

The Best Gift of All!

Happy Holidays from the Counselors!

The rhythm of our lives reminds us how precious time is. As we're all busy making a living, one thing hasn't changed. The importance of spending time with each other.

When is the last time you did something one on one with each of your children? Actions speak louder than words and intentionally carving out this time tells them how important they are and strengthens your bond. This is different than going to their games, concerts or other events. This is sacred time between the two of you where you engage in an activity together. Work it in starting with whatever time you can manage. Once a year, season, month, hexter or week. Parents can take turns too.

Let them choose the activity. It can be playing a game, volunteering or making something. It doesn't have to cost you money. Anything that gives you time together away from the usual routine. This fits perfectly under the external asset of Support which includes family support, positive family communication, and parent involvement. It also fits into several other internal and external categories. Empowerment, Boundaries and Expectations, Constructive Use of Time, Commitment to Learning, Positive Values, Positive Identity and Social Competency.

It's powerful when a single activity builds so many assets. Research shows that children who have a strong positive relationship with their parents have less emotional distress, higher levels of self-esteem and internal self-control, complete higher levels of education and are less likely to smoke, drink or use drugs. Enjoy as much time as you can with each other!

Monica Lawson – 6th Grade Counselor

Ryandean Birge – 7th Grade Counselor

Lisa Meister – 8th Grade Counselor