

## Guidance Counselor's Corner



*Lindsay Mitchell, Ridge Guidance Counselor*

### October 2022

It has been a pleasure popping into classrooms and watching our students settle into the routine of the new school year. As the Fall season continues, activities and family life can become very busy. This often creates stress which sometimes wreaks havoc on family relationships. Here are some helpful **phrases** to use during those moments when a child is overwhelmed or upset:

- **“Take a deep breath.”** This is a wonderful practice to teach children how to self-regulate when they are angry or upset. Model this for your child so they can see it works!
- **“I can see you are upset.”** It can be very powerful for a child to know that you can physically see their anger. This can help a child learn self-awareness of what physically happens to their body when they are angry.
- **“It is okay to be angry.”** Validate their emotions. When a child is in the moment, it is important for them to know that you understand what they are feeling. Let your child know that we, as adults, can get angry too. It is normal to feel this way.
- **“It is not okay to...”** It is important to set limits and be consistent. It’s okay to have big emotions, but it’s not okay to do harm, such as throw things or hit someone.
- **“I love you.”** It is important to let children know that, as parents and caretakers, you will always love them unconditionally. No matter what they say or do, they need to know that you will indeed love them.



I hope you enjoy the beauty of the Autumn season!