

Ask about wellbeing at your...

PARENT-TEACHER

INTERVIEWS

Parent-teacher interviews can be a great way to learn more about your child's wellbeing and which skills you need to help them develop. Does your child need to focus on kindness, or is it resilience they could benefit from most? What about empathy or self-compassion?

Teachers spend a lot of time observing classroom dynamics and see things you might not see at home. Be sure to ask about friendship, kindness and character skills in addition to academics. The intent here is not to label your child, but rather to identify the skills they should focus on more often. The earlier we can work on these important skills with our kids, the stronger they get!