

Parent (Teacher) Toolkit: Getting Started & FAQs

Colin Ong

Center for Sustainable Development & Global Competitiveness, Stanford University,
Stanford, CA 94305-4020, USA

Published May 16, 2020

Copyright © 2020 Stanford University

This document is part of the YCISL Parent (Teacher) Toolkit Series which is aimed at empowering parents as teachers to develop youth creativity and leadership skills that support healthy learning. In this document, we try to help you get started.

GETTING STARTED

As a parent, you have likely always had a teacher-like responsibility in the family. In particular, you taught life and social skills to your child. Did you teach your child their first words? Did you teach your child to smile or catch a ball? So you're probably not a beginner at teaching, and have an advantage in that a level of trust between you and your child has already been established. The following are just three pieces of advice on preparing to get started with the Parent (Teacher) Toolkit.

1. Negotiate the schedule for training with the Toolkit. Link it to something you regularly do and when everyone has the energy to start well and finish strong(er). For example, "before lunch at 11:30 am" on "Tuesdays and Fridays" for "30 minutes" for the "next 4 weeks" may work for you. And once you have agreement, put it in a calendar and set a reminder. To make it less like work and more fun, give this activity a name (think along the lines of "Taco Tuesdays").
2. Create a practice plan before each session. Meetings of all sorts work better with a plan and agenda. You may wish to refer to our document on Practice Plans for a basic framework, but do use your imagination to create variational interest.
3. The most valuable lesson I learned from years of coaching and educating youth is to make sure everything is fun...for you and for the student. Fun maintains focus, determination and energy. What are your ideas of fun?

FAQs

Which skill should I start with? We recommend starting with *Asking Questions* in order to establish expression and listening protocols. Other than that, feel free to mix-and-match with the goal of optimizing for fun and engagement.

What is the big picture behind this Toolkit? This Toolkit is concerned with youth life skills so they can be better prepared through EQ for future challenges.