



Counseling Corner

Week of 5/4/2020

Coping strategies while you are at home!

This can be a scary and stressful time for you and your family, so positive communication is a must. Middle schoolers can many times act without thinking. This is a great opportunity for you to model patience. Arguing is usually not productive because both parties are not really listening to each other. Take a minute to listen to your child and acknowledge their feelings and concerns. Work together to come up with a solution. Let them know that you appreciate their good effort and that you are proud of them. This will give them confidence and feel respected which middle schoolers desperately need.



Focus on what you can control and not what you can't control.

Encourage cool downs-take a break from a discussion or task and come back to it later

Break tasks into small parts, this helps to prevent frustration. An example is having your child work on schoolwork for 30 minutes and take a break. You can set a timer so they know when they need to come back to their schoolwork. Work with your child to set these schedules.

Spend time with your middle schooler, They may act like they don't want you to spend time with them, but they really do.

If you need to contact one of the counselors here are the emails:

Melba Holloway: mdholloway@pelhamcityschools.org

- 6th grade
- 7th grade (last names) A-L

Laura Cochran lcochran@pelhamcityschools.org

- 7th grade (last names) (M-Z)
- 8th grade

Have calm, caring conversations!