



Counselor's Corner

April 26th – 30th, 2021

How to build self-advocacy in kids

Self-advocacy is a skill that enables kids to understand their strengths and weaknesses, know what they need to succeed, and communicate that to other people. Self-advocacy can be broken down into a few key elements:

- Understanding specific needs.
- Knowing what help or support will address those needs, like tutoring or classroom accommodations.
- Communicating those needs to teachers and others.

Self-advocacy helps kids learn by creating solutions for challenges in school. Of course, a parent could also advocate but when kids self-advocate, there are extra benefits. Kids who exercise self-advocacy can:

- Find solutions to challenges parents may not be aware of
- Build self-confidence in their ability to learn
- Create a sense of ownership over their learning
- Develop independence and self-empowerment

Because self-advocacy is so important, you may want to take specific steps to help your child build this skill. Here are some ways to help your child develop self-advocacy:

- Talk with your child about strengths and weaknesses.
- Have ongoing conversations about learning and thinking differences. Remind your child that asking for help is a good thing.
- Praise your child's efforts at speaking up.
- Encourage your child to use universal classroom accommodations like extra help sessions. Or if they have an IEP or 504 plan, encourage them to use their specific accommodations.
- When a problem comes up, give your child a chance to solve it before stepping in.
- Let your child have a say in decisions about school.

As with any valuable skill, self-advocacy takes practice. Role-play situations that may come up to help your child feel more comfortable about asking for help.

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School Counselor

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St. Mary's Program

The next delivery date for St. Mary's food bags will be **Thursday, April 30th**. If you would like more information on this food assistance program or if you would like to enroll in this program, please email Mrs. Cavallo.

Kyrene Family Resource Center (Food. Clothing. Hygiene. Connections)

For support with immediate needs, including: food, gently used school clothing, hygiene supplies, school supplies, and connections to outside agencies/resources visit:

<https://www.kyrene.org/domain/575>

Southwest Behavioral & Health Services

<https://www.sbhservices.org/>
Outpatient counseling services for students are available through our school-based provider, Southwest Behavioral Health. For information and referrals, please contact Mrs. Cavallo