

# COUNSELOR'S CORNER

## NEWSLETTER - JULY 2023

### Supporting Students through Change & Transitions

#### THE SEASON OF CHANGE AND WHAT OUR STUDENTS COULD BE EXPERIENCING NOW:

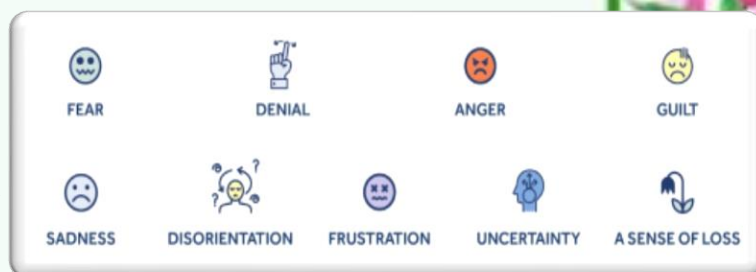
- Moving homes or countries
- Friends leaving/making new friendships
- Parental divorce/remarriage
- Graduation (self or sibling)
- Changes in parent's employment status
- Birth of a new sibling

#### CHANGE VS. TRANSITION

- + Change happens externally. Transition is an internal process.
- + Change happens quickly while transitions occur more slowly.
- + Transitions involve grieving the loss of the old and adjusting to the new.
- + Transition are best when approached intentionally.
- Transitions are best when challenges are acknowledged. and supports are in place.

#### Stages of Transition

Stage 1: Endings, Losing, Letting Go The family will enter this stage when first presented with change:



#### Stage 2: The Neutral Zone

This phase is like a bridge between old and new- in some ways people are still attached to the old while adapting to the new.

#### Stage 3: New Beginnings:

This stage is a time of acceptance, energy, hope and nervousness.





# TOP 5 NEEDS OF CHILDREN THROUGH TRANSITIONS



HEAR ME

## 1. "I need to feel empowered."

- Acknowledge their questions as being important.
- Answer their questions.
- Include them in any and as many decisions.
- Allow them to say no to some things.
- This allows the child to feel empowered in the midst of family change.

## 2. I need to be heard."

- Allow the child to express their feelings about the changes they are going through, even when that means expressing negative thoughts and opinions.
- Don't try to talk them out of feeling what they feel. Do let them feel it.
- Don't tell the child how you think they "should" feel during this time. Do listen, acknowledge and name their emotions.

## 3. I need the support of family & friends."

- Make every effort to have the child spend time with family and friends who love them unconditionally and will support them through this process

## 4. "I need opportunities to express myself."

- Allow the child plenty of opportunities to express themselves and process their emotions (i.e. through music, sports, writing, painting, etc.).

## 5. I need my caregiver to help me regulate."

- Even if they don't "feel like it" they may need to be encouraged to return to the activities that soothe them.
- Focus on your physical health
- Slow down/be alone
- Process your own grief
- Have a margin of 30%
- Have a Board of Advisors
- Talk to a professional or an experienced listener



Dear Parents,

Thank you for reading our newsletters and those of our Mental Health Ambassadors, along with joining us for the Thoughtful Thursdays. CIS community can only grow stronger with committed, well-balanced and healthy parents.

I wish you all a great, relaxing, and enjoyable summer (remember to give a break to your brain), play, read and interact a maximum.

See you back on Aug 28<sup>th</sup>! ☺

If you wish to make an appointment with the school counselor, please do not hesitate to contact her through mail:

[suzie.h\\_cis@gemsedu.com](mailto:suzie.h_cis@gemsedu.com)

or call her: 052-1067881 (leave a SMS / WA if there is no answer as she might be in a session).