAL HEADQUARTERS:**

1350 Highway 393  
LaGrange, KY 40031

**MAILING ADDRESS:**

P.O. Box 127  
Buckner, KY 40010-0127

**HOURS:**

Monday–Friday  
9:00 am–3:30 pm

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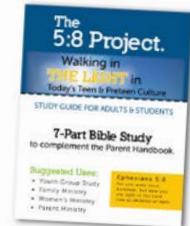
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