

The Five Ways to Show Up for Your Child Every Single Day

Brain Health and Wellness | A Parent's Guide from We R H.O.P.E.

The Brain Health and Wellness Coaches in your child's school are trained in the Whole Person Method. Below are the five commitments every coach makes — every session, every student, every day.

They work in school. They work at home too.

1

Connect First

Before anything else, a trusted adult shows up fully present.

At home: Put your phone face down when your child walks in. Make eye contact. Say their name. Ask how they are really doing — before anything else. The relationship comes first. Everything else follows.

The brain cannot learn or grow when it feels unsafe. Connection releases oxytocin — it has to come first.

2

Listen Deeply

Reflect. Validate. Hold space before offering any guidance.

At home: When your child shares something hard, resist the urge to fix it. Reflect what you heard. Tolerate silence. Ask open questions. The coach never speaks more than the student. Try the same ratio at home.

When a child feels heard, cortisol drops and the prefrontal cortex comes back online. That is when growth becomes possible.

3

Empower, Don't Fix

Ask the questions that help your child find their own answers.

At home: Before offering a solution, ask: "What do YOU think?" Your child already has strength inside them. Your job is to help them find it. Giving the answer quietly teaches them they cannot figure things out on their own.

Self-generated insight builds lasting neural pathways. When they find the answer, they own it.

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Teach the Brain

Normalize brain health by making it a subject — not a secret.

At home: Talk about the brain the way you talk about a sprained ankle. "Your brain is working really hard right now. That is not a character flaw. That is biology." Teach your child that the brain can always change.

Brain science destigmatizes. When anxiety becomes "my amygdala is firing" instead of "something is wrong with me," the child gains agency.

5

Show Up Every Day

Consistency is the mechanism of change. Daily presence is everything.

At home: You do not need a perfect conversation every day. You need a consistent one. A check-in at dinner. A question on the drive. Showing up even when your child pushes back models resilience in a way no lesson ever could.

Neural pathways are built through repetition, not intensity. Your consistent presence is the intervention.

You do not need to be a coach.

You need to be present.

These five commitments are what your child's Brain Health and Wellness Coach practices every day at school. When you apply them at home, you are speaking the same language.

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