

Acalanes High School • Bentley School • Burton Valley • Camino Pablo • Campolindo • Contra Costa Jewish Day School • Del Rey • Donald L. Rheem • Glorietta • Happy Valley • Joaquin Moraga

Lamorinda Schools

Lafayette Elementary • Los Perales • Miramonte • Orinda Academy • Orinda Intermediate • Saklan Valley School • Sleepy Hollow • Springhill • Stanley Middle • St. Perpetua School • Wagner Ranch

Ask Dr. Harold

Recovering from Holiday Overload

By Dr. Harold Hoyle, Ph.D.

So I hope you survived the holidays. With all of the added events and schedule changes this can be difficult for kids and they can often get out of control. And let's face it, the situations we put them in during the holidays are the out of control part. So here is a little advice on starting to build back up those social skills or manners that went away during the holidays.

Behaviors

Think for a minute about what behaviors you would like your kids to be able to do better in the coming year. When you consider behavior you must consider three aspects. First, consider your child and his/her developmental level. Is the behavior one that is in his skill set and age group? If it isn't a skill he has, time to start teaching. If it isn't in his developmental level, time for you to learn to have realistic expectations. Second, consider the environment. Just like adults, some environments are more comfortable and less stressful for kids. Without telling them how they are, you can teach them to let you know if they are hot, tired, or hungry. These are the three most common culprits. Third, consider the state of mind or emotion of your child. A child who is "bored" needs a different skill taught than one who is angry.

Emotions

When we first get our emotions, they show up without notice and we don't know what they are or where they came from or what they are called. Our job as parents is to fill in those blanks. The younger your

child is the more you can help her label what is going on. As they age you need to help her find out what she is feeling on her own. You then move to teaching her some strategies for what to do about how she is feeling. For example, when I am angry I take a walk or go talk to someone. Triggers and cue are the next area to attend to. We all have our difficult situations and internal indicators as to when our emotions are getting out of control. Help your child to identify early on if she is getting upset or bored and then what strategies she can use to interrupt the cycle that ends up with everyone getting emotionally stressed.

Strategies

The main strategy for parents to help our kids is to help them identify what is going on with their behavior and emotions. If we can do this, we can help our kids to know the process they go through to get stressed out or lose control of their emotions or behaviors. Then and we can help them plan better to manage their emotions and behaviors.

Teaching manners is a strategy that has become the field of social skills training. In concept, though, our parents taught us social skills by teaching us manners. Manners are expectations for behaviors that can be very important. Manners are the social expectations that your kids can learn how to manage. They are our first social skills, they are not a surprise, and they are expected even when we are tired or hot or bored.

Once children see the consistency in expectations from us, they can start to learn and build on their learning to meet the expectations. What to do if all of our strategies fail? Remember you are still the parent and they are still your wonderful and beautiful children. Claim victory and move on to the next strategy. If you run out of strategies, start over. If we start building skills with our kids now that we want to see at the next family get together, we just might get there.



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Harold is licensed clinical psychologist and a lecturer and in the School of Counseling Psychology, Education, and Pastoral Ministries Santa Clara University. With his wife and two children he is a 14 year long resident of the Lamorinda area. He is a sought after speaker in the areas of parenting, education, behavior with adolescents and children. He has a local private practice.

SCHOOL CALENDAR

Acalanes Union
High School District
Board Room AUHSD Office
1212 Pleasant Hill Rd, Lafayette
Wednesday, January 12, 7:30pm

Lafayette School District
LAFSD Office
3477 School Street, Lafayette
Wednesday, January 12, 7pm

Orinda Union School District
OUSD Office
8 Altarinda Road, Orinda
Monday, January 10, 4pm

Moraga School District
Joaquin Moraga Intermediate
School Auditorium
1010 Camino Pablo, Moraga
Tuesday, January 11, at 7:30pm

Registration for Lafayette students entering Kindergarten for the 2011-2012 school year will take place January 25-26; Orinda's registration will be February 7-10; and in Moraga, registration will be March 3-4.

Lafayette – January 25-26
at the following schools and times:

Burton Valley Elementary
9-11am and 1-3pm
561 Merriewood Drive, 927-3550

Happy Valley Elementary
8:30-11:30am and 1-3pm
3855 Happy Valley Road, 927-3560

Lafayette Elementary
9am-noon
950 Moraga Road, 927-3570

Springhill Elementary
9-11am
3301 Springhill Road, 927-3580

Information regarding registration requirements and attendance areas is available at www.lafsd.k12.ca.us.

Orinda – February 7-10 from 9am-1pm at these schools:

Del Rey Elementary
25 El Camino Moraga, 258-3099

Glorietta Elementary
15 Martha Road, 254-8770

Sleepy Hollow Elementary
20 Washington Lane, 254-8711

Wagner Ranch Elementary
350 Camino Pablo, 258-0016

Information regarding Orinda registration requirements is available at www.orindaschools.org.

Moraga's registration schedule will be included here as soon as it becomes available.

Brownies Deliver Books for the Barrios

Submitted by Suzy Pak and Karen Zemelman



Front row: Sami, Jessica, Megan, Emma, Olivia, Sarah, Lauren
Back row: Sidney, Jane, Megan, Ellie (not pictured: Katie) Photo provided

Brownie Troop 33039 (3rd grade, Springhill Elementary School) recently took a trip to Books for the Barrios. The troop was inspired by a field trip the second grade classes attended last year and decided to hold a book and toy drive at Springhill. Before the winter break, the girls delivered and helped sort the donations at the warehouse in Concord. Their boxes will serve over 1,100 children in the Philippines. The girls are excited to work with Books for the Barrios again and would encourage others to do the same.

Orinda Academy Students Donate Toys

Submitted by Laurel Evans



Photo provided

Orinda Academy students were hard at work before their winter break bringing in and collecting toys to donate to the Bay Area Crisis Nursery and A Better Way. The students brought in dozens of gifts and

have also been helpful in packing up and delivering the gifts to the organizations. These gifts will be given to over 300 families in the Bay Area.

Girl Scouts Bring Bears

Submitted by Kimberley Winter



Photo provided

Girl Scout Troop 618 recently went to Elizabeth House in Oakland and hosted a Build-A-Bear Christmas party for the kids there. It was the most memorable and meaningful event the troop has had in eight years. From left: Julia, Danielle, Ava, Haley, Hannah, and Maddie.

Troop 30709 Earns Silver Award

Submitted by Claire Phillips



Photo provided

The five Girl Scouts of Lafayette Troop 30709 were recently awarded their Silver Award, the highest award given by the organization to girls age 11-14. The five Scouts (pictured above, Sarah, Natalie, Nikki, and Anna; not pictured, Sierra) received the award for a community service project benefiting Children's Hospital of Oakland in which they raised funds and collected materials to assemble over 360 toiletry kits for parents who unexpectedly must stay at the hospital with their children.

Submit stories to schooldesk@lamorindaweekly.com

Lamorinda Weekly

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