

Mrs. White

MVB/MHG



Counselor's Newsletter

10 / 13 / 09

When would my child need to visit the counselor?

- * If your child's teacher has a concern, he/she may refer your child to the counselor for individual or group counseling.
- * If your child has a concern, he/she may request to see the counselor.
- * If you have a concern regarding your child, you may contact the counselor at 758-7559 (MHG) or 758-7569 (MVB) or e-mail at jwhite@ichabodcrane.org to discuss your concerns.
- * The counselor will meet with any child who is referred for counseling to assess the child and see if counseling is justified. This can happen one or two times. On-going counseling takes place only with the permission of the child's parent/guardian.
- * Banana Splits groups (parent referred) and Social Skills groups (teacher referred) are the two groups offered at this time. After the holidays, there will, most likely, be a Self-Esteem group (teacher referred) offered. Groups meet once per week during your child's lunch period.



Holidays Approaching Attendance Reminder

During these difficult economic times, the holidays can be very stressful. If you are in need of some extra help this holiday season, please contact the school counselor. There are a few different programs that may be helpful in assisting you.

When a student is absent, a hand written note is still needed upon your child's return to school, even though you called the school on the day of their absence.

What is Child Health Plus?

New York State has a health insurance plan for kids, called Child Health Plus. Depending on your family's income, your child may be eligible to join either Children's Medicaid or Child Health Plus. To be eligible, children must be under the age of 19 and be residents of New York State. Whether a child qualifies for Children's Medicaid or Child Health Plus depends on gross family income. Children who are not eligible for medicaid can enroll in Child health Plus if they don't already have health insurance and are not eligible for coverage under the public employees' state health benefits plan. You can check the income charts to see whether your child qualifies at www.health.state.ny.us. If you are interested in Child Health Plus, you can call 1-800-698-4kids, or you can enroll through the Department of Social Services.

New York State Department of Health
www.health.state.ny.us

Halloween Tips – Have Fun, But Stay Safe

- *Obtain flashlights with fresh batteries for all children and their escorts
- *A responsible adult should always accompany young children trick-or-treating
- *Only go to homes with a porch light on & never enter a home or car for a treat.
- *Put reflective tape on the costume so motorists can see trick-or-treaters
- *Remain on well-lit streets

American Academy of Pediatrics
www.aap.org

Improving Communications in Your Family

- **Be Available** – Make time to stop and talk about things. Even minutes a day without distractions make a big difference. Sit down and look at your child while you talk.
- **Be A Good Listener** – you don't have to agree with what your child is saying to be a good listener. Sharing his thoughts with him helps your child calm down, so later he can listen to you. Being a good listener can help your child feel validated and loved.
- **Show Empathy** – Tune in to your child's feelings, let him know you care. Let him express his feelings and don't minimize his feelings by saying, "It's silly to feel that way," or "You'll understand when you're older". His feelings are real and should be respected.



DO

- Give clear, age-appropriate directions such as, "When we go to the store I expect you to stay with me."
 - Praise your child whenever you can.
 - Calmly communicate your feelings.
 - Model what you want your child to do.
 - Listen carefully to what your child says.
- **Be A Good Role Model** – children learn by example. Use words and tones that you want your child to use. If you use words to describe your feelings, it will help your child to learn to do the same. Such as, "It makes me feel sad when you won't do what I ask", instead of screaming or name calling – children learn to do the same.

Forever Parents

Forever Parents is a program developed for co-parenting apart. It is a parent education program designed to provide parents with information about the impact of separation and/or divorce on both themselves and their children. The curriculum examines what parents and their children experience and suggests strategies and resources to help them. The program also provides a legal process presentation by a lawyer. The main focus of the program is on the children and reducing their exposure to parental conflict. Forever Parents is a program of Common Ground Dispute Resolution, Inc., a not-for-profit corporation under contract with New York State to provide dispute settlement services.

Forever Parents program will help you:

- *Better understand the affects of divorce on your child – "Why is my child acting like that?"
- * Communicate more effectively and reduce conflict between you and your child's other parent.
- *Provide guidelines for developing a positive co-parenting plan.
- *Reduce the impact of divorce on your family.
- *Learn effective co-parenting skills.
- *Keep your children out of conflict

For more information: 518-828-0047 or visit www.commongroundinc.org

Tips to Raising Your Child's Self-Esteem

- Feel good about your own strengths and accomplishments. Your positive attitude will contribute to a positive family environment.
- Keep your expectations realistic. Realistic expectations lead to repeated successes which build's self-esteem. Beware especially of setting unusually high standards for a first child.
- Respect your child's unique qualities. It is unhealthy to compare your child with friends, siblings, or you as a child. Your child is unlike all others and should be loved unconditionally.
- Applaud effort, not just outcome. While victories are cause for celebration, less obvious achievements should also be noted. Be sure to praise your child for improving or making an attempt.



www.aboutkidshealth.ca