

From the Desk of the School Social Worker...



### **Commit to be a Positive Role Model to Your Children**

When your relatives and family friends say, “(Your child’s name) acts just like you” or “That’s lil (your name),” are they referring to your positive attributes? Sure hope your children represent you well!

According to Wikipedia, role model is defined as a “person who serves as an example, whose behavior is emulated by others.” Do you lead by example? Is your behavior and attitude favorable to emulate? Does your way of being reveal someone that you want your children to look up to?

As a parent, you play a vital role in shaping your children’s character and lifestyle. So, be an active participant in ensuring that they are instilled with the honorable qualities that you want them to possess and demonstrate. Focus your attention to this crucial process. Don’t leave it up society to tell them who they should or shouldn’t be and create susceptible values for your children. Your offspring need YOU to lead, guide, and teach them how to live and just be.

To fully invest in this responsibility, you must examine specific areas of your own lifestyle, including your behaviors, attitudes, outlook on life, relationships, social interactions, diet, exercise, spending, pleasure activities, and coping strategies. Are those areas in your life managed in a way that is worth reproducing in the next generation? Perfection is not the expected outcome. In the end, what’s needed is a commitment to living day to day as a positive role model for your children. Seek out support and/or assistance in the areas that you may struggle with and are having difficulty in making beneficial changes.

*Your school social worker is a resource for students and families. Please feel free to contact your school social worker, ... , at (386) .... extension ... or by email at ..... for help with accessing social service assistance, counseling services, medical insurance, referrals to community resources, or if you need help with your child’s academic, behavioral, or emotional concerns.*