

COUNSELORS' CORNER

VOLUME 3: SEPTEMBER 30-OCTOBER 7



AFTER

AFTER-SCHOOL RESTRAINT COLLAPSE!

Just the name of it sounds scary, doesn't it?! Ms. Amanda and I have had several parents reach out to us about the dreaded after-school tantrums in their children. This is a prevalent thing and to validate how difficult it is to respond to this for parents, we thought it would be beneficial to discuss it here!

#1 Your child holds everything in all day and will only release it at home because YOU ARE THEIR SAFE SPACE. They feel comfortable releasing their true emotions at home – some kids may become weepy, while others scream, throw things, and become generally unreasonable. Older kids might act rude and disrespectful, hurling insults at you and their siblings.

#2 Validate your child's emotions and give them the appropriate space to "blow up" in. They must always know that it is ok to feel certain ways and won't be judged for their feelings (as long as they are being safe). Try not to take it personally!

#3 Discuss ideas on how to decompress at the end of the day – does your child like to ride their bike, eat a snack, listen to music, or take space alone in their room? Do they draw? Journal? What helps them calm down and feel safe?

#4 Can this be prevented?! YES! Get in the habit of greeting your child with a smile and a hug rather than a question about homework. Or maybe sit in silence on the ride home. Give them the time to process the day. The small things do matter!

It's okay to feel
your feelings



OCTOBER IS BULLY PREVENTION MONTH



October is National Bully Prevention Month, and at Kiker Elementary, we are committed to creating a safe, respectful, and inclusive environment for all of our students. Throughout the month, we will be engaging students in age-appropriate activities, lessons, and discussions designed to promote kindness, empathy, and standing up against bullying. We encourage you to talk with your child about what they're learning this month and how we can all work together to prevent bullying both in school and in our community.