



grow
safe and secure

Parenting Support for the School Age Years



Could you benefit from additional parenting support for you and your school-age child?

The school-age years can be an exciting time of growth and change for children and parents. These years can also present some unique challenges for parents and children, and receiving extra, intentional support can make a lasting, positive difference for your family.

If you're finding that parenting during the school-age years can be more challenging than expected, or if you'd like additional support and practical tools to address specific concerns, the Grow Safe and Secure (GSS) program may be a great fit for you!

From the time your child enters kindergarten through his or her transition to middle school, you are helping your child navigate a lot of change! During this time, your child is developing important skills and interests that will likely shape his or her sense of self in the following ways:



Recognize one's sense of curiosity and approach to problem-solving;



Challenge values and beliefs, and develop his or her own moral code;



Build skills to work through challenges and fears independently and jointly;



Test limits, like rules and expectations; and



Develop and maintain friendships, and identify role models/mentors;



Explore independence as there are more opportunities for autonomy.

GSS provides you with one-on-one and/or couple-based sessions with a parenting and family professional who can help you address parenting and coparenting concerns. GSS facilitators learn about your and your family's strengths and needs and work with you to develop tailored goals to improve your parenting and strengthen your relationship with your child. With your GSS facilitator, you will have opportunities to build and strengthen your own parenting master skills and practice new or additional strategies you can use to help you and your child build healthy resilience, relationships, and life skills.

GSS is a manualized curriculum designed to be used by clinicians and facilitators who have been formally trained in GSS and who work directly with parents and caregivers of children 5 to 10 years old.