



FOR IMMEDIATE MEDIA RELEASE

Igniting Potential, Nurturing Little Ones' Big Emotions, Cultivating Growth, Inspiring Excellence



Rumson, NJ - On March 21, 2024, the Rumson School District's Department of Student Services hosted its eagerly awaited Parent Academy Night. Themed "Supporting Little Ones with Big Emotions," the event brought together parents from across the district to gain invaluable insights and strategies for navigating the complex terrain of childhood emotions. Steered by Dr. Michael Snyder, Director of Student Services for Rumson School District, alongside Jilian DeTiberiis, Clinical Director of Graham Behavior Services, and various SEL members from the district, the Parent Academy Night provided a platform for parents to learn, share, and connect. Participants delved into a wide array of topics, including understanding patterns of stress, managing parental stress, and effectively addressing big emotions in

children.

"Last night's Parent Academy highlighted the critical importance of our chosen topic," remarked Dr. Snyder. "It's inspiring to witness parents actively engaging with strategies to support their children's emotional well-being. Throughout the evening, attendees explored actionable techniques for regulating their own emotions, modeling positive behaviors, and fostering open communication with their children. The event emphasized the fundamental significance of validating children's emotions and equipping them with effective tools for expression." The discussion highlighted the complex nature of stress, emphasizing its non-linear trajectory and its profound impact on daily life and familial relationships. Valuable strategies for stress management, including emotion regulation and compassion cultivation, were shared. Central to the conversation was the significance of validating and acknowledging children's emotions, fostering open communication, and actively engaging with them in moments of emotional intensity. DeTiberiis highlighted actionable tools and a deeper understanding of the importance of modeling desired behaviors and providing a supportive environment for children to navigate their emotions.

Jilian DeTiberiis echoed Dr. Snyder's sentiments, expressing her heartfelt appreciation for the active participation of parents. She emphasized the potential for enduring positive change in how children's emotional needs are addressed, noting that the event not only provided valuable insights but also served as a platform for parents to connect with resources and support services offered by the Rumson School District Department of Student Services. "We extend our heartfelt gratitude to all the parents who attended last night's event," said Dr. Snyder, accompanied by district staff members Ms. O'Rourke, Ms. Toto, Mrs. Nolan, and Mrs. Flynn. As a collective, we're fostering an inclusive community where every child's uniqueness is celebrated, their perspectives understood, and their potential is ignited." The Rumson School District Department of Student Services looks forward to hosting future Parent Academy events and continuing to support parents in their journey of raising resilient and emotionally intelligent children, ensuring that each child thrives in an environment that values their individuality and fosters their growth.