THE HEALTHY PATRIOT

GWA Counseling Newsletter



March's GWA Parent Night Topic:

Building advanced social skills to help children make meaningful friendships

Topics will include: reciprocity, rejection, consent, and boundaries. Very helpful information for all students, but especially vital for children with Autism, ADHD, anxiety, or social deficits of any kind.

- Please join us for an in-person Parent Night on Monday, March 27, 2023 from 7:00-8:00pm at GWA. We will also be offering this Parent Night online at this <u>Zoom link</u>.
- Presenter: Brynn Bell LCSW, BCBA
- · Childcare and refreshments will be provided
- All in-person attendees will be entered into a drawing for a family fun prize from one of our sponsors.
- Congratulations to our raffle winners who attended our last Parent Night in February: Carol Thacker, Jared Mortensen, and Roland Howard. A BIG THANK YOU to our sponsors (Phat Axe, Menchie's, and The Rinq) and GWA's PTO for their generous donations!

WHAT'S INSIDE THIS ISSUE:

Parent Night - 1 Value of the Month - 2 Resources for social skills- 2 Leader in Me- 3



VALUE OF THE MONTH

Honesty

This month's focus is **Honesty**. One way to think about **Honesty** is "being truthful in what you say and do." As a family talk about how you use honesty.

Click on this <u>link</u> for some fun ways to review the value of **Honesty** at home.

Honesty is more than not lying. It is truth-telling, truth speaking, truth living, and truth loving. -Unknown

HOW TO HELP CHILDREN MAKE FRIENDS

- 1. Take time to observe and understand how your child socializes.
- 2. Model positive social behavior.
- 3. Role play at home.
- 4. Reinforce and praise.
- 5. Get the ball rolling by initiating play dates.
- 6. Don't avoid the problem.
- 7. Don't compare your child to yourself or other siblings.



BOOKS TO HELP TEACH SOCIAL SKILLS TO KIDS

- What Should Danny Do?
- Social Skills Workbook
- Social Rules for Kids
- Social Skills Matter
- <u>Coping Skills for Kids</u>
- Personal Space Camp
- Train Your Angry Dragon

LEADER IN ME - MARCH 2023

Leadership Happens Here!

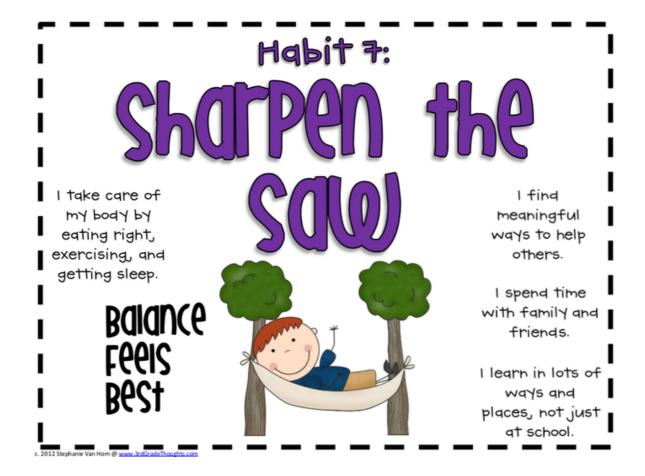


Table Topics for March: Sharpen the Saw

- 1. What have you worked on and loved every minute of?
- 2. What are some of your greatest skills or strengths?