

Casis Counselor News

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Note from the Counselor

As the season changes and we “fall back”, it’s easy for us to fall back into old patterns that may not work for us, or our family, any more. It’s funny how often we forget that in order to change a situation, we have to change how we deal with it. Sometimes when bad things happen we assume that they will keep happening. For example, when children have problems with their friends, we might inadvertently ask questions or make statements that perpetuate the negative feelings. Instead of asking, “How was your day?” or “Tell me about the best thing that happened today.” we might ask, “What happened with ____today?” That can send the message that you are expecting bad things to happen, which in turn can influence your child to also expect the worst. It is always great to validate your child’s feelings, but at the same time influence them to be resilient and forward thinking. Helping your child to focus on positive aspects of relationships can teach them to build from their own strengths when dealing with difficult situations. Remember also that children are very in tune with your reactions and feelings, and will take cues on how to deal with something by watching you.

Counselor Classes

In October, Kindergarten and first grade classes focused on making good choices like telling the truth (and not using tattling to get someone to do what you want), anger management, and friendship concerns. Third and fourth grade classes discussed the way others see us verses the way we see ourselves and how we can change those perceptions. Fifth grade’s focus was on stereotypes and how it feels to be “labeled”. Ask them to tell you about the “sticky note game”. We worked on building empathy and not deciding things about others based on one or two stereotypical things.

Casis Cares and Read Aloud

Casis Cares and Read Aloud are in full swing now. Please check the schedule in your child’s class to sign up, or to remember when you signed up! The Read Aloud topic this month is courage. The next time you’re in the library, please thank Rebecca Kepley for finding all of those wonderful books for us!

Words to Live By

Don’t let a little
dispute injure a great

friendship! - Instructions for Life
from the Dalai Lama