

PATHS PARENT HANDBOOK

Introduction

What is the PATHS Curriculum?

PATHS, which stands for Promoting Alternative Thinking Strategies, is an exciting new curriculum. PATHS was written to help primary school children develop better thinking skills, more mature and responsible ways of behaving, and improved academic performance.

What are some of the goals of the PATHS curriculum?

1. Increasing children's abilities to think and solve problems for themselves
2. Increasing children's abilities to use their thinking skills to act responsibly and maturely
3. Improving children's understanding of themselves and others
4. Improving children's feelings about themselves (that is, improving their self esteem)
5. Increasing children's abilities to learn more effectively in the classroom environment

How will PATHS help my child?

The authors of PATHS believe that the five goals listed above are critical for efficient learning. When children think independently, feel good about themselves, and act responsibly, then they are likely to be motivated, to work up to their potential, and to persist when they are experiencing difficulties. By teaching your child these thinking skills, PATHS will be teaching him or her how to learn. In addition, the academic skills covered during the lessons should be of educational benefit for your child, both now and in the future. Finally, many parents have noted that the concepts that are taught in PATHS are among the most important goals that they have at home. Therefore, improvement in your child's skills should also be helpful for you and your child in your family environment.

Why is it important for parents to know about PATHS?

Parents are a child's most important models and teachers. As such, you are the most important influence on your child's development! The more that you understand about the PATHS Curriculum, the more you will be able to help reinforce and support your child's skills. Thus, information about PATHS can help you be more involved with your child's learning and development. By joining together in using positive ways to teach children self-control, emotional understanding, and problem solving both at home and at school, teachers and parents can create better learning environments and enhance developmental growth.

COMMONLY ASKED QUESTIONS

Where was PATHS developed?

The PATHS Curriculum was developed at the University Of Washington in Seattle, Washington, by Dr Carol Kusche, Dr Mark Greenberg, and other staff members of the PATHS Project.

How is PATHS being used?

I will be teaching PATHS lessons in the classroom on a regular basis. Each lesson will last about 20 to 30 minutes and will focus on one or more particular skills. I will try to keep you informed about these different areas as we go along, but please let me know if you would like to know more!

In addition to the lessons, I will also use PATHS concepts and materials to encourage and model the ideas throughout the classroom day. In this way, your child can learn how to use PATHS ideas with other curriculum subjects, such as reading and arithmetic, as well as in social interactions.

What academic skills will my child learn in PATHS?

A variety of learning skills are taught during the PATHS lessons. These skills include reading, writing, spelling, vocabulary development, logical reasoning, and verbal communication skills.

How soon will I see changes in my child's abilities to handle feelings and to solve problems?

Every child has his or her own personality or temperament and therefore will use information he or she is learning in different ways. Similarly, each child will also follow a different timetable for showing changes in his or her abilities to handle feelings and solve problems. Your participation with assisting your child in various home activities will help your child with this process, which in turn, may help you see positive results sooner.