

COUNSELORS' CORNER

VOLUME 13 FEB 25TH - MARCH 4TH



CHECKING IN!

Checking in on our kids during a stressful time of year is crucial for their emotional well-being and development. It's important to create a safe and open environment where they feel comfortable expressing their feelings and concerns. Start by setting aside dedicated time to talk, listen, and validate their emotions without judgment. Encourage them to engage in activities that promote relaxation and stress relief, such as creative arts, physical exercise, or mindfulness practices. Additionally, maintaining a consistent routine can provide a sense of stability amidst chaos. Be mindful of any changes in behavior or mood, as these can be indicators of underlying stress. Lastly, reassure them that it's okay to feel overwhelmed and remind them that they are not alone in facing these challenges. Your supportive presence can make a significant difference in helping them navigate difficult times with resilience and confidence.



TIPS FOR DEALING WITH AN ANXIOUS CHILD

- Genuinely accept your child's concerns
- Listen to their concerns and gently correct misconceptions
- Patiently encourage your child to approach a feared situation one step at a time
- Always get your child to events on time or early
- Continually set equal expectations for all kids
- Role-play strategies
- Build your child's strengths
- Help your child organize the next day's materials
- Encourage your child to do things on their own



THE 3 C'S TO COMBAT NEGATIVE SELF-TALK

1. **CATCH IT**
2. **CHECK IT** - IS THIS THOUGHT EVEN TRUE? SHOULD I FEEL BAD ABOUT THIS?
3. **CHANGE IT** - REPLACE IT WITH HEALTHIER THOUGHTS

