

## River Grove SAC Meeting - 11/14/23

Present: John Brennan, Arun Chellian Rajamoppl, Priya Dharshini, Denise Change, Amy Quiring, Jen Birge, Anna Carper, Kate Bethell, Sandra Wilbur, Michelle Prato-Scott, Kristin Guelsdorf, Sarah Hagadone, and Dan Draper

[Fostering Resilience Within Your Child](#) - Guest Speakers Kristin Guelsdorf (Social Worker) and Sarah Hagadone (Social Work Intern).

- Resilience - The process of handling stress and recovering from trauma or adversity.
- Understanding the Brain - Dr. Daniel Siegel video on the hand model of the brain.
- Upstairs / Downstairs Brain - Brain under construction until mid-20s.
- “Flipping Your Lid” (hand model demonstrated).
- Zones of Regulation - Blue Zone, Green Zone, Yellow Zone, and Red Zone.
- “Kids Do Well When They Can”
- How to foster independence (see slides above).
- Simple Starter Tips (see slides above).
- Collaborative Problem Solving - Empathize and listen, share your concerns, and find a solution together.
- Technology Safety (see slides above).
- Additional resources (see slides above).