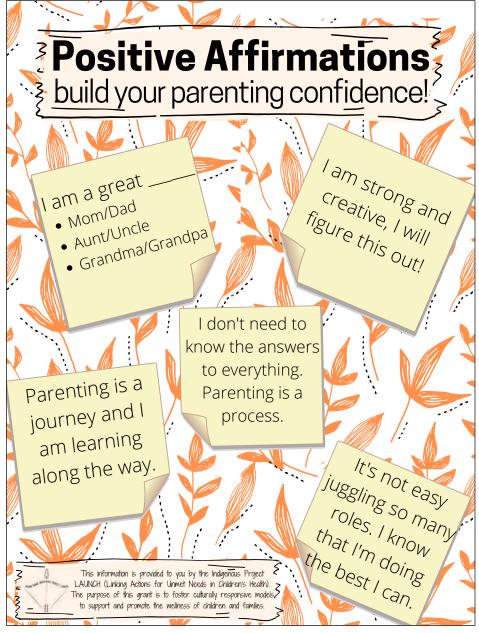
18 FEBRUARY 1, 2021 SMOKE SIGNALS







Fee assistance

Enrolled Tribal members can request assistance with test fees (i.e. GRE, SAT, LSAT, ACT) and admissions application fees. Contact Higher Education for more information at 1-800-422-0232, ext. 2275. ■

"we don't have to do it all alone. We were never meant to." -Brene Brown

iLAUNCH presents

Mental Health Texts!



On Fridays you will receive a message about mental health, a social emotional tip or a simple quote or message of encouragement.

Text JOIN to (971) 318-3459



13 POSITIVE PHRASES TO HELP YOUR KIDS LISTEN

POSITIVE PARENTING ENCOURAGES GOOD BEHAVIOR AND REASSURES THE CHILD THAT, EVEN WHEN THEY MAKE MISTAKES, THEY ARE ALWAYS LOVED.

- 1. "You are very helpful." or "You are a hard worker."
- 2. "You are kind and gentle."
- 3. "What do you need to remember?"
- 4. "let's try _____ instead."
- 5. "What did you learn from that?"
- 6. "Use an inside voice" or "talk a little quieter."
- 7. "You did it all by yourself!"
- 8. "Would you like to do it yourself or can I help you?"
- 9. "I'll wait for you to finish."
- 10. "How can you solve this problem?"
- 11. "First, take a breath and then you can ask for what you want."
- 12. "Thanks for listening to me!"
- 13. "I love you no matter what!"



This information is provided to you by the Indigenous Project LAUNCH (Linking Actions for Unimet Needs in Children's Health). The purpose of this grant is to foster culturally responsive models to support and promote the wellness of children and families.