

# St. Joe's Counselor's Corner-September 2015

--Jennifer Moyer-Taylor

**\*\*HERE'S WHAT'S HAPPENING IN SEPTEMBER-Welcome back to school!\*\***

**K-2nd** -*Second Step, Kelso's Choices*    **3rd**-*Steps to Respect, "Snack and Chat"* for 1<sup>st</sup> -4<sup>th</sup> will begin

**4<sup>th</sup>**-*Girls Groups*    **5<sup>th</sup>**- *Life & Leadership*    **6<sup>th</sup>**-*Life & Leadership*    **7th/8th**-Peer Mediation Program

## *IT'S ELEMENTARY (K-4) Teaching emotional intelligence-10 minutes a day*

Parents play a significant role in teaching kids about emotional intelligence. Just as teachers recommend reading to your child every day, it is also important to spend some time teaching kids about feelings and emotions on a daily basis. You can do this by asking questions about how they feel about their day (highs and lows), how others feel in the stories they are reading, and in television/movie characters. Also, by validating how they feel and connecting with them on the emotional level (even if they can't convey their feelings yet), this will lay the foundation for them to be able to express themselves when they need to.

## *IN THE MIDDLE (5-8)-Staying connected with your tween*

Now that school has begun, it is important to keep connecting with your tween and keep communication alive. Scheduling regular family dinners, game or movie nights, technology free hours, and/or reminding them about how much you love them with words, actions or post-it notes are all great ways to express your affection and let them know you are still very much a part of their life. Don't be fooled with tweens' nonchalant attitude towards you. Tweens need affirmations just as much as younger kids. The **way** you affirm them just might look and sound differently than when they were younger.

My daughter is bossy!

## **ASK THE COUNSELOR...**

**Q-** My daughter has become quite bossy with other kids in her class. She tells the other kids what to do and when the teacher asks her to stop, she stops temporarily but then does it again. I am afraid she will lose her friends if she keeps this up. I've also heard her say things to her friends that sound mean. I don't want her to be labeled as a bully or as someone mean. What should I do?

**A-** Luckily there are many things you can do to help your daughter. One strategy to try at this age is to discuss with her what qualities make a good friend. Then you can ask her what qualities push friends away. See if you can get her to think about her own behavior and how others may feel when she is bossy or not acting as kind as she can with others. You can encourage empathy by asking her how she would feel if someone was bossy towards her. You can also positively affirm when she is being helpful or kind to others. A great book for her to read is *The Smart Girl's Guide To Friendship Problems* by American Girl.

For more information, please feel free to email me at [jmoyerta@stjosephsea.org](mailto:jmoyerta@stjosephsea.org) or call me at 206-329-3260 X220.