

Counseling Corner: January 2023

Welcome back and happy new year! We hope you had a restful break and are feeling recharged for the new year! Wishing you much joy, peace and happiness throughout the 2023 year!

Upcoming Events:

Character Counts: Pre K -2 January 17, 2023 at 10:00am

Character Counts: 3-5 January 18, 2023 at 2:15 pm

Nutrition

At NMES, we are excited to continue talking with students and staff about eating healthy and regularly exercising. The start of the year focuses on goals. What is your goal for 2023? What nutrition goals will you think about as the year begins and progresses?

Need some ideas to help with nutrition? Check out this Podcast: [Click Here](#)

Teaching your Child How to Deal with Problem Solving

We know that problem solving can be difficult when you feel so angry you just can't think clearly or most effectively. That is why teaching your child ways to calm down before tackling the problem is so important.

Recognize Emotions:

First, kids need to recognize their emotions. Often, young children cannot communicate how they are feeling. It can help to have a feelings chart to look at or a stoplight can also work. A red light means emotions are big and they need time to cool off. A yellow light means they're beginning to calm down. Green means they're ready to solve the problem.

Feelings Chart: [Click here](#)

Determine the Problem:

After students can communicate their emotions and calm down, many times with support, they can think about the cause of the problem. A lot of times, we like to decide whether the problem is a little problem or a big problem. A little problem is something a child can work out by themselves and a bigger problem typically needs support from others.

Talk about How to Solve the Problem:

Have your child brainstorm some ways to solve the problem. Then you can both pick out which ways are best. Remind them that the best option isn't just the one that feels best. It's also the one that gets them to their goal. It's good to praise your child for their efforts to fix a problem, even when they don't pan out.

Talking to Others and Using I-Statements:

"I" statements are true statements that reflect feelings, like "I felt sad when I was sitting alone and no one was sitting with me," are also a good tool. Kids can even role-play with a grownup who can give feedback. It's good to teach these skills when your child's not in the middle of a conflict. It's important to model these skills for your child, too. You can walk them through how you'd solve your own problem step by step.

To read the full article, visit the following link: [Teaching Kids How To Deal with Conflict](#)

Parenting Podcast Resource on teaching problem solving
[Sunshine Parenting Podcast by Audrey Monke](#)