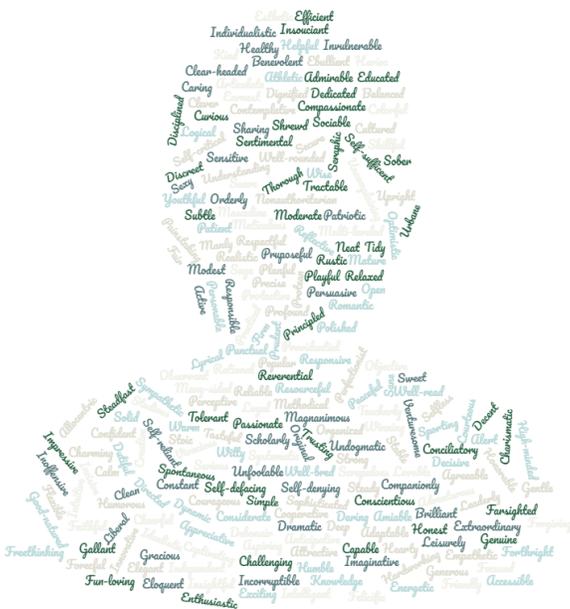


Counseling Corner

Monthly school newsletter from Lutheran Counseling Services



Word of the month: Cooperation

We know the importance of working together and developing the skill of cooperation as a lifelong process, from our family of origin as small children to workplaces where we will spend decades of our lives. How to build this skill in our children is sometimes less clear. Consider the definition of cooperation, per Dictionary.com, of *“the process of working together to the same end.”*

Inherent in this definition is the first point of consideration: Make sure to clarify goals that any team is working toward. When building cooperation with children, ensure that they too understand the goals of the cooperative activity in terms that make sense for the

child’s age, and ideally in a way that allows the child to understand the importance of the goal.

Start with connection! The best teams are filled with teammates who have a connection to each other and respect for one another. Finding ways to connect to each other’s interests and spending time together is a building block toward establishing a cooperative attitude within your family.

Consider finding chores and activities that make use of children’s developmental abilities for the family to rally around a goal, such as keeping an organized and clean house. Define this goal specifically for your family, as well as the specific goal of your child’s tasks, and how it fits into the larger cooperative goal of the family.

CONNECTION

Connection comes before cooperation. Find ways to connect with your child to improve how cooperation goes in the family.

COOPERATION



CLARITY

Remember to clarify the specific goal that is the target of the cooperation.

While each child is different, consulting a chart of the life skills that children can perform at each age can help to create an opportunity for family cooperation that all members can participate in. Examples of age appropriate tasks are listed below. See how you can implement some of these into your family:

2 & 3: put dirty clothes in the hamper, carry a plate to the sink after meals, participate in setting the table

4 & 5: Simple cleaning tasks such as dusting easy to reach places or wiping low cabinets, simple laundry support like sorting clothes or matching socks

6 & 7: help with putting groceries away, wash & put away all dishes, make a basic meal (ex; sandwich)

8 & 9: use a broom, mop and vacuum properly, use a recipe to make a simple dish, help with yard care (ex; watering and weeding)

10 -12: change bed sheets, use the clothes washer & dryer, mow the lawn

13-15: Use the oven to prepare food, make purchases at store, perform basic home maintenance such as changing light bulbs or replacing air filters

16 -18: perform basic car care such as fill car with gas or add air to tires, complete most adult tasks with some explanation



Consider your child's specific God-given abilities and consider a theme of cooperation that can be adopted for your family. A theme such as "mealtime", with a specific goal of preparing, eating together and cleaning up after dinner, can serve as a cooperative endeavor with each family member playing their own role.

"Alone we can do so little; together we can do so much."

Helen Keller

COUNSELOR CONNECTION

Working together is important at all ages. **Counseling groups** are starting up to help students build various skills. Reach out to your school counselor or to the LCS main office to get information about group counseling opportunities.

MISS A MONTH? Did you miss one of the newsletters?

Find them all here: <http://lcsfl.com/news-reources/newsletters.html>

Car conversations

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

Consider **1 Corinthians 1:10**, and what it tells about cooperation:

"I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought."

Watch a sporting event with your child. Discuss examples of cooperation that you each saw, and examples where cooperation was lacking. Discuss possible reasons why.

Talk to your child about a group activity at school and how it went. Did the group have a clear goal? What made it go well or what could have been improved? How did your child feel as part of that group? Does your child typically do well or have trouble with cooperative activities?

Listen to a piece of music with multiple instruments. Discuss how each instrument cooperates to create the song.



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