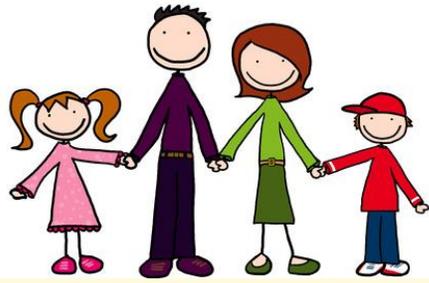


School Counseling Newsletter



Exton Elementary School
February 2015

What's Happening in Guidance?

Dr. Starling has two new interns helping out this semester. Ms. Lauren Masone will be at Exton on Mondays and Ms. Rachel Harold will be in school on Wednesdays, Thursdays, and Fridays.

The guidance interns are here to help your students in any way possible!

Second Step

Second Step is continuing in grades K and 1. Ask your students about their attent-o-scopes!

If you have any questions, contact Dr. Paul Starling: School Counselor
PStarling@wcasd.net
484-266-1411

Helpful Tips:

- (Pennsylvania Family Support Alliance, 2015)
- 1.) Try to spend more one-on-one time with your children. This will help them feel more connected to you and help build their self-esteem.
 - 2.) Always follow through on your promises and only make promises that you know you are able to fulfill. An example could be spending quality time with your child.
 - 3.) Listen to your children. Sometimes parents can talk too much, but do not do enough listening. Allow your children to express themselves!



What About Spanking?

(Pennsylvania Family Support Alliance, 2015)

In today's world, it seems that everyone has a different opinion about whether spanking is an effective form of discipline. The Pennsylvania Family Support Alliance suggests that spanking is not the best disciplinary method for a child's development.

Studies have found that spanking, or corporal punishment, is no more effective than removing privileges or other forms of discipline. Spanking does not make a long-term difference on a child's behavior and can actually lead to lifelong negative outcomes, as well as physical injury.

Instead of resorting to spanking, try different non-violent forms of discipline. Some examples are time-out or taking away privileges. Parents should also name the negative behavior and explain it to the child. Don't always assume that the child knows what they are doing wrong. It is also helpful to ask your child about ways that they can improve their behavior. Their suggestions may surprise you!