

COUNSELING NEWSLETTER

POSITIVE PARENTING

Ah! The month of love! When children challenge us in our roles as parents, we don't always have warm-and-fuzzy feelings towards them, even though we love them unconditionally. It's in those strife-filled moments where it's difficult to be a positive parent towards our kids and when we have the opportunity to model positive behaviors with our children. Being a positive parent takes practice and patience (and sometimes chocolate)! The following are some tips to think about when kids test our patience levels (adapted from positiveparentingsolutions.com, 2018):

"I put on my mom jeans just like everyone else: while screaming at my children and posting on facebook how blessed I am"



@PEAUXTASSIUM

babble

- ❖ **Spend 1:1 time with you child, daily.** Wait! What?! I need to spend time *alone* with my child? Yes! Studies have shown that parents who spend 15 minutes uninterrupted time individually with their children have lower levels of anxiety and depression. Whether you choose to ask your child about their day, spend time cuddling or loving on them, or just giving them your undivided attention, its precious time that will reduce negative behaviors. (Apparently it also works great on the significant-other person in your life... just saying).
- ❖ **Take sleep seriously.** Think about the last time you didn't get enough sleep... and how difficult your day was. Children need more sleep than adults, and they'll express it through behaviors instead of through words. So getting enough sleep is vital, both for you and your child(ren).
- ❖ **Have a routine.** Children and adults need the predictability of routines. When you know what's going to happen, the levels of anxiety and stress in your body are reduced and your body can focus on the important things, like digestion and keeping the body running smoothly.
- ❖ **Provide opportunities for your children to contribute to solutions, not problems in your family.** Allow your children to contribute through chores, suggestions for rewards or consequences and make them part of family conversations so that they can feel they have a voice in family decisions. Through this process, you will encourage assertiveness and allow them opportunities for advocacy, which are traits that will carry on into adulthood.
- ❖ **Post family rules.** This might seem silly. But think about this, rules are posted in our communities, in schools, at work, etc. Rules are foundational values that people have in order to live in harmony and peace. Aren't those the same goals that we have for our households? And having visual reminders of expected behaviors in the home teach accountability and responsibility in a non-verbal way. So, less nagging... or reminding. ☺
- ❖ **Create opportunities to say "yes" to balance out the necessary "no's."** Research has shown that children who often hear "no" instead of "yes" will experience more negative feelings and therefore behaviors that they carry into adulthood. Our brains are wired to seek out pleasure (through dopamine) constantly and when we hear "yes" we create neuropathways that are positive and encourage us to repeat the experience. If possible, balance out the necessary "no's" with enough "yes's" throughout your day. That also includes saying "yes!" to chocolate or dessert!
- ❖ **Practice self-care.** I know! Easier said than done! But oh! So necessary! Practicing self-care doesn't have to be extravagant or time consuming. Find something that gives you pleasure, happiness and helps ground you. If you're struggling to find something,

CONTACT US

Online contact information: <http://web.iusd.org/gr/counselorscorner.html>

think about this: when was the last time you had a huge smile on your face? Ok, now go repeat that. Or, you can use one of my strategies: google “funny parenting tweets” and I guarantee you, you’ll realize that parents don’t lose their funny once they become parents.

The month of February provides us opportunities to show love and appreciation through various ways. But why stop there? Make it a daily habit! Don’t be afraid to express how much your children mean to you and how important they are to you. Every. Single. Day!

–Dr. Pacheco

COUNSELING TIDBITS

News and information

Parenting Classes/Workshops

Just a friendly reminder that Stonegate Elementary School (100 Honors, Irvine) is offering free parenting classes/workshops at 8:30am or 5:30pm once a month. March’s topic is: **Parenting in Today’s Society** and it will be presented on March 8th. If interested in attending or would like more information, please contact Dr. Pacheco via email at marieapacheco@iusd.org. We look forward to seeing you there!

If you are unable to attend the workshops/classes at our school, there are parenting classes available at other locations throughout the district. Please contact Dr.

Pacheco if you are interested in information regarding other classes and/or workshops.

What is counseling, anyways?

For many people, when they hear “counseling” they usually associate it to “something is wrong.” However, counseling is a preventative support and a non-intrusive way to learn strategies to cope with challenges, trauma or difficulties. If you have ever wondered what counseling entails and whether it’s something you might consider doing, please contact Dr. Pacheco to learn more about it. Counseling is available to students and their parents/caregivers at no cost as a support at your school.

HAVE A TOPIC/SUBJECT/CONCERN YOU’D LIKE TO LEARN MORE ABOUT OR SEE DISCUSSED? PLEASE LET US KNOW

