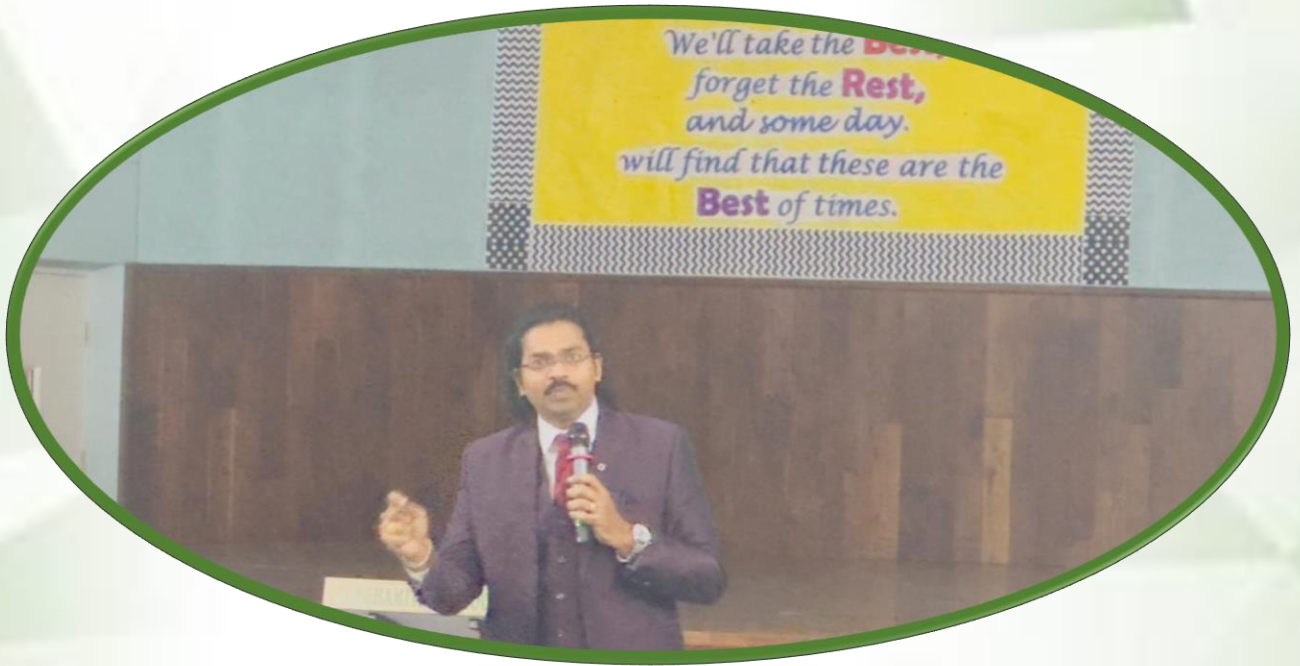


SANGHAMITRA SCHOOL



Children today are full of curiosity, energy, and endless questions! They are growing up in a world vastly different from the one we knew—where technology, learning styles, and social interactions are constantly evolving. As parents, we all strive to provide the best guidance, love, and support to help them grow into happy, confident, and capable individuals.

At Sanghamitra School, we believe that a strong partnership between parents and the school is crucial for a child's academic and personal growth. To strengthen this collaboration, the school conducted **parenting guidance sessions** for classes **LKG to VIII** on **February 11, 12, and 14**. These sessions aimed to help parents better understand and support their children by providing valuable insights into their learning journey, emotional well-being, and developmental needs.

Our speaker for these sessions was **Mr. Sudheer Sandra**, a well-known psychologist and motivational speaker. He is a **psychologist, career counselor, behavioural skills trainer, and life coach**. His vast experience includes conducting sessions in more than **375 schools and colleges**, interacting with over **6 lakh students and professionals**, and leading more than **250 faculty development programs** at prestigious institutions like **VIT Vellore and Amity University**. Additionally, he has conducted over **300 parenting workshops**.

Key Insights from the Sessions

LKG to Class 2: Building Strong Foundations

Mr. Sudheer Sandra focused on the characteristics of **Generations X, Y, Z, and Alpha**, highlighting the generation gaps that influence parenting styles. He emphasized the importance of:

- Creating **tech-free zones** at home
- Allocating **family playtime**
- **Respecting** one's partner and maintaining a positive home environment
- Setting **ground rules** for children to follow
- Teaching children **responsibility** and **financial literacy** from a young age



Classes 3 to 5: Recognizing Multiple Intelligences

For parents of children in **grades 3 to 5**, Mr. Sandra emphasized the importance of recognizing **different types of intelligence** among children. He introduced the **seven multiple intelligences**, which include:

1. **Musical intelligence**
2. **Interpersonal intelligence**
3. **Intrapersonal intelligence**
4. **Spatial intelligence**
5. **Bodily-kinesthetic intelligence**
6. **Naturalistic intelligence**
7. **Logical-mathematical intelligence**

He encouraged parents to identify their child's strengths and support their learning in ways that align with their unique intelligence.



Classes 6 to 8: Encouraging Growth and Experimentation

For parents of grades 6 to 8, Mr. Sandra introduced the **70-10-20 formula** (Positive-Negative-Positive) for effective communication and feedback. He stressed that:

- **Parents must be role models** and practice what they preach.
- **Perfection is unrealistic**, and children should not be pressured to achieve it.
- **Students should be allowed to experiment and make mistakes**, creating a safe space for learning and growth.
- **Technology usage must be supervised**, as students are not mature enough to handle its challenges independently.

Closing Remarks by Arundathi Ma'am

Arundathi Ma'am also addressed the parents across all sessions. She urged parents to:

- Spend **quality time** with their children.
- **Follow rules** and lead by example.
- Allow children to **make mistakes** and learn from them.
- **Focus on instilling routines and values**, rather than solely emphasizing marks.

