



Yolanda Talley  
School Counselor



## October 2021

### Communicate with your kids

October is National Communicate with Your Kid Month. Conversation flows naturally when adults and children are doing creative activities. Arts and crafts projects like these help your kids open up, express their thoughts and feelings and share their dreams, fears, and memories!  
<https://www.crayola.com/for-parents/party-ideas/communicate-with-your-kids.aspx>

### Have a date night with your child

Around the date of your child birthday every month or every other month plan a date. The date can consist of going for ice cream, going bike riding, taking a walk to the park. This provides one on one time with your child. It ensures each child time to talk to their parent alone and feel special.

### Pick the right time and place

Usually kids don't respond well if they feel like they are being put on the spot. Finding the right time and place is important. It's usually a good time when you are doing something else, like riding in the car, having dinner, playing family board game etc. Make sure there are no distractions like cell phones, tv, sibling etc.

### Little things can be big things

- Lunchbox notes or text notes
  - Leave a note on the bathroom mirror or bedroom mirror
  - Hide a note in their pants or jacket pocket, pillow case, etc. somewhere unexpected
- <https://grkids.com/we-need-to-talk-creating-open-communication-with-your-kids/>

### Letter Writing

Setting up a mailstation in your house for written letters. Have a spot or tray in your home where each family member can write a letter. Sometimes writing our emotions is easier than speaking them.

<https://grkids.com/we-need-to-talk-creating-open-communication-with-your-kids/>

### Contact Information

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