



Counselor's Corner

August 23rd – 27th, 2021

Parenting Tips to Encourage Self-Care

Self-care can help kids of all ages become more introspective and aware of their physical and emotional needs. It can also prepare them to effectively handle future stressors. Even small acts of self-care and self-help can decrease stress, improve relationships, and promote wellness of the body and mind. Below are some tips from therapist, Holly Jones, LCSW, to help parents encourage children to practice self-care.

Teach and Model: Parents, educators, and caregivers can teach their children healthy self-care habits at any age. Adults can do so by helping children schedule self-care breaks/check-ins throughout the day, enacting daily or weekly check-ins throughout the day/week, and role modeling. We can model self-care by acknowledging your own needs as a parent. Kids often learn more from what parents do rather than what they say.

Be Flexible: It is important to remember that parents' ideas about self-care might look different than their children's ideas. Notice how your child responds to different self-care activities like movement breaks, music or creative expression. Trying a variety of wellness exercises will support kids in discovering what fits their needs best.

Don't do it for them. Sometimes, it can feel easier during a stressful moment to take the reins and complete a task for your child. When this happens, children miss an opportunity to build self-confidence and problem-solving skills. If a child asks you for help, consider if it is a task they could try on their own or with limited support. It might help to share an affirmation that lets them know you will be there to support them. Consider saying something like, "I believe in you. I'll be here if you get stuck, but you try it first."

Provide Encouragement and Be Patient: Praise the child for trying something new on their own, even if it didn't go as you had hoped. Though this might be more time-consuming than completing it for them, the energy you put into this will help that child feel more confident and prepared next time.

Start Small: When it comes to encouraging kids to explore self-care on their own, consider their age and developmental level. For younger children, see if they can blow their nose, brush their hair, or get their own drink. Make sure they can access the necessary items to complete the task. If they are having a difficult time, try breaking the task into smaller steps. For middle schoolers and teenagers, see if they can wake themselves up in the morning, prepare a meal, or care for a family pet.

Don't be afraid to get silly: Offer to let your child be the expert and have them teach you a new dance move. Sometimes families need to share a laugh together. Play a game, make a pillow fort, watch a funny movie, or try a puzzle together. Try your best to put away distractions and truly be present in the joyful moments. Having fun together helps families feel more connected and lets you learn more about your children's likes and dislikes.

Mrs. Jocelyn Cavallo
School Counselor

Email:
JCavallo@Kyrene.org

Phone:
480-541-7022

St. Mary's Program

The St. Mary's food bags program will be starting this month. 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