

## 2023-2024 | Quarter 3 Counselor Connect Newsletter

### **Aspen Valley Preparatory Academy**

School Counselor: Theodore Bernard (Mr. B) | School Psychologist: Sheila Temple  
School Psychologist Intern: Veronica McLaughlin

### **Aspen Meadow Public School**

School Counselor: Kalyn Tachovaka | School Psychologist: Sheila Temple  
School Psychologist Intern: Veronica McLaughlin

### **Aspen Ridge Public School**

Academic Counselor: Carolina Lopez | Lead School Psychologist: Beth White |  
School Counseling Intern: Marissa Medina | School Psychologist Intern: Veronica McLaughlin

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### **Tips and Resources to Support Children's Socio/Emotional Development**

Supporting children's socio/emotional development is crucial for their overall well-being and success in life.

Parents/Guardians play a vital role in nurturing their children's emotional intelligence and social skills from a young age. Below are some important tips for parents/guardians to support their child's socio/emotional development:

1. **Create a nurturing and supportive environment at home** where children feel safe expressing their emotions and thoughts.
2. **Encouraging open communication and active listening** helps children develop trust and confidence in sharing their feelings, which fosters healthy emotional development.
3. **Parents can model positive behavior and empathy**, teaching children how to regulate their emotions and navigate social interactions effectively.
4. **Online parenting courses, books, and workshops** provide valuable information and strategies for understanding children's emotional needs and promoting their social skills.
5. **Parenting support groups and community organizations** offer opportunities for parents to connect with others facing similar challenges and share experiences and advice.
6. **Seeking guidance from pediatricians, counselors, or child development experts** can provide personalized support and interventions tailored to children's specific needs, ensuring they receive the necessary tools and support to thrive emotionally and socially.

## Managing Difficult Feelings: Helpful Coping Skills

There are many different positive coping strategies that can be used to help support managing emotions and improve emotional regulation.

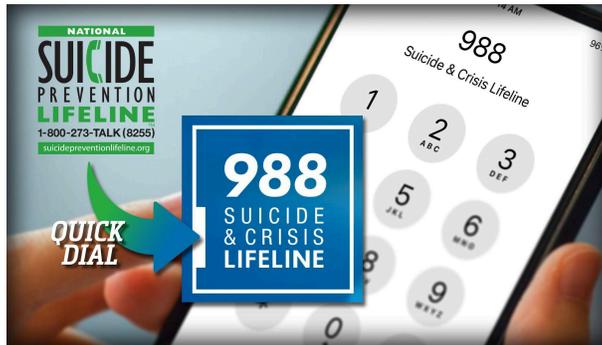
- **Deep breathing:** Teach simple breathing exercises like "flower breathing" (inhale deeply, pretending to smell a flower, and exhale slowly like blowing out candles).
- **Draw or color:** Encourage children to express their emotions through art by drawing or coloring.
- **Positive self-talk:** Teach them to say affirmations like "I am brave" or "I can do it" when facing challenges.
- **Playtime:** Engage in imaginative play or outdoor activities to help release pent-up energy and stress. Create scenarios they would experience that involve difficulty and help them navigate through conversations.
- **Hug a stuffed animal:** Provide comfort through hugging a favorite stuffed animal or toy.
- **Journaling:** Encourage writing about their feelings and experiences in a journal as a way to process emotions.
- **Talk it out:** Encourage open communication about their feelings and concerns with trusted adults or peers.
- **Physical activity:** Engage in physical activities like bike riding, dancing, or playing sports to release tension and boost mood.
- **Positive visualization:** Guide them to imagine a happy place or visualize themselves successfully overcoming challenges.
- **Time management skills:** Help them learn to prioritize tasks and manage their time effectively to reduce feelings of overwhelm.
- **Problem-solving techniques:** Teach them to break down problems into smaller steps and brainstorm possible solutions. Discuss size of the problem vs. size of the reaction.
- **Creative outlets:** Encourage exploring creative hobbies like music, or crafting as a means of self-expression and stress relief.
- **Peer support:** Foster healthy friendships and encourage them to seek support from friends when needed.
- **Goal setting:** Help them set realistic goals and create action plans to work towards them, fostering a sense of purpose and achievement.
- **Seeking professional support:** Teach them the importance of seeking help from school counselors or therapists if they're struggling with their mental health.
- **Healthy lifestyle habits:** Encourage regular exercise, nutritious eating, adequate sleep, and stress-reducing activities to support overall well-being.
- **Self-care routines:** Promote self-care activities such as practicing yoga, or indulging in hobbies they enjoy to recharge and relax.



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## Mental Health and Staying Well

If you or a family member needs help, please do not hesitate to call or text “988”.



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## Resources

Please see our resources listed below:

[988 Brochure](#) | [988 Folleto](#) | [Modeling Healthy Coping Skills](#) | [Strategies to Support Social-Emotional Development](#)

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### Aspen Public Schools Students Are:

- Respectful
- Responsible
- Ready to Learn
- Safe

