



Schools Counselling Partnership

Supporting children, families and schools

LEARNING and WANTING to do the right thing

Children develop their 'inner compass' every day. They learn what they live, primarily by the example you set and the family culture that you create.

How can parents help?

The most powerful way to teach a child a skill is to model it. When you treat others (including your child) with respect, when you apologise and when you regulate your emotions- then your child learns to do the same. Her inner compass will take shape from yours. In addition, your child constantly needs to make difficult choices so instead of telling him off and shaming him for making a "poor" choice, use it as an opportunity to develop that compass: help him reflect on how he feels and explain that we are all tempted to take the easy way over the right way: we are not perfect, but we can do better. In order to help your child WANT to do the right thing, make sure your limits are reasonable and age appropriate. Set them up for success so that they can feel good about being a person who does the right thing. Finally, help your child repair relationships following any damage and remember to stay connected: when your child feels you are on their side, they are more likely to WANT to follow your lead.

Sometimes we could all do with someone to talk to. If you would like to meet Araminta for a confidential and non-judgemental chat about you, your child, or any other worries, she is available on Wednesdays 9-10am. You can call/text Araminta on 07368-365723 or email her at araminta@schoolscounsellingpartnership.co.uk

The Schools Counselling Partnership is working to improve the emotional wellbeing of children, parents and staff by working with the whole school community.