



Counselor Connection Newsletter

OCTOBER 2019

ADHD AWARENESS MONTH

BULLYING PREVENTION MONTH

COMMUNICATE WITH YOUR KIDS MONTH

COMPUTER LEARNING MONTH

NATIONAL BOOK MONTH

POSITIVE ATTITUDE MONTH

How to Communicate With Your Kids

- Set aside time for talking and listening to each other. Family meals can be a great time to do this.
- Talk about everyday things as you go through your day. If you and your child are used to having lots of communication, it can make it easier to talk when big or tricky issues come up.
- Be open to talking about all kinds of feelings, including anger, joy, frustration, fear and anxiety.
- Tune in to what your child's body language is telling you, and try to respond to non-verbal messages too – for example, 'You're very quiet this afternoon. Did something happen at school?'
- Work together to solve problems.. And remember that you might not always be able to resolve an issue straight away, but you can come back to it later.
- Emphasise the importance of honesty by encouraging and supporting your child to tell the truth – and praising her when she does. And by being honest yourself.

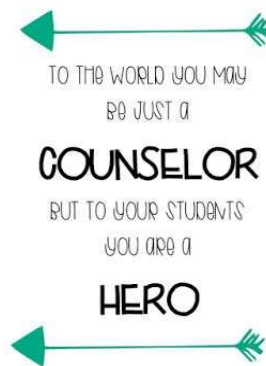
<https://www.missingkids.org/netsmartz/topics/cyberbullying>

Bully Prevention

According to StopBullying.gov, Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. It can happen via text message and within apps, on social media, forums, and gaming sites.

Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can also include sharing personal or private information about someone else causing embarrassment or humiliation. Signs that a child may be a victim of cyberbullying include:

- Avoiding the computer, cellphone, and other technological devices or appears stressed when receiving an email, instant message, or text
- Withdrawing from family and friends or acting reluctant to attend school and social events
- Avoiding conversations about computer use
- Exhibiting signs of low self-esteem including depression and/or fear
- Has declining grades
- Has poor eating or sleeping habits



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