

Tips to regain balance offered by Tri-Town Council

Wicked local photo by Kathryn O'Brien

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Topsfield Boxford Middleton —

The Tri-Town Council offered a list of “Tips to Regain Balance” after a viewing of the movie “Race to Nowhere.”

For parents

- Reduce performance pressure and avoid over-scheduling
- Allow time for play, family, friends, downtime, reflection and sleep
- Ask children how they are feeling.
- Allow children to make mistakes and learn from them.
- Converse with children about experiences in school
- Know the signs of childhood depression.
- Discuss with our child what path he/she might want to pursue after high school.
- Make the college search about finding the right fit rather than the best college. Finding the right fit will ensure college success and retention.
- Allow high school children to make independent choices on course selection.

For students:

- Speak to adults in your life about how you are feeling.
- Get plenty of sleep, unplug, slow down and reflect on the important things in life.
- Make time for things you enjoy.
- Limit AP classes to subjects you enjoy.

- Limit extra-curricular activities.
- Learn about the long-term impact of stimulants and performance-enhancing medications.
- Create alliances with students at school who desire mindset that values student individuality . . . seek the support of one or more faculty members.
- Join students in other states advocating for changes in education. See the “Race to Nowhere” Facebook page and website for details.

For coaches:

- Become aware of demands on your athletes from academics, other activities and sports.
- Become aware of what is developmentally appropriate – physically, socially, cognitively and emotionally – for the age group you are working with.
- Consider flexibility around missed practices where young people and their families are navigating multiple demands.
- Work with school administrators and other schools in the league to encourage limitations on the number of hours each week for practice and games.

A complete list of tips for educators, administrators, parents, students and everyone will soon be posted at the Tri-Town Council website at tritowncouncil.org

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