

St. Joe's Counselor's Corner-November 2015

--Jennifer Moyer-Taylor

****HERE'S WHAT'S HAPPENING IN NOVEMBER****

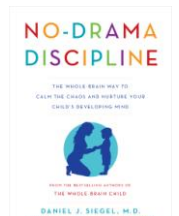
K-2nd –*Emotional Regulation, Kelso's Choices* **3rd**-*Teasing strategies*

4th-*Girls Groups* **5th**- *Stress management* **6th**-*Growth Vs. Fixed Mindset, Emotional Hijack Strategies*

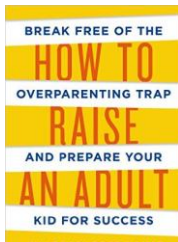
"Snack and Chat" for 1st -4th **7th/8th**-Peer Mediation Program

IT'S ELEMENTARY (K-4) No-Drama Discipline

The authors of *The Whole-Brain Child*, Tina Bryson and Daniel Siegel, have written another wonderful book called *No-Drama Discipline*. Using some of the same strategies from *The Whole-Brain Child*, Siegel and Bryson emphasize the true meaning of the word "discipline" which is "to teach". Click [here](#) to a link to a YouTube video with the authors discussing their book. Click [here](#) to view a printable refrigerator sheet on the tips from the book.



IN THE MIDDLE (5-8)-Avoid "Overparenting"



I recently attended a presentation of the author of *How To Raise An Adult*, Julie Lythcott-Haims. This was a somewhat humbling experience because I am guilty on a number of fronts of overparenting my own kids. As a Freshman Dean at Stanford, Julie spoke about how she has seen a significant trend in college students with anxiety about separating from their parents and being on their own. I highly recommend this book to all parents (any age). You can read an article from the author [here](#).

Is my daughter dealing with cliques?

ASK THE COUNSELOR...

Q- My daughter seems to be getting into a lot of arguments at recess and says the girls don't let her play sometimes. She comes home complaining and sometimes cries about it. Why are there cliques this young?

A- Friendships are very important in first grade but VERY unstable. Your daughter is trying to navigate the friendship world and figuring out how to handle the possibility of bossy and unkind behavior from others. The first thing is to define cliques. Cliques are groups of kids who intentional exclude and leave others out. This may or may not be the case but a great book to read to her is *Cliques Just Don't Make Cents* by Julia Cook. My guess is that there is a mix of exclusion and a mix of friendship instability going on. This is a good time to teach your daughter about kindness and using problem solving tools like Kelso's Choices. Ask her to think of some ways to handle the arguments at recess. You would be surprised what tools she already knows could help. Role-play with her and have her act out how she could handle the situations. Encourage her to play with kids who make her feel good about herself. If she continues to experience exclusion, reach out to her teacher.