

Counseling Connections

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September 2015



Counseling Calendar

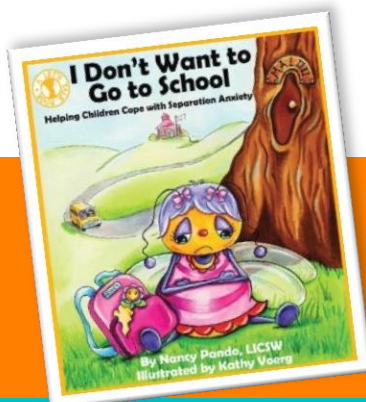
- 9/1 Classroom guidance lessons begin for Kindergarten, 1st and 2nd grades.
- 9/16 Working Parents Day! Click for [Info](#) and [Tips](#)
- 9/21 7:00 pm Parent Ed. Event: "Mom! Where's My Backpack?!"
9/22 8:30 am Red Oak Elementary MPR
- 9/28 National Good Neighbor Day. Click for [Info](#).

Meet The Counselor

I'm excited to be joining the Oak Park family as your new elementary counselor, replacing Mrs. King who retired at the end of last school year. I am a native of the Conejo Valley and live here with my husband and our teenage daughter and son. I previously served the students of the Las Virgenes School District as an elementary and middle school counselor and have been working with children and adolescents for over 15 years in educational and therapeutic settings.

Recently I visited every classroom to explain what a counselor does and how to ask for my help on friendship, self-advocacy, or handling tough situations. If your student asks for help, I'll be sure to let you know by email, phone, or a note home.

When I'm not at school, I love hiking, reading, and singing. My daughter is very active in the theatre arts and my son is an avid baseball player so you'll often see me shuttling them around town! Be sure and say hi! I look forward to meeting many of you over the coming weeks at school or one of our upcoming parent education events.



Book of the month: I Don't Want To Go To School

Separation anxiety can be difficult for kids and parents! Our book of the month tells the story of Honey Maloo, who doesn't like to leave her mom for school. It's a great conversation starter and also includes tips for kids and parents. Available on Amazon.



Character Counts - Respect

Each month we highlight a different character trait for all of our students. September's trait is respect.

What is Respect?

The dictionary tells us that respect is a "feeling of admiration for someone elicited by their abilities, qualities, or achievements." We think of respecting our heroes, those who have taught us something, or those who have gone above and beyond to make the world a better place.

We also may respect an individual not because of their particular achievements, but because of their role in our society. We respect the

authority that their position holds, or the work they did to achieve that position.

Unfortunately, when raising and working with children, we can confuse the respect with obedience.

Often parents will ask me, "How can I get my kid to show more respect?" The answer lies in how respect is modeled in the family. Is respect a function of power and authority? Is it an acknowledgement of roles? Or is it a mutual understanding of each

individual's innate human dignity.

All human beings deserve and desire respect. How we model respect to our children gives them the information they need to gather respect for themselves. Are you demanding or earning respect? Remember, as the philosopher Amiel says, "There is no respect for others without humility in one's self."

Modeling Respect

We need to give respect to get respect. Here are some positive ways to model innate human dignity in your family.

1. Work towards a cooperative household which considers individual preferences, opinions, and abilities. Let kids weigh in on their chores and responsibilities.

2. Keep problem focused when something goes wrong rather than criticizing the individual. "The dog didn't get fed." vs. "Why don't you ever remember to feed the dog?"

3. State problems in terms of how they affect the family. "When you don't put away your things, someone could trip on them and get hurt."



4. Take time to listen and give every family member a chance to speak uninterrupted. How you listen to your kids today sets the stage for whether they will feel comfortable coming to you for help later in life.



"MOM! WHERE'S MY BACKPACK?!?"

Teaching Our Kids Responsibility, Respect, and Problem Solving

Parent Education Event

Are mornings in your house chaotic? Are meltdowns a weekly (or daily!) occurrence! Is there a serious case of the "tattle-tales"? Give yourself a much-needed break at this fun workshop guaranteed to provide tools to take home and use immediately. Presented by Holly Baxter, Elementary School Counselor

Monday, September 21st, 7-8:30 pm

Repeated on Tuesday, September 22nd, 8:30-10 am

Red Oak Elementary, Multi Purpose Room

4857 Rockfield Street, Oak Park

Counselor's Corner

Be sure to check out my [Counselor's Corner webpage](#) for more information about our Elementary Counseling Program in Oak Park. It is my priority to support our students, staff, and parents in the common goal of educating compassionate and creative global citizens.

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