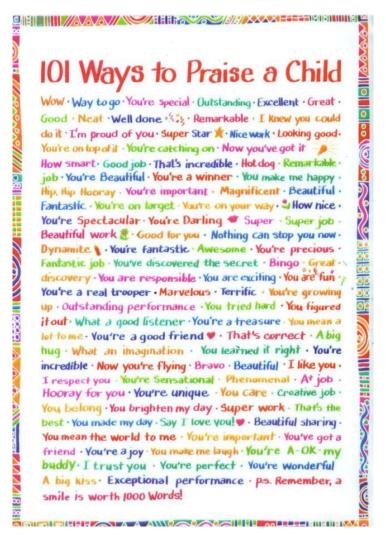
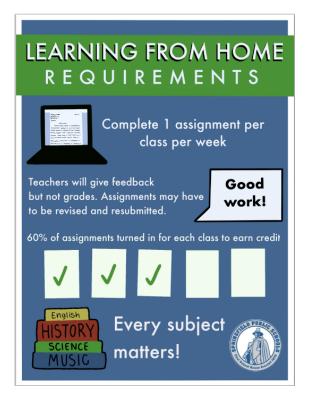
## **Counselor Corner**

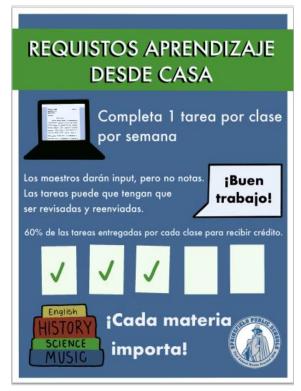
## **PBIS** at Home

Did you know that people are more likely to automatically start believing negative comments about themselves the first time they hear them, but have to hear positive comments multiple times before they start to believe them? At school, the staff strives to make four positive comments to a child for every one correction. This is not to say that everyone is successful at this every time, but it is something that we can all work towards. The more we think about it, the closer we get. As a parent, you can also work on this. Try to be aware of making more positive comments to your children then corrections. Try noticing things that they did well, even if it is an expectation. We all like being thanked for doing something, even if it's our job. Below, there are some suggestions of ways to praise your child. And remember, the more specific your praise can be, the better! For example, "Great job," is good. "I was so impressed with the way you took the trash out without a reminder," is even better.



## **Work Completion**





https://indianorchard.springfieldpublicschools.com/Pre\_K

Above is the district information about what students need to do to get credit for the 4<sup>th</sup> quarter (turning in one assignment per subject per week) and doing 45 minutes of both iReady reading and math each week. If you have questions about what that looks like or how to turn in the assignments, please check in with your child's teacher. If you need help getting in contact with a teacher or need their email address, please let us know.

To keep track of what your child has done/turned in, you could create a visual or chart (using stickers, drawing stars, writing the number of assignment, etc.). This could also encourage your child to keep working as they see what they've accomplished. The website below has tons of charts that you can customize with a theme your child likes (they say they're behavior charts, but could also be work completion charts).

https://www.freeprintablebehaviorcharts.com/behaviorcharts3-10.htm

In case you missed them, look at our previous Counselor Corners for ideas about:

Week 1 (4/2) – Calming Strategy (Break Spot), Videos About Explaining the Virus to Kids, Self-Care

Week 2 (4/9) – Managing Feelings, Technology Tips

Week 3 (4/24) - Home Reward System, Hand-washing Tips

Week 4(5/1) – Giving kids specific positive feedback, task list for kids, Sesame Street and CNN Town Hall on the Coronavirus

Week 5 (5/8) – Taking breaks, Calming tools

Week 6 (5/15) – Transitions, timers, and sleep

If you have any questions or need more information/support please reach out to us:

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