

# COUNSELING NEWSLETTER

## REWARDS AND CONSEQUENCES

New Year, new goals! As parents, we many times struggle with finding a balance between providing adequate rewards and consequences. Especially because both rewards and consequences seem to work for a short time, and then we need to start the process again of finding rewards and consequences that will keep our children engaged in appropriate behaviors.

The following are some tips to think about when implementing both rewards and consequences at home (adapted from understood.org, 2017):

### #FUNNY PARENTS

My 14 y/o made fun of me this morning because I had to go to work while he had a snow day, so I changed the wifi password.

❖ **Encourage your children to invest in both rewards and consequences by having them be part of deciding what rewards and consequences they'd like.** List them out, cut them into strips of paper and put them in a jar labeled "Rewards" or "Consequences." Have them pick one out when needed.

❖ **Clearly state what your expectation are.** If necessary, write them out. Call them "Family rules" or something similar so that way everyone in the family can be held accountable and things are

clear.

- ❖ **Calmly repeat your deal as often as necessary.** Use "when, then" statements: "*When* you complete setting the table, *then* you can go play basketball."
- ❖ **Help your children understand that consequences are not punishments.** Consequences are either natural or imposed as a result of an action or behavior. Consequences are not always negative or the results of poor choices.
- ❖ **Use consequences appropriately.** Follow through when your child does not complete a task or engages in a negative behavior. Avoid criticizing or going overboard on consequences. Consequences that last too long or are too extreme lose their effectiveness.
- ❖ **Use positive consequences.** Always make or take opportunities to "catch" your child engaging in positive choices or behaviors and rewards those as well.
- ❖ **Sync home and school.** Your child and you have a school team (teacher, administrators, counselors, etc.) who are happy and willing to work together for your child's success. Part of that success will depend on open and continuous communication to provide your child consistency and stability in both environments.

Many times as parents we forget that our children learn by us modeling desired behaviors. Teaching what consequences and rewards looks like can best be shown by being accountable ourselves and recognizing when we have made poor choices. At the same time, we teach our children the importance of self-care when we take time to reward ourselves. Additionally, we increase positive self-esteem and decrease instances of anxiety and depression.

–Dr. Pacheco

## CONTACT US

Online contact information: <http://web.iusd.org/sg/counselingcorner.html>

# COUNSELING TIDBITS

## News and information

### Parenting Classes/Workshops

We are excited to announce that Greentree Elementary School (4200 Manzanita, Irvine) will be offering parenting workshops for our community. We will be offering a workshop entitled: **Empowering your child: Self-Esteem** on 1/29/18 at 8:30a on campus. Please RSVP to Dr. Pacheco at [marielapacheco@iusd.org](mailto:marielapacheco@iusd.org) soon. Sitting is limited. We look forward to seeing you there!

Just a friendly reminder that Stonegate Elementary School (100 Honors, Irvine) is offering free parenting class/workshops at 8:30am or 5:30pm once a month. January's topic is: **Using Rewards and Consequences** and it will be presented on February 8<sup>th</sup>. If interested in attending or would like more information, please contact

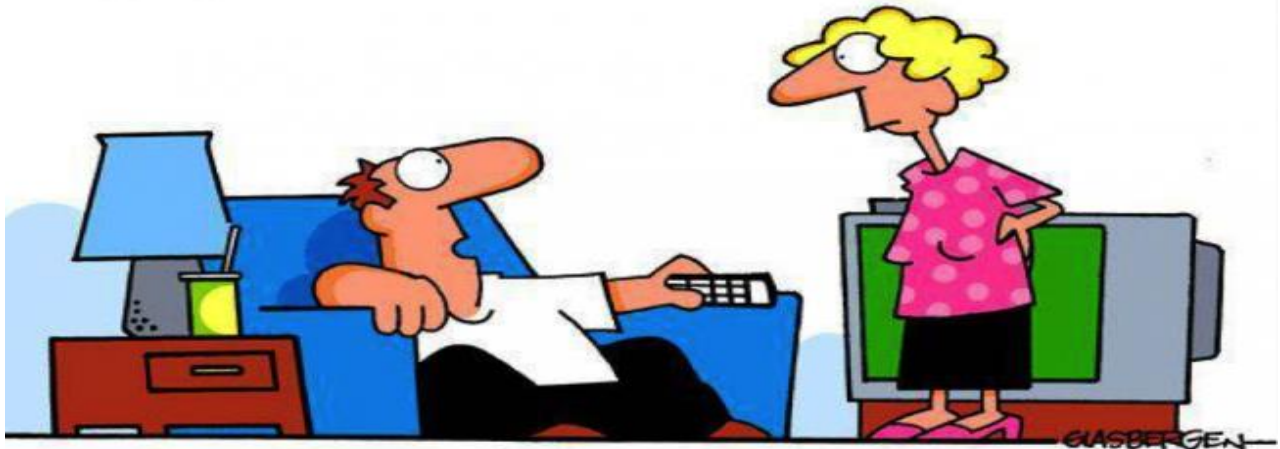
Dr. Pacheco via email at [marielapacheco@iusd.org](mailto:marielapacheco@iusd.org). We look forward to seeing you there!

### Lunch Bunch/Lunch Groups

Has your child ever mentioned that they go to “lunch bunch” or “lunch groups” during lunch time? The counseling team offers the opportunities for students to participate in lunch time activities that range from playing board games, watching a movie/show or just a safe place for kids to interact and play. Lunch time can sometimes be a stressful time for children who struggle with social interactions. Please contact your teacher or the counseling team if you have any questions or would like to learn more about this amazing support at your school.

HAVE A TOPIC/SUBJECT/CONCERN YOU'D LIKE TO LEARN MORE ABOUT OR SEE DISCUSSED? PLEASE LET US KNOW

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**“My doctor told me to start my exercise program very gradually. Today I drove past a store that sells sweat pants.”**