

Counselor Corner

PBIS at Home

A concept that we talk a lot about at school is Growth Mindset, which is the idea that the knowledge that we have is always able to grow. So, we encourage kids who say, “I can’t do it,” or “I’m terrible at math,” to change the way they are thinking. Instead, we explain that they might not have the skills YET, but they are still learning. Thinking that something is hard, but you can keep working on it is more empowering than “I can’t.”

You can use this concept at home, too. Reminding kids that they don’t know something yet, but they are always able to learn and grow builds perseverance in kids, which helps them throughout life. If a task or goal is seen as something that they can master with hard work, it is much less likely that a kid will quit when things get hard.

Collaborative Problem Solving at Home

Collaborative Problem Solving is a strengths-based approach where adults work together with children to mutually solve a problem. This approach can be effective with children that have various social, emotional, and behavioral challenges across many settings, including home. The last several months while living through a pandemic (Coronavirus) has caused stress, varying emotions (anger, sadness, frustration, fear), and many are struggling. You may have noticed an increase of challenging behaviors from your child. First, we need to recognize we are all doing the best we can during these times. Next, we need to work together with our children to establish new routines, expectations, and schedules. Working on this together will make children feel like they’re in control, especially during this time of not being in control of so much around them.

Check out a few tips below from ThinkKids.org:

“1. Start by listening first to kids’ perspectives of why something isn’t working. Whether it is online classes, physical distancing, bedtime, the need for exercise, you name it—ask what’s getting in the way. What’s hard for them? If they are struggling to explain, try educated guessing. And if they don’t seem to want to talk at all, reassure them that you value their perspective and really want to understand it.

2. Only once we have a sense of their perspective on the issue, we can share our perspective on the problem we are trying to solve.

3. Finally, once we understand each other’s stances, invite them to come to the table to brainstorm solutions that will work for all of us. Give them the first chance to craft solutions.”

Click on the link below to read the article 'Managing Challenging Behavior During Traumatic Times':
<http://www.thinkkids.org/managing-challenging-behavior-during-traumatic-times/>

Tips for Collaborative Problem Solving in the Home

Identify what your child is struggling with and identify skills they may be lacking to help solve what they may be struggling with. You can make a specific goal and break down what needs to be done to meet the goal. You can make a visual schedule or a checklist to help develop a consistent routine and enhance your child's independence in completing tasks. Help your child identify and manage emotions by speaking about how you manage your own emotions. An example of this from Giant Leaps Occupational therapy is, "I'm feeling really frustrated that we've been stuck in traffic for so long. I'm going to turn on some music to help myself stay calm." You can put the feelings you see into words and over time this can help a child learn how to express himself effectively.

Find these tips and more at:

<http://www.giantleapsot.com/resources-tips-collab-problem.php>

Tips On How To Support Children's Mental Health

How to support children's mental health?

- Learn about children's mental health
- Pay attention to changes in behavior
- Provide time to discuss how they are feeling
- Help them set realistic and achievable goals
- Be present when talking with them
- Make sure they get enough sleep
- Make sure they have a nutritious meal
- Be a good listener
- Be compassionate
- Encourage play and exercise
- Help them learn coping skills
- Provide a safe and positive environment
- Say I love you and show it in your behavior



- Provide emotional support
- Acknowledge their feelings
- Ask how they are doing
- Create a consistent schedule
- Give them hugs
- Be empathetic
- Use kind words
- Practice patience
- Give eye contact
- Model behavior you want to see
- Encourage self expression
- Know your emotions
- Praise efforts
- Family mindfulness time
- Promote daily exercise



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

Week 7 (5/22) – Praise, work completion, credit requirements

Week 8 (5/29) – Helping students get work completed, dealing with loss

Week 9 (6/5) – Talking to your kids about race and racism

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

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