

Stonegate Elementary Counseling Newsletter



Communication

Have you ever told your child or your significant other “you never listen to me” or you feel like your words are falling on deaf ears? Many times it seems that the delicate art of communication has been lost along with rotary phones.

According to the Child Development Institute (2017), there are several key factors to good parent-child communication:

- ❖ **Show your child that you are interested** in what they are saying by paying attention; turn off the T.V, phone, computer and give your child your full attention by getting to their eye level
- ❖ **Keep adult talking** (“You’ll talk when I’m finished.” “I know what’s best for you.” “Just do what I say and that will solve the problem”), **preaching and moralizing to a minimum** because they are not helpful in getting communication open and keeping it open
- ❖ **Be mindful of how you communicate** with your child when you are upset, tired, hungry

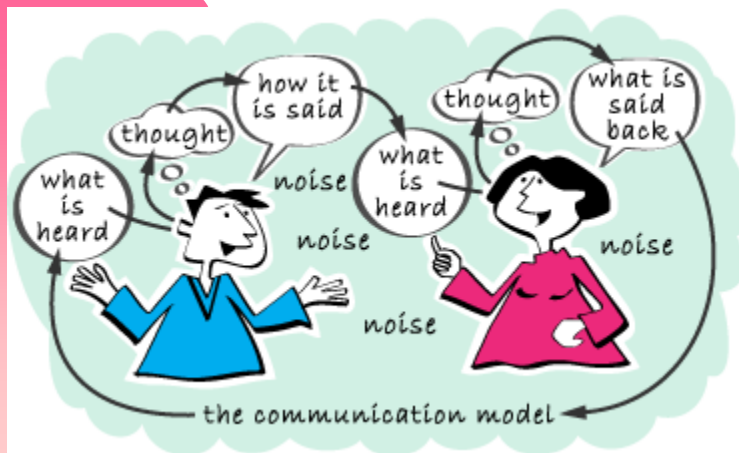
or negatively “adulting.” Children learn how to react to challenges by emulating our reactions to these types of situations. Use those emotions as opportunities to model positive coping strategies like taking an adult “time out” to calm down

- ❖ **Non-verbal communication is just as important as verbal communication.** Show your child that you love, accept and cherish them no matter what they have done. You can love the child without loving negative behaviors
- ❖ **Let your child *just talk*** about anything. Show them how to actively listen to what they are saying by letting them talk without interruptions and only asking questions when necessary. **Make time to talk every day.**

Communication is not just about speaking but about being heard. The most effective strategy as a parent is to *actually* listen to your children, not just what they are saying but what they are showing you through actions, behaviors and emotions. Don’t give up as soon as you encounter a challenge, keep listening and practicing!

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Communication, even during an argument, should be constructive and productive in order to be effective.



Some wise words:

If a child lives with criticism, he learns to condemn.

If a child lives with hostility, he learns to fight.

If a child lives with ridicule, he learns to be shy.

If a child lives with fear, he learns to be apprehensive.

If a child lives with shame, he learns to feel guilty.

If a child lives with tolerance, he learns to be patient.

If a child lives with encouragement he learns to be confident.

If a child lives with acceptance, he learns to love.

If a child lives with recognition, he learns it is good to have a goal.

If a child lives with honesty he learns what truth is.

If a child lives with fairness, he learns justice.

If a child lives with security, he learns to have faith in himself and those about him.

If a child lives with friendliness, he learns the world is a nice place in which to live to love and be loved.

(Anonymous)

I read in an article that we usually stop listening to others talk after 3-4 words and are already formulating a response! Wait, what?! So that could explain why my daughter still tells me, as she stomps her foot and raises her hands up in exasperation, "mom, you're not listening to me!" Wonder where she learned *that* from! 😊 **Let's commit to being the change that we want our children to be.**

-Dr. Pacheco

Free Parenting Classes

Just a friendly reminder that Stonegate Elementary

School is offering free parenting class/workshops at 8:30am or 5:30pm once a month. December's topic is: **Healthy Coping** and it will be presented on December 7th. If interested in attending or if you would like more information, please contact Dr. Pacheco via email at marielapacheco@iusd.org. We look forward to seeing you there!

Counseling Support

The counseling team at Stonegate Elementary is committed to supporting our families as much as possible in as many areas as possible. Did you know that your child is able to receive counseling at school? Please speak to your child's teacher or reach out to us with any concerns.

The counseling team's objective is to provide opportunities for early prevention and intervention for our students. We offer many on-campus counseling opportunities as well as activities such as "Lunch Bunch" and school-wide mental health awareness strategies.

Also, if you or someone you know could benefit from connecting with some community resources, especially with the holidays coming up, please reach out to us.

Have a topic/subject/concern that you'd like to learn more about or see discussed, please let us know.

Counseling Contact Information

Website: <http://web.iusd.org/sg/counselorscorner.html>

Phone: 949-936-6467