

# CONNECTING WITH THE SCHOOL COUNSELOR



## September is:

### Children's Good Manners Month

It is a great time to teach children about courtesy, respect and thoughtfulness. Children learn best by observing parents, teachers, or other adults in their lives modeling the skills for them.

### Student Sleep Health Week (Sept. 12-18, 2022)

Research shows that students who get healthy sleep experience better outcomes, including improved attention, behavior, learning, memory, emotional regulation, and mental and physical health. For more information, visit AASM, American Academy of Sleep Medicine.

## Happy, Healthy Kids TIP:

When your child is experiencing BIG, upset feelings, their brain cannot listen or learn in that moment. Rather than negotiating with or punishing him/her, help your child name their feelings. Then, practice a coping skill.

## Counseling Monthly Focus:

- Review: meet the counselor/how to see the counselor
- Respect – treating others as you would want to be treated

## Let's CONNECT!

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