

# PARENT GUIDE

## What this video teaches

This episode introduces children to simple, protective skills:

- How to find stability during change
- Why routines reduce stress
- How to identify safe people
- How to ask for help using clear words
- That resilience is something you can *practice*

It highlights adaptability, structure, and teamwork as tools that benefit *all* children.

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## Before Watching (ages 6–9)

Ask:

- “Have you ever been the new kid somewhere?”
- “What helps you when something feels different or scary?”

Keep it light and personal.

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## During Watching

Point out:

- Alex’s familiar object
- His two routines
- His “team”

You can quietly say:

“Those are tools anyone can use.”

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## After Watching

Discuss:

- “What was Alex’s familiar thing?”
- “What could be *your* steady steps?”
- “Who is on your team?”

Then try together:

Have your child name:

- 1 familiar comfort item
- 2 routines
- 3 team members

Write or draw them.

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## Optional Family Activity – Build Your Crew Map

Draw a simple circle with your child in the middle.

Add:

- Home helper(S)
- School helper(S)
- Friend(S)

Explain:

“These are the people you can go to when something feels big.”

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## For Older Kids (10–12)

Expand the conversation:

- How change can feel exciting *and* scary



- How changes start to get **bigger** at this age (new schools, new responsibilities, changing friendships, growing independence)
- Why routines help the brain calm down
- That asking for help is a strength

Practice phrases:

“I’m not sure what to do.”

“Can I check with my parents?”

“I need some help.”

## For Teens (13+)

### Applying the same tools at an older age

For teens, the tools are the same — they just look more grown-up.

This stage of life often comes with **bigger and faster changes**:

- new schools or more academic pressure
- changing friendships and social groups
- more independence and responsibility
- stronger emotions and stress
- more decisions to make on their own

That’s why these tools matter even more now.

Teens can use them when facing new environments, pressure, social situations, or big emotions.

#### 1) Find Something Familiar (your “steady spot”)

Explain:

“When everything feels different, having *one* familiar thing helps your brain settle.”

For teens this might be:

- a regular sport or workout
- music you listen to every morning



- a journal or sketchbook
- family dinner nights
- a favorite place to walk or sit

Purpose: stability during stress.

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## 2) Keep Two Routines (your “steady steps”)

You might say:

“Routines help people stay grounded when life feels busy or stressful.”

Examples:

- Morning: same prep order / music / breakfast
- After school: decompress + snack or movement
- Night: same wind-down ritual

Purpose: predictability lowers anxiety and emotional overload.

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## 3) Build Your Team (your “crew”)

Help them name:

- one adult at home
- one adult at school or in activities
- one peer they trust

You can say:

“Strong people don’t go it alone. They build support.”

Purpose: connection protects against isolation.

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## 4) Name the feeling + ask for help (for small *and* big things)



Frame it as normal:

“Talking about stress early helps keep small problems from becoming big ones.”

Examples teens can use:

- “I’m overwhelmed.”
- “I’m not okay.”
- “I need help.”
- “Can we talk later?”

Purpose: small conversations prevent big crises.

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## Helping parents evaluate and guide their child’s “crew” over time

As kids grow, their crew will change — and that’s normal. What matters most is helping your child build *safe, supportive, healthy* connections.

Here’s a simple way to think about it:

### The 4 signs of a healthy crew

Encourage relationships where people:

- **Respect boundaries** – your child can say no without being mocked or pressured
- **Support good choices** – they don’t push risky behavior
- **Feel emotionally safe** – your child can be themselves without fear
- **Bring them back to center** – they feel calmer or stronger after spending time together

You might quietly ask yourself:

- Do these friends bring out confidence or anxiety?
- Do they respect family rules?
- Does my child hide things because of them?
- Are there trusted adults connected to this group?

### How to stay involved without controlling



You can stay connected by:

- getting to know friends' names and families
- welcoming kids into your home
- asking open questions: "What do you like about hanging out with them?"
- listening more than lecturing

## Teaching kids to evaluate their own crew

You can say:

"Friends should help you feel safe, respected, and more like yourself — not smaller or scared."

"It's okay to outgrow people. That doesn't make anyone bad."

"You get to choose who has access to you."

## When the crew changes (especially in pre-teens and teens)

Let them know:

- it's normal for friendships to shift
- feeling lonely during change is common
- needing new support is not failure

Remind them:

"You don't need a big crew. You need a *safe* one."

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## Final message for parents

You are not trying to control every situation.

You are teaching your child how to:

- notice their feelings
- use tools to stay steady
- reach out for support
- make thoughtful choices



That's resilience.

