

THE COUNSELORS' CONNECTION



The Newsletter of the
Elementary Counseling Department

WHAT EVERY CHILD NEEDS FOR GOOD MENTAL HEALTH

Want to keep your child healthy? Sure, you do! You already know about the importance of preparing nutritious food, maintaining adequate shelter, encouraging enough sleep, getting plenty of exercise, finding great doctors, and creating a safe home. But the silent partner to all of this is mental health. A child's physical and mental health are equally important. The basics for a child's good mental health include unconditional love, self-confidence, playtime, firm rules, and freedom of expression.

What's in this month's issue:

- WHAT EVERY CHILD NEEDS FOR GOOD MENTAL HEALTH
- SELF-AWARENESS
- TRY IT AT HOME!
- RESOURCE HIGHLIGHT: COMMON SENSE MEDIA
- ELEMENTARY COUNSELOR CONTACT INFORMATION

- **Unconditional Love:** Remind your child that their family's love for them does not depend on their accomplishments. Help your child feel that you would choose them again and again to be your child.
- **Self-Confidence:** Set realistic goals that match your child's abilities. Focus on the process rather than the outcome. Be sure to only tell them to do things that you are sure they can accomplish.
- **Playtime:** In our goal-oriented society, we all need time to unwind to learn how to get along with others, to develop a sense of belonging, and to simply relax. Remind your child that resting is equally important as working hard.
- **Firm Rules:** Establish, display, revisit, and revise rules about everything, including social media, school work, behavior, attitude, and chores. Mean what you say, say what you mean, and do what you say you are going to do. When consequences are needed, remember that the behavior does not define your child. Separate the behavior from the person.
- **Freedom of Expression:** Be present for your child. Create space for them to talk to you and allow yourself to actively listen, selectively share, and honestly enjoy.

Raising physically and mentally healthy children is a decision that requires adults to set good examples and support each other. If your child is exhibiting behaviors that are getting in the way of daily life functioning, consider reaching out to your pediatrician and/or school counselor. We are happy to partner with you to create a community for good mental health.

Adapted from: Mental Health America *What every Child Needs for Good Mental Health*.

For a full view of the article, visit:

<https://www.mhanational.org/what-every-child-needs-good-mental-health>

RESOURCE HIGHLIGHT OF THE MONTH: COMMON SENSE MEDIA

Feeling the technology boom?

Common Sense Media is an entertainment and technology resource that provides recommendations for families and schools whose mission is to ensure digital well-being for kids everywhere.



Learn more at: <https://www.commonsensemedia.org>

WHAT STUDENTS ARE LEARNING IN SEL

Self-awareness: The ability to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well-grounded sense of confidence and purpose.

Such as:

- Integrating personal and social identities
- Identifying personal, cultural, and linguistic assets
- Identifying one's emotions
- Demonstrating honesty and integrity
- Linking feelings, values, and thoughts
- Examining prejudices and biases
- Experiencing self-efficacy
- Having a growth mindset
- Developing interests and a sense of purpose

Check out this video (PBS Learning Media)

To view Haverford's Elementary SEL objectives click here

TRY IT AT HOME! CREATE A FAMILY MOTTO

What is it?

A family motto is a short phrase or slogan that generalizes your family's beliefs and values. A strong family motto unifies your family and helps kids interact with the environment around them.

How to create it?

Think of what you want your kids to hear inside their heads for the rest of their lives.
Write down your family's 5 most important values.
Write a sentence that addresses at least one of these values

How to use it?

Say it, think it, create it, post it, be it...over and over again!



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