



School Counsellor Newsletter

Edition 48

Parenting tips for nurturing resilience and preparing for teenagers!

It is that time of year when we realise Christmas is less than a month away and we wonder where the time has gone?! So in recognition that we are all perhaps increasingly time poor at this time of year this newsletter is short and provides links to two resources from ImpACT Mental Health. As I explained in my previous newsletter, through my counselling network I am often forwarded links to a variety of articles and publications. One such link which arrived in my inbox this week was from ImpACT Mental Health. Their aim is to empower parents of primary aged children with strategies to build solid foundations for their children so that they can be resilient and prepared for the coming teenage years and life beyond that.

The first link is for a webinar which is on tomorrow, Tuesday 30 November. So if you are preparing for your child to become a teenager you may wish to sign up! [Preparing for the teenage years: it's never too early!](#) Please note that there is a cost to buy tickets for this event.

The second link is to an article on [Top tips for building resilience in children during lockdown and life](#). Resilience is a skill that can be learned, nurtured and developed. This article briefly covers the importance of parenting promoting:

- Connection
- Daily routines
- Healthy coping mechanisms
- Owning up to mistakes
- Age appropriate responsibilities
- Self-care
- Having fun and enjoying the ordinary

- Being grateful
- Embracing healthy thoughts
- Daily to do lists
- Helping others

I hope that there is something in this newsletter that is helpful and, even if you do not have the time to look into it in detail now as the festive season approaches, it may be useful to come back to later.



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Jenelle is a Registered Provisional Member with NZAC (New Zealand Association of Counsellors).

If you wish to discuss the services the School Counsellor can provide, please see your son's homeroom teacher or Scott Johnson:

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