

Maywood Schools

School Counseling Newsletter

Winter 2023

Let's Talk About Self-Regulation

Children who learn to better control their emotions at a young age are more likely to have better mental health.

There are a variety of triggers that can cause a child to feel overwhelmed. It could be because of school assignments, issues with friends, family struggles, struggle with emotions, or sensory processing challenges. Working with children on their self-regulation strategies can assist them when they have big emotions and encourage them to think before they act.



COFFEE WITH A COUNSELOR

Join us for **Coffee with a Counselor**. Discuss how to support our students development of self- regulation

[Google Meet Link](#)

Wednesday, February 8th

9:30AM

Hosted by Maywood School Counselors

The Maywood Food Pantry is accepting donations of perishable food items.

Jan. 23-Feb. 10



Maywood Observes
No- Name- Calling & National
School Counseling Weeks

Dress-Up Days Feb. 6th -10th

MisMatch Monday

Tie Dye Tuesday

Workout Wednesday

Pajama Thursday

Jersey Friday

M.A.S. Choice Board

-Link to Board-

Memorial Kindness

Challenge

Link to Challenge

How Parents can Support the Development of Self-Regulation in Children

- **Manage your own stress.** Get your own needs met so that you can support children and be a positive role model.
- **Develop realistic expectations.** Assess children's skills to determine where they need support (e.g., instruction, self-awareness, practice, feedback). Demand from children as much as they are able to handle.
- **Reduce unnecessary demands.** Review children's routines to make sure they are not overloaded.
- **Expand their vocabulary.** Talk to children about their feelings. Teach them about their resource pool.
- **Enhance their self-awareness** to help them self-monitor. Help children rate their emotions and energy reserve on a scale from 1 (low) to 5 (high).
- **Help them develop a toolbox of coping strategies** to use when dysregulated. The idea is to help children stop in the moment - stay calm and think - and not act on their big emotions.
 - Mental break (e.g., book, music, coloring, creativity, hobbies, games, movies)
 - Physical break (e.g., dance, sports, walk, stretch)
 - Spiritual break (e.g., yoga, meditation, mantra)
 - Grounding activity (e.g., deep breathing, slow counting, visual imagery)
 - Positive self-talk (e.g., affirmations)
 - Social support (e.g., ask for help, connect with a friend/ parent)
- **Use rewards, positive reinforcement, and praise.** Help motivate children to learn and practice regulation. Celebrate small successes.
- **Hold back from punishing** dysregulated behavior. Instead, use it as a starting point to understand where children need support.

CoordiKids

HOW DO YOU FEEL?
Find the child that looks like you

CoordiKids.com

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 <p>Sleepy / Tired Sick / No energy</p>	 <p>Bored / Sad Cannot focus on work Wants to get out</p>	 <p>Happy / Calm Ready to learn Reay for fun / Focused</p>	 <p>Worried / Fed-up Frustrated / Silly Too excited / Fidgeting</p>	 <p>Angry / Yelling Fighting / Screaming Crying / Very scared</p>
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<p>10 x star jumps Go for a walk Log rolling on the carpet CK Classroom Course</p>	<p>Listen to music Stretch arms Use a fidget toy CK Classroom Course</p>	<p>Play with others Learn Work Smile and laugh</p>	<p>Take a break / ask for help Deep breathing Push-ups CK Classroom Course</p>	<p>Walk away from others Go to your safe place Hit/kick a ball or big cushion Go for a run/walk</p>
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MAS has a New Club!

ROAM

Representation of all Matters
Our meetings are at lunch
and recess a couple times
a month. All students in
grades 6th thru 8th are
invited to join!

What is 988??

Call or Text 988 and a trained
crisis counselor will answer and
provide support and share
resources.

**Bergen County Parent & Family
Guide-** Comprehensive list of
Resources available for free or low
cost

<https://www.tcadr.org/help/resources/parenting-guide.html>



**Bright and Beautiful Therapy Dogs
were at MAS for another rewarding
visit in October. The students and staff
enjoyed interacting with Luna, Shana
and Gus. We are excited to announce
they will be back in Spring.**



CHECK IT OUT

Our School Counseling websites are full of great information and resources. Find info on: Family & Parenting groups, enrichment opportunities, virtual counseling offices, dealing with anxiety & much more!

Maywood Avenue School- <https://www.maywoodschoools.org/Page/4920>

Memorial School <https://www.maywoodschoools.org/site/Default.aspx?PageID=183>

Virtual Calm Room- [Calm Room](#)

