

Counseling Connections

Message from Your School Counselor

We know how hard it's been adjusting to the "new normal" and hope you're taking time to use the resources we've sent each week to make this adjustment easier. However, we also realize that even when the best laid plans are set, setbacks happen that can often cause us to feel frustrated, annoyed, and even angry. Then, being unable to leave our home on top of everything else can often result in more disagreements, arguments, and fighting among family members.

So, this week we wanted to focus on a few things you can do to prevent or reduce the number of conflicts within your family. As always, we're here to help so don't hesitate to reach out if you need additional support!

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Fighting Fair

It can be natural, and even healthy, to fight with others. The key is to "fight fair" and use it as an opportunity to grow and problem solve. If these two things aren't happening, then fighting can be unhealthy and toxic for our relationships.



Communication

Assertive communication is a way to share your thoughts or feelings about a conflict without placing blame and is an effective way to solve conflicts.

- Use I-Statements to express thoughts and feelings (i.e. "**I feel** annoyed **when you** leave dirty dishes **because** they smell. **Next time, I would like** you to clean them when you finish eating.")
- Seek first to understand the other persons perspective, then for them to understand yours
- Work together to find a compromise that works for everyone

Anger Warning Signs

<https://drive.google.com/open?id=1GSUtnIBV0l9GiVEZBjVBr5lc1TsfqoIV>

Anger Thermometer

<https://drive.google.com/open?id=1TDi4kWkne1rMdQzT1cC ta4aTPozlxQ0>

Problem Scale

https://drive.google.com/file/d/1l-5CsDZr_dUkan6FqCfqnDEexpFLa7Dj/view?usp=sharing

Creating A Routine for School

With the help of your student create a workspace with minimal distractions for each child. Set a daily schedule by looking at when your student needs to be online and using those times as a guide for when to focus on specific subjects.

Here's a great template to help keep track

<https://drive.google.com/file/d/1mf-nUF71b-GI7F-4xJ631bmijbTs3H0q/view?usp=sharing>

- Restrict non-school related screen time during this time.
- Allow time for short 5-minute breaks every 30-minutes
- When remote learning time ends, focus on non-school activities and those that promote bonding.
- Stay in contact with your student's teacher(s) and always reach out when they need additional support

Remember that you're there to guide and coach your child. Not to teach them everything or to do things for them. Step away when frustrated and create a space for your student to relax and calm down when frustrated.

Remember to stay positive and praise your student for their accomplishments! This new normal isn't easy!

Resources

Illinois Suicide Prevention Hotline - Text "Talk" to 552020

Illinois Retired Teachers – Free mentorship/tutoring from former teachers <https://form.jotform.com/200925375691157>