



The Home & School Connection

a newsletter from your School Psychologist and Counselor

January 2020

IN THIS ISSUE

Community Resources/Events

Sleep Problems: Recommendations and Strategies

Conscious Discipline tool of the month: The Skill of Choice

COMMUNITY RESOURCES/EVENTS

Jan. 23, 25, & 26: The Courage Project Mountain Top Yoga & Mindfulness Hiking for children ages 6-13 with anxiety and depression, Tahoe Institute of Natural Science (FREE,

www.courageproject.org)

- Ski Jan. 23
- Snowshoe Jan.25
- Snowboard Jan.26

Jan. 6, 8, 13, & 15: The Neighborhood Series: Focus on The Parenting of Teens, Spanish Springs Library, 7100 Pyramid Way, Sparks, NV 89436 (FREE, check www.eventbrite.com). A course for parents of children ages 13 to 17 to provide guidance and support to successfully usher children through their teen years. We will use activities, discussion, real-world examples and research to overcome obstacles and bring harmony into your home. We will explore methods of respectful discipline, skills for communication, strategies for preventing risky behavior and how to be an encouraging parent.

Jan. 8, 15, 22, 29 and Feb. 2, 12: Positive Approaches for Managing Anger: For Preteens ages 10- 12, The Children's Cabinet, 1090 S. Rock Blvd, Reno, NV 89502 (FREE, www.eventbrite.com). For preteens who could benefit from learning healthier ways to express anger and manage daily stress. Register your child into this 6-part class series. Small group size - seating is limited.

TIPS & TRICKS: Sleep Problems

Sleep disruption cause significant challenges for families. An estimated 20-30% of children will experience sleep problems, which, often affects parents' sleep. When you do not get enough sleep, they may experience problems with emotion regulation, mood, behavior, and academic performance. Read this month's handout to find out about factors to consider when selecting interventions and recommendations.

*Copies of the monthly handout are available on our bulletin board (between our two offices). Stop by and grab a copy of *Sleep Problems: Helping Handout for Home*

CONSCIOUS DISCIPLINE TOOL: The Skill of Choices It is developmentally necessary for children to experiment with limits in order to establish a sense of self and discover what behaviors are appropriate. Children, still developing their own sense of autonomy, often need to assert themselves when they hear an adult command. We can help children fulfill our expectations while still encouraging their autonomy by offering two positive choices instead of giving an assertive command. Two positive choices allow students to comply with our wishes while honoring their Power of Free Will. By offering two positive choices, we help children do the following: • Focus their attention on the tasks we deem important • Comply with our wishes • Learn decision-making skills • Feel empowered, thereby reducing power struggles • Redirect their behavior and learn impulse control • Establish and maintain self-control

SUGGESTIONS

Looking for us to address a particular topic? Please e-mail us at:
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See you in February!

Coraline Dubois & Lauren Mattingly