

A Good Place to Start

When considering referring your child to counseling, it is always good to review these questions:

1. What are the needs of the child?
2. What are his/her strengths? Weaknesses?
3. Is this a new behavior or concern or something that you have been dealing with over an extended period?
4. Is there a time when the behavior/problem seems better/worse?
5. What have you found works for you that is effective in helping the child?
6. Describe a time when the child may have successfully managed the problem? What skills did the child use? Who may have helped? How can we build on this?
7. Who are the people in the child's life that he/she can use for support?

School Counselors Dare...

To care, to challenge, to inspire, to motivate, to help students change their lives!



"When we deal with a child, even the most difficult one, we must have faith in that child.

Pessimism gains nothing; optimism is the only way to improve and change behavior in others."

-R. Dreikurs

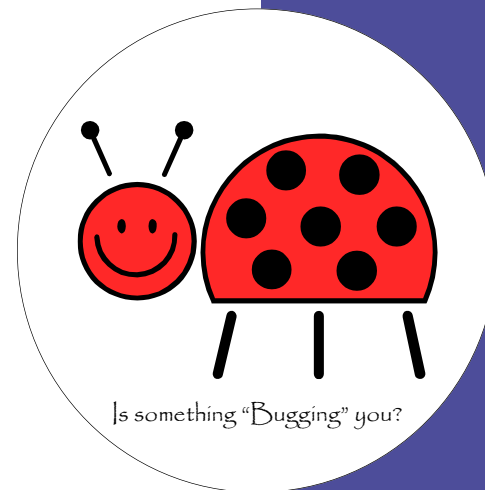
Contact Information

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Is something "Bugging" you?

*Connecting
with the
Counselor*

Mrs. Frydman

All About School Counseling...

The school counselor is a licensed professional educator who works as an integral part of the total education program. They assist students, teachers, parents and administrators each day.

The School Counseling Program is focused on helping students resolve academic, social, personal, or emotional concerns that interrupt the education process.

The purpose of school counseling is to facilitate normal growth and development of students.

Areas of focus:

- *Anger Management
- *Self-Concept
- *Changed Families
- *School Success
- *Friendship
- *Character Education
- *Careers
- *Feelings
- *Social Skills



Types of Counseling

- Individual
- Small Group or Classroom
- Remedial or Preventative
- Crisis Intervention
- Referrals from self, teacher, parent or other

Characteristics of School Counseling

- Confidential
- Situation oriented
- Brief resolution of immediate concern
- School-related
- Structure or non-structured
- Written parental permission recommended for ongoing counseling
(I am able to meet with a students two times without parent permission)

Benefits of Counseling

- Success in school
- Develop positive feelings of self
- Develop communication skills
- Learn to cope with changes
- Recognize cause and effect
their actions have

Guidelines for Helping With Homework

So You Don't Work Harder Than Your Child!
by Dr. Charles Fay

Set aside a time each day for family learning.

Set aside at least 30 minutes, devoted to "family brain cell development." During this time, there should be no TV, video games, computer games, etc.

Model your own excitement for learning by reading a book, writing letters, etc.

Your child may learn by doing their homework, reading about something they love, writing stories, etc.

Help only when your child truly wants it.

Some parents make the mistake of forcing help upon their kids. This only creates frustration, anger, and kids who believe they can't learn without their parents' help.

Help only when there's an absence of anger or frustration.

When either you or your child gets frustrated or angry, learning becomes associated with frustration and anger.

Help only when your child can describe what the teacher said.

This ensures that your child continues to believe that it's important to pay attention to teachers.

Unfortunately, some kids learn that it's best to "tune-out" at school and let their parents do all of the teaching at home.

Move away from your child before he/she "gets it."

Some children believe they can only learn something, or "get it," when an adult is in the same room...or is guiding them every inch of the way.

To prevent this dependency, avoid falling into the habit of sitting at the table as your child does their homework, especially when they are on the brink of learning something new.

THE CARDINAL RULE FOR HELPING:
Never Work Harder Than Your Child.