

Middle Gate School's Parenting Forums Survey

We will be offering the families of Middle Gate School parenting forums which will present topics that may be impacting your family at this time or that you may like to learn more about. These forums will be offered over the course of the school year at convenient times for you and your family. Our upcoming forum will be held in conjunction with the December 3<sup>rd</sup> Principal's Coffee (9:15am in the Library/Media Center). An evening session is also scheduled for 6:00pm-7:00pm that night. The planned topic is: *Tips for Managing Stress and Anxiety*

The following are potential topics for upcoming forums. If there is a topic that is not listed, but that you would like to learn more about, please add that to the list on the bottom. Thank you in advance for your feedback.

**Please check the topics that would be of interest to you:**

- Tips for managing stress and anxiety.
- Tips for sleep routine difficulties.
- Incorporating wellness and kindness into your daily routine.
- Teaching children effective problem solving skills.
- Promoting helpful thinking skills in children.
- Parenting in tough times.
- Planning for positive transitions and changes.
- Healthy development.
- Other:

Would you be more likely to attend an afternoon or evening forum?

**Please check:**

Afternoon       Evening       Either

If childcare were provided, in the evening, would you be more likely to attend?

**Please check:**

Yes       No

Should you have concerns regarding your son or daughter, please contact the support staff @ (203) 426-7662.

The Middle Gate Staff Support Team  
Ann Branca, School Counselor  
Taylor Carroll-Marino, School Psychologist  
Eileen Donnelly-Phillips, LCSW, Wellmore Clinician  
Heather Lucian, School Psychologist