

# THE Counseling CONNECTION

## Allen Elementary School

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### Get to know your new school counselor!

Hi everyone! I'm back but in a new role! I get to be your new school counselor this year to assist students, staff, and families with issues that are affecting their ability to be the best they can be this year. If your child struggles with a problem related to school, friends, or home that affects their ability to focus, I stand ready to listen and help! Please check out my website to access referral forms and learn more about me. See you around Allen!

Love, Ms. West

### Everyone Has a Spot Here!

This month I want to focus on inclusion as we start back to school. Allen is a place for everyone, and all students should know that means them! I want to encourage students to decorate a spot I send to their teachers that represents them and their likes to add to our first community bulletin board here in the multipurpose room.

### August's Focus:

Everyone has a spot here!



# Counselor Connection



connecting parent-child-school

## Boosting your Child's Confidence

Children's early years are essential to their cognitive and emotional development. As a parent, it's your job to guide your children down a path where they'll feel not only motivated to participate in activities and school, but also with enough confidence to help them succeed. Boosting your child's confidence works best when you maintain an overall context of encouragement and excitement about their activities.

### Athletic Outlets

Sports are a great way for children to become involved with groups and teams. When they cooperate with others to achieve a common goal, they learn skills that will help them greatly as they mature into adulthood. With a team sport or group activity children can actively engage in (and, more importantly, enjoy), they'll be able to achieve things far greater than they ever thought imaginable. Also, by working toward goals together and creating incentives for your child to succeed, you'll help boost that confidence even more and create a safe space for them to branch out.

### Healthy Communication

Self-confidence comes from children doing something they enjoy.

Healthy communication is also essential when it comes to helping guide your child toward a more proactive path. Listening to your child on

a personal level regarding what they want to do and how they feel about their activities will help you understand the best way forward. For example, say your child is enrolled in soccer because you want them to be, but they would rather play hockey. Which sport do you think they would more likely to excel at?

### Encouraging your Child

Another effective way to improve a child's confidence is to work alongside them and offer helpful hints and encouragement. This becomes even more important when your child is working up to an especially important event, such as a final tournament or championship game, recital or other performance.

### REMEMBER:

- Be open to communication and ask your children what they'd like to be doing.
- Always encourage rather than discourage.
- Set your own agenda aside to focus on what's right for your child.
- Be the parent you'd want to have.