

Counselor's Corner



Presbyterian Christian School – Elementary Campus – October 2026

SELF MANAGEMENT

From "Manager" to "Coach": Building Independence at Home

Helping elementary students learn self-management means shifting from **managing** their every move to **coaching** them through challenges. Try these three quick parenting pivots this month to build your child's confidence:

- **Move from Tracking to Inquiring:** Instead of digging through their backpack to find missing homework, ask open-ended questions.
 - Try asking: "What is your plan for getting your homework ready for tomorrow?"
- **Normalize the Pivot:** When a plan fails (like forgetting a library book), avoid rescuing them or lecturing. Let the natural consequence happen, then brainstorm together.
 - Try saying: "That didn't go the way you wanted. What can we change in our morning routine next time?"
- **Model Visible Regulation:** Let your kids see you manage your own big feelings. Vocalize your coping strategies out loud.
 - Try saying: "I had a stressful day at work. I'm going to take a 10-minute walk to clear my head before I start dinner."

HIGHLIGHT OF THE MONTH

IMPROVING YOUR CHILD'S SELF-ESTEEM

Self-esteem is crucial to children's academic achievements, participation, engagement in activities, social relationships, and, ultimately, their sense of well-being

Ways to Help Your Child Boost Their Self-Esteem:

**Encourage
a growth
mindset**



**Teach
positive
self-talk**



**Celebrate
diversity &
uniqueness**



**Give specific
positive
feedback**

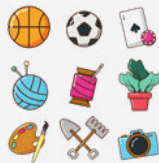
"I like how you
shared the new
toy with your
brother"



**Teach and
discuss
resilience**



**Remind
them of
their
strengths**



**Encourage
your child to
find their
passions**



**Encourage
independence
and risk
taking**

RESOURCES

TIPS FOR PARENTS/GUARDIANS:

- 12 Tips for Raising Confident Kids – click [HERE](#)
- The Reflection in Me: Short video on self-esteem to watch with your kids – click [HERE](#)
- I Am Enough: Read aloud book – click [HERE](#)
- Teaching Your Kids How to Use Positive Self-Talk – click [HERE](#)



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Schedule a Meeting with Jenny Brock



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