

Counselor's Corner

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From the Love and Logic website:

Picky Eaters

Samantha pushed her vegetables in a slow circle around her plate, hoping some of them would wear away like tires on a car. Her mom scolded her and threatened to keep her at the table all night. To Samantha, that sounded like a better option than downing those gross vegetables.

Do you know a picky eater? Does it seem that the harder you try to make them eat, the less likely they are to actually chew anything and swallow it?

It's easy for adults to get sucked into an unwinnable power struggle when it comes to food. Try as we might, there is really no (legal) way to MAKE a kid eat.

Wise folks understand that the odds of success go way up when we focus on the things that we CAN control. Instead of lecturing, threatening, or waging war, it makes far more sense to calmly control things like the following:

- What food we serve
- How much we serve
- When we serve it
- How long we allow it to sit on the table
- How much we involve kids in the process (Can they prepare one meal each week?)
- What snacks we make available
- How much we charge for snacks if they are sneaked in between meals
- Remaining calm and empathetic when our children refuse to eat
- Allowing their hungry tummies to do the teaching when they go on hunger strikes

Instead of lecturing about starving children in remote parts of the world, experiment with saying, "Dinner is served until the timer goes 'ding.'" Then allow your child to decide how much they need to eat. Since everyone is a bit different when it comes to this, the only way they can learn what's right for them is by experimenting with eating too little, or too much, and experiencing the natural and logical consequences.



Have a healthy, happy summer!

"School counseling programs are collaborative efforts benefiting students, parents, teachers, administrators and the overall community. School counseling programs should be an integral part of students' daily educational environment, and school counselors should be partners in student achievement."
ASCA

If you would like more information about the school counseling program at WMI please go to my eboard: agarbacz.longwood.site.eboard.com

Caring Connection Library

The West Middle Island School Counselor's office has a Caring Connection Lending Library. The Lending Library contains book bags with children's Biblio-therapy books on specific social/emotional topics. The book bags are available for parents of WMI students to borrow when they need assistance guiding their children through various issues in life. The topics include:

- *Worry/Anxiety
- *Divorce
- *Anger
- *Grief
- *Bullying
- *ADD/ADHD

West Middle Island Clothing Pantry



If your family is in need of clothing at this time, please contact Neil Klatsky, School Social Worker at 345-2755 or Amy Garbacz, School Counselor at 345-2160.

Community Resources

New York State's Child Health Plus by Healthfirst
1-800-582-8540 ext. 1141

Family Health Plus Health Insurance for Adults by Healthfirst
1-800-582-8540 ext 1141

The Ministries, Inc. (food, clothing, counseling)
(631) 736-4800

HEAP (Low-Income Home Energy Assistance Program)
1-800-342-3009

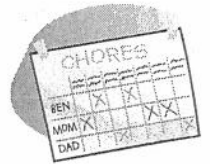
Suffolk County Department of Social Services
(631) 854-2300 PA/FS Applications
80 Middle Country Road
Coram, NY 11727

July 2011

- 1. Sing a familiar song to your child and leave out some words. Does she know which words you left out?
- 2. Look in the newspaper for information about fourth of July festivities. Plan to attend one with your child.
- 3. Lie outside and look at the clouds. Make up stories about the shapes you see.
- 4. Let your child put a leafy stalk of celery into colored water. Watch the color rise into the stalk over the next week.
- 5. Give your child a magnet. Have him test which things in your house contain iron.
- 6. Have your child create a flag for your family and explain what the symbols mean.
- 7. Do something nice together for your neighborhood, like picking up litter.
- 8. Listen to a piece of music that has no lyrics. Have your child write her own words to the song.
- 9. Ask your child to draw a picture of his favorite flower.
- 10. Help your child connect math to the real world. Point out when you use math (paying bills, shopping).
- 11. Read *The Little Engine That Could* with your child and talk about not giving up.
- 12. Challenge your family to learn a new word today. Use it at least three times.
- 13. Tie a string between two chairs. Use a balloon and play indoor volleyball with your child.
- 14. Find a simple science experiment in a library book or online to do with your child today.
- 15. Can your child name a fruit that starts with every letter of the alphabet? You can leave out X.
- 16. Visit a farmer's market with your child. Buy fresh fruits and vegetables for dinner tonight.

