



# February



## Counseling Newsletters

Our theme for the month of February is, *building healthy relationships*. Relationships come in all shapes and sizes. But regardless of whether the relationship is platonic, romantic, or familial, it should nourish and support us. Having healthy relationships can make a huge difference in our mental health and well-being. Creating healthy relationships takes time and effort. It is important to spend time with our children daily, engaging with them and making them feel heard, for communication is key to building strong relationships.

Societal pressures and modern-day pleasures can threaten healthy relationships we have built. When we fail to put in the time and communicate effectively with those we care about, we put our relationships in jeopardy. We must prioritize the relationships we have built over daily temptations.

All relationships take work and we must take the necessary steps to evaluate whether the ones we are holding are healthy or unhealthy.

### Activity of the Month

#### *Learning to be effective communicators*

**Prek3-Grade 5:** Students will be read the story, *Taste Your Words* to learn about how words can be hurtful. This story is an effective resource in teaching students the importance of thinking before speaking. The story demonstrates how our words can have negative implications on those we care about. While it is ok to get in a bad mood, it is not right to take it out on others. This lesson will provide the building blocks of communicating how we feel to our peers.

**Middle School:** Students will be given a presentation on the harmful effects technology can have on relationships. Following the presentation from Catholic Schools Week, students will learn about cyberbullying, group chats, and virtual harassment. Students will be given a toolkit of how to handle these situations and the power of removing themselves from negative conversations.



### What can be done at home?

There are a variety of ways you can build and maintain healthy relationships with your child. Practice the following....

- ♥ Put in the time. Be there for your child.
- ♥ Genuinely listen to them.
- ♥ Ask questions to show interest in what they are talking about.
- ♥ Share information to show you are comfortable opening up.
- ♥ Be dependable. Your child needs to count on you.

### Contact me!

If you have questions about any of the information you read or concerns regarding your student, please contact me at [dabrosca@seseton.org](mailto:dabrosca@seseton.org) or calling 239-455-2262