

Social Work Matters



Fostering the connection between home, community, and school.

JANUARY 2022

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HABIT 4 : THINK WIN-WIN

by Rose Clark, LCSW

Building character and becoming more independent is one of the overall goals as our students begin to master the 7 Habits of Happy Kids.

This month we are introducing **Habit 4: Think Win- Win.**

Creating Win-Win communications are at the center of effective problem solving. Win-Win interactions can accomplish the following outcomes:

- All parties involved are heard and validated
- All parties involved are truly involved in the exchange
- All exchanges are safe and allow all parties to freely express their needs and desires



Establishing a Win-Win environment promotes empathy. We teach our children how to walk in someone else's shoes, instead of needing to be right. Listed below are some ways to create win-win situations.

- Help your children, friends, and family understand and accept the importance of the other person's point of view
- Encourage your children to be active and compassionate listeners. Have them repeat what they heard before responding
- Emphasize the importance of feelings
- Express your thoughts and feelings with the intent of being heard instead of being right

Incorporating win-win exchanges promotes mental maturity and contributes to mental wellness.

New Year Fun Facts:

- **The first New Year's celebration dates back 4,000 years. Julius Caesar, the emperor of Rome, was the first to declare Jan. 1 a national holiday. He named the month after Janus, the Roman god of doors and gates**
- **On New Year eve, many people from the sections of United States eat black-eyed peas with a belief that they bring good luck in the coming year**
- **Greek people hang onions to their doors on the New Year eve as a tradition. They do it with a belief that it will bring good luck to the children in house**
- **Spanish people eat exactly 12 grapes, no less, no more on 31st midnight. While eating grapes, they make wishes to the god. People following this tradition believe that it would bring good luck to them.**

Resources

Please contact your school's social worker if you are interested in receiving weekend food packs, clothing, and/or school supplies. Your school social worker is able to provide referrals to a community resources if a need arises.