



# Pinewood Counseling Connections

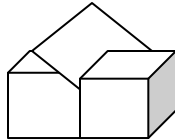
December Issue



A Monthly Newsletter from Pinewood's Counseling Department

## ASSETS: 40 Keys to Effective Parenting

Assets are 40 key building blocks of development that help youth grow up healthy. The more assets youth have, the more likely they are to succeed.



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### In this issue:

- Asset – Family Support
- Helpful Hints & 10 Creative Ways to Show You Care
- Community Resources
- Family Support Programs

### Asset: Family Support

It sounds easy. We know we give it. Everyone does. Right? But giving your child consistent love and support can be tricky. How often does your child feel supported when you come home from an exhausting day and he or she wants to talk—but you want a break? When your child messes up, do you provide support rather than discipline? Young people know our body language. They listen to what we say—and don't say. They notice when our words and our actions don't match. Supporting and loving our children refer to the many ways we affirm, love, and accept them, both verbally and non-verbally. When we hug them or say "I love you," the expression is obvious. Paying attention to them, listening to them, and taking an interest in what they're doing are less obvious ways of giving support, but they're just as important. The next time you're exhausted, say so. If you're mad, be honest. If you don't tell your child what you're feeling, he or she will read one message from your body and hear the opposite. And children usually interpret inconsistent messages as meaning they have done something wrong. Be consistent. Be loving. Develop an openness so that your child always knows that you're available and you'll love her or him—no matter what.

\*Derived from a newsletter by the Search Institute

### 10 Creative Ways To Show You Care

1. Do something new together. Instead of a walk, go jogging—or skipping. Have a snowball fight.
2. If possible, eat at least one meal a day together.
3. Choose a book to read together as a family. Each day read 10 pages.
4. Ask what your child's highs and lows were for the day. Tell about your day.
5. Every day show love through hugs, words, kisses, smiles.
6. Frame your child's artwork and hang it on the wall.
7. Give your child space to think, to rest, to rejuvenate.
8. Lie under the stars together and talk about whatever crosses your mind.
9. When you're feeling stressed, reassure your child that he or she isn't the reason.
10. Write "family care" resolutions. Then keep them.

\*Derived from a newsletter by the Search Institute

### Helpful Hints

Tips that make loving your child easier:

- A loving touch means a lot. Hug. Put your arm around your child. Comb your child's hair.
- Use loving words. Try: "I care about you." "I love you." "I think you're terrific." "You're great!"
- Be loving in your interactions. Look your child in the eyes when you talk with her or him.
- Tell your child when he or she does something that makes you feel loved and cared for.

\*Derived from a newsletter by the Search Institute

## Family Support Programs

The Pinewood Family Fund Committee facilitates school wide fundraisers with the goal of supporting Pinewood families in crisis. In November, the Committee held a bake sale in collaboration with the members of the Student Council. As a result of the generosity of Pinewood students, parents, faculty, and staff, the event raised \$545. In December, it is sponsoring a candy gram sale. In the coming months, the Committee intends to hold a dance, a raffle, and a "Movie in the Afternoon" event.

In addition to the Fund, Pinewood offers new and slightly used clothing to Pinewood children in need through "The Pinewood Closet". Donations are received from community providers and Pinewood faculty and families. Referrals for the Fund or the Closet can be submitted by teachers or by parents themselves. Families interested in referring themselves to the Closet or the Pinewood Family Fund, may contact Elizabeth Haynesworth, the School Social Worker.

## Community Resources

### Food Pantries

<b>The Salvation Army</b> – 222 Lafayette St., Sch'dy, NY	(518) 346-0222, ext. 16
<b>SICM Food Pantry</b> – 839 Albany St., Sch'dy, NY	(518) 346-4035, (518) 346-4445
<b>St. Luke's Church</b> – 1243 State St., Sch'dy, NY	(518) 347-1385
<b>Carver Community Center</b> – 700 Craig St., Sch'dy, NY	(518) 374-8456
<b>Refreshing Springs Food Pantry</b> – 327 Georgetta Dix Plaza, Sch'dy, NY	(518) 346-5303
<b>Bethesda House</b> – 418 Liberty St., Sch'dy, NY	(518) 374-7878

### Counseling Agencies:

<b>HAVEN</b> (Bereavement Counseling)	370-1666
<b>Associates in Mental Health</b>	372-6080
<b>Karner Psychological Associates</b>	456-5056
<b>K.Keller &amp; Associates</b>	374-5011
<b>Union Counseling Center</b>	374-6263
<b>Samaritan Counseling Center</b>	374-3278
<b>Northeast Child Guidance</b>	381-8911

\*This is not a recommended list of providers, but rather a quick reference for families who are seeking assistance.

### Healthy Capital District Initiative

Provides assistance to families interested in applying for free or low premium health insurance Call: (518) 462-7040