

St. Joe's Counselor's Corner-March 2016

--Jennifer Moyer-Taylor

****HERE'S WHAT'S HAPPENING IN MARCH****

K-2nd –Handling Cliques/Teasing **3rd-** A-Z Book of Respect Project

4th-Peace Circles **5th**-Leadership Skills **6th**-Stereotypes/Working in Groups **K-8-Virtus Class**

"Snack and Chat" for 1st -4th **7th/8th**-Peer Mediation Program **Parenting Class**-Monday Nights

IT'S ELEMENTARY (K-4)-Avoid Overprotection

Overprotection discourages children. You might be wondering why protecting your child from harm is counter-indicated. In our Monday night parenting class, we are all reading the book *Children: The Challenge* by Rudolf Dreikurs. In Chapter 3 titled "Encouragement", the author discusses that a misbehaving child is a discouraged child. Overprotection sends a message to your child that he or she cannot do something. Saying "Now remember not to hit your friend if you get mad." sends the message that you don't have faith in him or her. Saying "No, I'll get food tray" sends the message that you think your child will spill the food. Even though the intention is to keep an accident at bay, it is better to replace the loss of food, than foster the loss of confidence in your child.

IN THE MIDDLE (5-8)-Focus on the Deed, not the Doer

One of the phrases that continues to surface in the parenting class lead by Mary Dalton is "**Focus on the deed, not the doer.**" This means it is important for parents to not make the mistake of saying "You are so smart." or "Wow-you are one of the best players on the team." but instead focus on the accomplishments or effort. What happens when they don't get played in the game? Does this mean they are less than in your eyes? For example you could state, "I really like how you are completing all your homework for school." or "I saw that you passed the ball to your teammates and that really shows teamwork." The reasoning behind encouraging the deeds and not the doer is if we only praise the person and not the act, we are tangling up the child's sense of self-worth with their accomplishments. Their own sense of self-worth needs to be separated from their acts. This particularly comes into play when they make mistakes. If they make a mistake, it is simply something they can learn from and change. They won't take it to mean they are a bad kid. They need to understand they are amazing kids no matter what. This is why it is important to separate the deed from the doer.

Is my daughter
a
perfectionist?

ASK THE COUNSELOR...

Q- Help! My second grade daughter comes home in tears because she missed problems on a test and is frustrated about homework, and sometimes she says she is stupid. I'm worried she has become a perfectionist and she is only 7!

A-In second grade, a student's favorite school supply is the pencil eraser. This is because a second grader is amidst the age where they are more aware of their abilities versus others' abilities and are entering the "age of reason" as their eyes are open to social norms. They are often perfectionistic and hate making mistakes, not finishing tasks and especially losing. They have a strong sense of right and wrong and it may be a challenge for them to see a middle ground. Things are very black and white when it comes to school work, friendships and recess issues. Dealing with disappointment is a learned skill and you can help teach her by modeling sharing your feelings, coping with negative emotions and problem solving how to deal and cope with "failure" (in her eyes). It is important for kids to develop a "growth" mindset versus "fixed" mindset. To help foster a growth mindset, a great book is called *Mindset: The New Psychology of Success* by Carol Dweck.

Thank you!

Jennifer Moyer-Taylor