

School Counseling Newsletter

December

Vermilion Catholic, a legacy of Mount Carmel

Conflict Resolution Skills

Learning to manage conflicts constructively empowers children to navigate the challenges of their social interactions with resilience and empathy. With this in mind, here are five valuable tips to help you foster conflict resolution skills in your children's daily lives.

1. **Promote effective communication:** Encourage open and honest communication. By doing this, you empower your children to express themselves and to understand perspectives.
2. **Teach problem solving techniques:** By involving them in decision-making processes, you foster their sense of responsibility and help them develop valuable negotiation skills.
3. **Foster empathy and perspective-taking:** Teach them to see situations from others' perspectives. Encourage them to acknowledge different feelings and viewpoints.
4. **Set clear expectations and boundaries:** Establish clear expectations and boundaries at home to create a sense of structure and security.
5. **Encourage healthy problem resolution strategies:** Introduce various problem-solving strategies. Encourage seeking assistance from a trusted adult when conflicts become overwhelming.

It takes patience, practice, and guidance to build conflict resolution skills. As parents, your support and positive reinforcement play a vital role in shaping your children's abilities to resolve conflicts peacefully. If you ever have questions or concerns regarding your child's social and emotional development, please don't hesitate to reach out.

This Month's Highlights

December is a short but important month as we prepare for midterms and wrap up the first semester. I will be supporting students as needed while they focus on studying, staying organized, and managing their time effectively during this busy season.

Our Eagle Family gathering this month will center on **goal-setting and motivation**. Students will have the opportunity to reflect on their progress so far, identify personal and academic goals for the upcoming year, and explore strategies to stay motivated through challenges. These activities will help students enter the new semester with confidence, clarity, and a strong sense of purpose.

Wellness Tip

Practice Gratitude

Foster a culture of gratitude within your family by expressing appreciation for one another and encouraging acts of kindness. Gratitude promotes a positive mindset and strengthens relationships.

Please Reach Out

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Virtual Counseling Office:

https://docs.google.com/presentation/d/1Fbsu4WIGL1rOQVj9xsvHc7NUNMI768Rlr61A_XqsFSw/present?slide=id.p