AMCMS

COUNSELING CONNECTION

APRIL

Social & Emotional Competence of Children

Parenting is hard, y'all! For the next few Counseling Connection newsletters, we are focusing on ways to help strengthen family relationships. Each Counseling Connection will focus on one of the five protective factors from the Strengthening Families Protective Factor Framework.

1. **Parental Resilience - JAN**
2. **Social Connections - FEB**
3. **Knowledge of Parenting & Child Development - MAR**
4. **Social & Emotional Competence of Children - APR**
5. **Concrete Support in Times of Need**

Raising a More Confident Child

As a parent, our goal is for our kids to do better, go further, and achieve more than we have. Self-confidence is a big stepping stone to reach these goals. How do we raise a confident child?

- **build independence** - Last month we talked about skills to teach your children to help them become an adult. These will definitely build that independence and instill confidence!
- **learn to bounce back from challenges** - Mistakes and failures are inevitable. Accepting that and learning from them is what fosters resilience.
- **show confidence** - Try new things and share that with your kid(s)! Explain how you're feeling and normalize that it's okay to be anxious, scared, excited, etc.

Contact Us:

(979) 764-5575

Alex Cockrell
acockrell@csisd.org

Jessica Wilkerson
jwilkerson@csisd.org

It's important to be able to distinguish between the normal ups and downs of childhood and signs of mental illness. This can be difficult because growing up is all about change. Your child is always growing and changing, which can cause him/her to behave differently. Increased hormones during adolescence can have a big impact on a preteen's or teen's emotions and behaviors. This constant change can make it hard to recognize the difference between normal behavior and behavior that may indicate a mental health disorder in children. If you are concerned about your child's mental health, it's important to reach out for help. You can talk to your child's pediatrician about the behaviors that concern you. There is also a list of community resources on the AMCMS website!

Resources:

https://www.dfps.texas.gov/Prevention_and_Early_Intervention/Grantees/social_media_toolkits/strengthening_families.asp

https://getparentingtips.com/kids/development/raise-a-more-confident-child/

https://www.getparentingtips.com/kids/health/kids-and-mental-health/