

# Exton Elementary Counseling Newsletter

October 2014



## Young Children Develop in an Environment of Relationships

(National Scientific Council on the Developing  
Child, 2004)

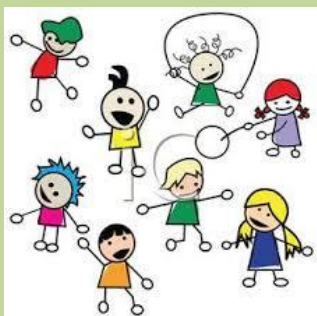
### DID YOU KNOW?

Children's relationships in their early years  
are the basis of future developmental  
outcomes such as:

- Self-confidence
- Motivation to learn
- School achievement
- Aggression and impulse control
- Conflict resolution

As caregivers, it's important to:

- Promote healthy relationships  
with peers and friends
- Provide stimulating activities for  
children
- Engage students in the  
community



## Why Time-outs Don't Work

(Scholastic Parent and Child Magazine, October 2014)

Time-outs make kids angrier.

- Instead: Focus on the child's  
emotional need, and then the child  
can calm down and regain control.  
Being empathic and understanding  
will show the child you support him or  
her.

Time-outs isolate kids.

- Instead: Try a time-in. Create a "calm-  
zone" of toys and books where you  
and your child can go when a  
meltdown occurs.

Time-outs don't teach anything.

- Instead: Problem solve with your child  
and ask for their input.

## What's Going on in the Counseling Office?

- Lunch bunch is continuously offered to  
each grade (1<sup>st</sup>-5<sup>th</sup>). Fun and interactive  
activities help kids develop important social  
skills!
- Girls Group just started for the 4<sup>th</sup> and 5<sup>th</sup>  
grade girls who signed up.
- Classroom bullying presentations will be going  
soon!

