

# COUNSELING CORNER

Monthly school newsletter from Lutheran Counseling Services

## Word of the Month: Responsibility

### Responsibility Defined

-The state or fact of being responsible, answerable, or accountable for something within one's power, control, or management. [Dictionary.com](http://Dictionary.com):

- The quality or state of being responsible: such as  
a : Moral, legal, or mental accountability  
b : Reliability, trustworthiness  
[Merriam-webster.com](http://Merriam-webster.com)

### Car Conversations



*Whether in the car, at the dinner table or store line, here are conversation ideas to build this quality in your child.*

- Discuss what being responsible means to each member in your family. Steer the conversation away from chores to greater areas of responsibility.
- Parents, try to "catch" your children showing responsibility. Tell them how much it means to you and how it shows that they are growing up.



### Instilling Responsibility in your family

When we think of the word responsibility, often the concept of chores, homework and job responsibilities come to mind. As we consider this character trait further, we learn that it more deeply addresses the quality of our work, trustworthiness, admitting a poor decision and doing the right thing. These are all qualities that we want our children to have, and that we would like for ourselves.

These traits are fostered early in childhood and through modeling. Children who see a parent admit a mistake are shown how they can do that themselves. When a high standard is set for task completion, children learn to follow that.





- Share about a responsibility you have and how you take care of this responsibility to the best of your ability.
- While watching a movie or reading a book, pause to discuss how the characters are being accountable for their actions and behavior. If they are not, discuss how they can start showing responsibility.
- Talk about how it would feel to have someone take care of your responsibilities. Discuss how Jesus did this in taking responsibility for our sins.

## COUNSELOR CONNECTION

Reach out to your school, the LCS main office at (407) 644-4692 or [lcsfl.com](http://lcsfl.com) to connect to your school's counselor for additional support and resources on this or other topics.

## MISS A MONTH?

Did you miss one of the newsletters? Click here: <http://lcsfl.com/news-reources/newsletters.html>



**Lutheran  
Counseling  
Services**

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Consider these quotes and verses about responsibility:

*If you mess up, 'fess up. - Anonymous*

*"I am responsible for doing the work I need to do today even though it may be hard." -Helen Keller*

*"Whatever you do, work heartily, as for the Lord and not for men". - Colossians 3:23 ESV*

*"The time is always right to do what is right." - Martin Luther King, Jr.*

*"Though I am not always responsible for what happens to me, I am responsible for how I handle what happens to me." Zig Ziglar*

*"One who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much. Luke 16:10*

Consider your child or children. Which of these quotes or verses could be useful for each child? Which could be useful for your own development? Find a time to talk to each child about one of the quotes or verses or find your own. Give an example of when you have seen your child embody this quote or verse. Give an example of when your child could demonstrate this in his or her life.

Find a way to bring the quote or verse with you and your child. This could be as simple as writing it on a piece of paper that fits in your pocket, writing it in a planner, making it a screensaver, or write it on a sticker or craft tape to put on a wrist or hand. Make a challenge for your child to do something this week to live up to that quote, and a challenge for you to do the same. Get together at the end of the week to share how you both did in this challenge. Responsibility is a skills that can be learned, and at any age!

