

## **Week 10 Counselling: PARENT ENCOURAGEMENT**

**This week's input is aimed at our Collegiate parents.**

**On behalf of the teachers at school and your daughters, I want to THANK YOU for all the many roles, duties, challenges, etc that you are currently fulfilling and facing.**

**Thank you for being there for your daughter and for keeping the “wheels turning” at home. Parenting can sometimes feel like a thankless responsibility. In moments of despair and desperation, take a few moments to just STOP. Remind yourself (and her) that:**

- **life is precious**
- **relationships are more important than wealth, material possessions etc**
- **we should try to make the most of the time we do have**
- **we can choose our attitude and response, no matter what we go through**
- **we can try to create more moments of joy and hope every day– in the small things, like nature, being grateful for what we do have in our lives**
- **..... (what are your ideas??? Reminders to yourself and your family?)**

**I love the illustration of the “oxygen mask on an airplane”– in the case of an emergency, we are instructed to first put on our own oxygen mask before helping a child. So my challenge for you as parents is to look after yourselves. Practice self-care so that you are in a “stronger position” to take care of the needs of your family.**

**Make a conscious decision to ENJOY your child(ren), truly delighting in seeing the world through their eyes, making time to connect with them. The next page highlights what children need the most from adults.**

**WHAT CHILDREN  
NEED MOST.....**

**LOVE** Respect **to PLAY**  
to have fun to be seen

**TO BE LISTENED TO**

Your presence A hero

A fostered sense of wonder

**LOTS OF HUGS To PLAY**

The chance to make mistakes

Encouragement to try again

Room to grow **DREAMS**

To be told **YES!**

To be trusted **Affection**

**GUIDANCE TO PLAY**