Daily Learning Planner: Ideas Parents Can Use to Help Children Do Better in School—Try a New Idea Every Day!

- 17. Are you taking a car trip? Don't forget to take audio books!
- 18. Teach your child to disagree respectfully.
- 19. Ask your child to tell you her favorite time of year.
- 20. Visit a park or playground with your child. Have fun!
- 21. With your child, walk as fast as you can around your block. Time yourselves. Try to improve your time!
- 22. Freeze juice in plastic cups to make "slushies" today.
- 23. Read a fairy tale to your child. Ask him to create a new ending.
- 24. Take a mini nature walk with your child.
- 25. Ask a silly question that requires a math answer: "How many minutes until your birthday?"
- 26. Watch a baseball game with your child. Talk about the rules and why they are important.
- 27. Tell your child a story about when you were her age.
- 28. Can your child tell time? Make sure your child can read an analog and a digital clock.
- 29. Let your child help you make a chore chart. Everyone can check off jobs as they are finished.
- 30. Visit a zoo or park. Observe some animals. Ask your child to walk like they do.
- 31. Have your child place a piece of paper on a tree trunk and rub with a crayon. This shows the tree's "fingerprints."

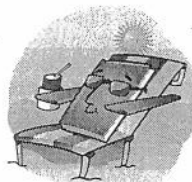


Helping Children Learn
Tips Families Can Use to Help Children Do Better in School

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- 1. If you drive anywhere today, show your child the route on a map. Ask him to be your navigator.
- 2. Ask your child to draw a picture of herself.
- 3. Make a big pitcher of lemonade. Drink it while reading a good book together.
- 4. Have a geography challenge. Name a state or province. Who can name the capital?
- 5. Visit the library and check out a book about birds.
- 6. Look for a free concert or play your family can attend.
- 7. Create an art gallery with your child. Frame his artwork.
- 8. Give family members marshmallows and toothpicks. See who can build the tallest tower.
- 9. Collect seeds that are different sizes and colors. Let your child use glue and paper to arrange the seeds in a design.
- 10. Show your child the classified ads in the newspaper. Which jobs interest her?
- 11. Get your child into a school sleeping routine. Get him to bed earlier and up in the morning.
- 12. Ask your child to add up all the change in your pocket or purse. Help her practice making change.
- 13. Show your child a picture of Monet's artwork. Find some flowers and see if your child can imitate his style.
- 14. Does your child have a special reading and study spot? Stock it with paper, pencils and a dictionary.
- 15. Do you know your child's friends? Have her help you make a list of their names and phone numbers.
- 16. Visit the library with your child. Have your child check out a book about Asia.
- 17. Ask your child to guess how far you can throw a ball. Measure to see.



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- 18. Have your child pick up 1 + 2 + 3 + 4 things in his room.
- 19. Take a walk and look for the North Star. Help your child learn how it helped explorers and travelers.
- 20. Kids lose math skills over the summer. Practice math facts today.
- 21. Have your child send an "audio letter" to a relative.
- 22. Plan a Summer Olympics with your child. Award gold, silver and bronze medals.
- 23. Make sure you and your child know where and when the school bus will stop.
- 24. Always say, "I love you," when you are leaving your child.
- 25. Ask your child to help you plan an activity.
- 26. Help your child make musical instruments from things around the house. Have a concert.
- 27. Does your child know all her personal information: phone number, address, etc.? Practice this.
- 28. Let your child cut off the top of a carrot and put it in a shallow saucer of water. Watch the top sprout.
- 29. Let your child draw on paper with a white candle. His lines will magically appear when he paints over it with watercolors.
- 30. Fall activities will be starting soon. Don't let your child get overscheduled. School comes first.
- 31. Plant an herb garden in pots on your window sill. Let your child taste the leaves and describe the flavors.

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