

Mental Notes

A Monthly Newsletter

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“SCHOOL’S OUT AND THE KIDS ARE DRIVING ME NUTS!” TIPS FOR PARENTS OVER SUMMER VACATION

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As we begin the summer, we are reminded of many things: relaxing weekends, humid days, trips to the beach...and summer break for young children.

Summer is a time when parents are reminded just how frustrating it can be to be a parent. Now that the kids are home more often, how can you ensure that everyone (including you) has a fun summer? Here are some tips to keep everyone sane.

1. When your kids talk, really listen.

It's easy to brush aside what your children are saying because you feel like you've heard the same thing from them over and over. By showing your kids that you really care about what they have to say, you are showing them how grown-ups communicate. This also shows your kids that they can come to you with their problems in the future. This has many positive effects on a child, including higher self-esteem, greater respect for their parents and other authority figures,

and more effective communication with their peers.

DID YOU KNOW?

UNO Counseling Services has counselors who specialize in working with families and couples. If your relationship is in trouble or if you are in a good relationship and want it to make it even better, call 280-6683 for an appointment.

2. Get feedback from your kids.

Like tip #1, this helps kids learn to communicate more effectively. And, you don't necessarily have to change what your kids are and are not allowed to do. But by asking them for their opinions, you are showing them that you care and they feel as though they have a say (even if the rules don't change). This, in turn, makes for less frustrating enforcement of the rules.

3. Explain to your kids why you are making/enforcing a certain rule.

Again, this helps to make rule enforcement less frustrating. Kids really appreciate it when you take the time to explain things to them. "Because I said so" only results in anger for the kids and frustration for you.

4. Spend some quality time with your kids.

No matter what age, kids can really benefit from spending some quality time with their parents. It shows that you are trying to connect with them and that they are important to you.

5. Know when to ask for help.

Some problems with your kids are too big to be solved alone. It is okay to ask for help from others, such as relatives, friends, and counselors. UNO Counseling Services staff is ready and willing to help parents through what can be a difficult time.



New Services for Students at UNOCS!

- * Couples Counseling
- * Premarital Counseling
- * Relationship Enrichment for Couples
- * Family Counseling
- * Divorce Counseling for Couples & Families
- * Parenting skills training
- * Conflict Resolution for Roommates
- * Communication Skills Training