



Counselor's Corner

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What Messages Do You Want To Send To Your Child?

Each year, students come to school with an array of sayings on their T-shirts. For example, you might have seen T-shirts that have said, "Trouble is my middle name," "Sister for Sale," or "My Dog Ate My Homework." At first glance, you might find yourself laughing. However, after giving it some thought, what messages are we indirectly supporting by letting our children wear these types of T-shirts? Children will live up to the expectations that we set for them, however high or low. In a way, we are giving children permission to fulfill the statements on their T-shirts. "Trouble is my middle name" acknowledges to the child that you expect him/her to get into trouble. "Sister For Sale" is quietly supporting sibling conflict. Is this what you really want for your family? "My Dog Ate My Homework" supports the notion that homework and school is not really that important. Although these T-shirts are funny at first glance, are these the messages that you really want to send to your child?

What if it became cool to be empowered with compassion, intelligence, a positive attitude, and perseverance? Imagine what our world would look like if children started wearing T-shirts with positive messages such as:

* "Be the change you wish to see in the world."

* "Kind words are the music of the world."

* "Go Green. Recycle."

* "My parents tell me, 'No,' and I am a better kid for it".

A great example of this is a company that was started by two brothers, Bert and John Jacobs, selling T-shirts out of the back of their car with the saying "Life Is Good." This simple message of optimism has been embraced and has become a tremendous inspiration to millions of people facing adversity. John Jacob states that "It's important that we're saying 'Life is good,' not 'Life is great' or 'Life is perfect,'" He says, "There's a big difference. We know that there are lots of bad things in the world. But overall life is good. You have to focus on the good things and help others to focus on the good things."

Children look up to the adults around them for guidance and direction regarding their attitude, morals, values, judgments, and core beliefs. They learn volumes from watching what adults do and say to one another. It is important to think about what messages we really want to give children.

The Elementary Counseling Program

The goals of the Elementary Counseling Program are to teach students essential life skills such as friendship, cooperation, effective decision-making, conflict resolution, study skills, and respect for others through **individual and group counseling**, as well as **classroom presentations**. In addition, the counselors strive to work collaboratively with parents by providing **parent education and consultation**. Please feel free to contact me if you have any questions or concerns.