

# Counselor's Corner

St. Laurence Catholic School

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Mrs. Rachel Markum, ECC/Elementary Counselor  
Mrs. Linda Schurman, Middle School Counselor

## ***Notre Dame Magazine***

### **What's Best For Them**

By Kerry Temple '74

*What's Best for Them*, an article from the Notre Dame Magazine, visits the topic of raising emotionally healthy and resilient children.

It is not always easy to give the right amount of support to our children and encourage them to do their best without inflicting too much pressure to succeed. Sometimes parents become the problem solvers and children do not acquire the coping skills and have proper resiliency to navigate through their own lives. Parents have to be careful not to expect perfection from children but allow for personal growth that comes from learning from their mistakes. As parents we can share about mistakes we have made and that it is a "normal" part of life. Father Pete McCormick stated, "Everyone contributes to the Body of Christ." "We can communicate to students...find your gifts and live them with passion, and you're building up the Body of Christ. Just do your part." "If we could communicate that kind of perspective to students, that acceptance of finding out who I am, living fully who I am, wouldn't that bring such peace?"

***"Getting A's no longer means that everything's OK, assuming that it ever did. These kids are very good at hiding their problems from us."***

- ***William Deresiewicz, former English literature professor at Yale***

To read the complete article, please go to the following link: <https://goo.gl/t1JW2r>

## **AS+IS Parenting**

By Sarah Fisher, co-founder of +Works

We really appreciated Sarah Fisher presenting to the parents last month on Courageous Parenting and building resiliency in our children. She reminded us that we need to be sure that we love our children "AS IS" and help them grow to up to do what is important to them.

For more on her presentation, see ***Sarah Fisher on Positive Works*** in the news section of the Edline page.