



# Counsellor's Corner

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Awesome

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## Awesome Sauce!

Happy New Year and welcome back! Can you believe we are half way through the 2017-2018 academic year? Awesome Sauce!

What does it take to be awesome? I bet you would like to help your children become awesome individuals. In doing so, this might involve empowering them, providing experiences and modeling desired behaviour.

Empowerment provides the opportunity for teaching life skills, finding solutions and increasing self-awareness. Similarly, providing opportunities can help children to feel empowered when making decisions. Children practice behaviours they have been previously exposed to. When you think your children are unobservant, that is probably when they are most observant. Don't expect your child to control their behaviour when you can't control your own. Let's work together to create awesome children.

## Up coming Events

**Clue Me In workshop Social Media and your Child January 13<sup>th</sup>, 2018 from 4-6p.m. at 14 Roselle Ave. Your class rep. should have emailed flyers.**  
**Beauty and the Beast February 4<sup>th</sup> @ 4 p.m.**

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## Positive Discipline Tip:

Discouraging Statements:	Empowering Statements:
1. I am going to set the timer for three minutes and these toys better be picked up when it dings	1. <b>Share Power:</b> Here is the timer. See how many toys you can pick up before it rings.
2. We go through this every day and I am tired of it.	2. <b>Check the child's understanding:</b> "What do we need to do with the toys before story time?"
3. How many times do I have to tell you not to leave your bicycle in the driveway?	3. <b>Show faith with a reminder of the child's capabilities:</b> "I know you know where your bike goes, thanks for taking care of that now.
4. Why can't you listen and do as you are asked?	4. <b>As soon as</b> ____, <b>then</b> ____.

*"Awesome people have awesome attitudes and do things awesomely. If you want to build and maintain an awesome attitude, get into the habit of living in the present and doing it now –Unknown"*

## References:

Nelsen, J., Nelsen Tamborski, M., & Ainge, B., (2016). *Positive Discipline Parenting Tools* New York, NY: Harmony Books.