



Begin Your Inner Healing Today: Kids & Parenting Issue

Hello and Happy February! I decided to pull together some research and articles that have come across my desk regarding children, parenting and families for the month of February. A multitude of clients of mine are addressing some of the below topics on a daily basis and I believe can benefit from some outside resources so I hope this information can be helpful?! Please let me know your thoughts, responses and opinions!!



[Research suggests, Children maybe Closer to their pets than Siblings! And there are benefits...](#)

We all know that pets do so much for our families but they can also impact our children's lives from an emotional, social and psychological well being point of view. Are you deciding whether it is time to get a pet for your children or are they asking for that beloved "dog"? Read this article and learn more about the impact that a new pet may bring into your children's lives and why they can be so important for their deep attachment and security needs.

[What do you do with the MAD that you Feel?](#)

May 1, 1969: Fred Rogers testifies before the Senate Subcommittee on Communications

There are a few of us that still remember watching "Mr Rogers Neighborhood" as little children! I sure do! The lessons we learned are still valuable and timeless. I found this on an email listserv and working with children everyday, I thought it was so appropriate and timeless!

Not only are his words timely for the world of children, but if I could work with so many of my adult clients regarding how we could manage those "mad" feelings we all have to deal with on a daily basis, how much more would we be better able to help our children deal with their own "mad" Feelings..listen to what Mr. Rogers has to say..it impacted me to hear his voice once again!

Alleviate Your Child's Anxiety
with Routine Rituals

By Jessica Schaffer

More and more children are coming into see me on a daily basis with extreme or mild anxiety. How can we help them on a day to day basis, just in our homes and at school? Here are some basic ideas that you can do at home and while out to help any child with the world we live in, the busy pace of life that children now days must live in on a daily basis!

[Help Relieve Child's anxiety!](#)

Are you Chasing Happiness?

If you are a client of mine, chances are you have heard me speak a moment or two about my view on "happiness"! I love the moments of happiness that most of us feel every once in a while, and I consider myself a "happy" person. However, this somewhat fleeting emotion can cause many people chasing a dream that might disrupt relationships, goals and passions that have been held for a lifetime. As some of you have heard me mention in session, I prefer the emotion of Joy, finding contentment in all circumstances, no matter what. But, the article I have attached based on a variety of different research resources, has additional support for the thoughts behind "our ever elusive chase" for that key happiness emotion:

[_Has Happiness gone too Far?](#)

(Three Reasons Happiness is Sometimes Harmful | Todd Kashdan and Robert Biswas-Diener • 1/19/2017 •)

How old does your Child need to be for Chores?

Another frequently asked question with parents I work with is when do we begin chores and helping around the house? How do I NOT raise entitled children like we read about in our society, that expect things handed to them. What is appropriate for our 3 year old versus our 10 year old from a developmental standpoint? All of these are valid questions and have different answers. There is an age, psycho-social, developmentally appropriate and morally developmental able time for chores, responsibility and ability time-frame that our children reach for each age level. This easy chart attached, begins to fill in some of these answers:

[Age Appropriate Chores for Children!](#)

IF you have suffered or suffer from Depression, you may think you understand how it feels and can be on the alert in your own children or teens? However, it my surprise you how differently it appears for our adolescents. These differences may present as rebellion, anxiety, school refusal..normal teen behavior. So, how do you know as a parent if your child is depressed or just acting like a teenager? Take a look at the below article to find out; typically the signs are duration, frequency of behavior changes, and intensity. but these are just some of those changes to beware of.

[Teen's & Depression: The Difference between Adult Depression](#)

Thank you for being a client of Collaborate Counseling and your referrals! I hope the information, links and videos you will find helpful and a resource when needed. As always, if there is anything I can do please reach out, send

me an email or call!

Sincerely,

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