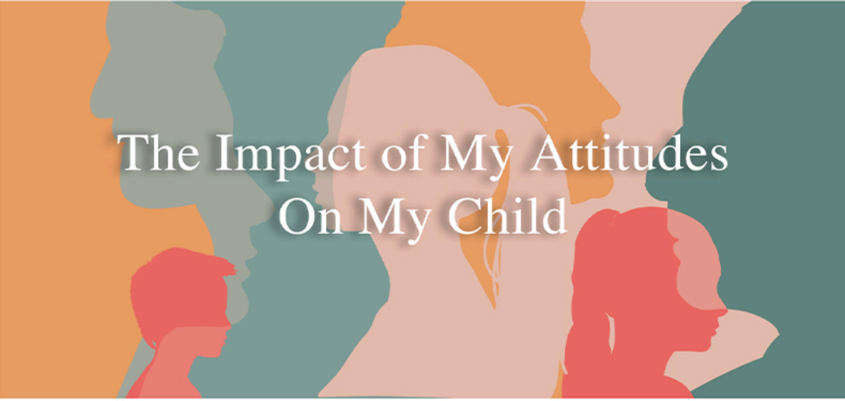
GUIDANCE BULLETIN

Psychological Counseling and Guidance
February 2024



The Impact of My Attitudes On My Child

Dear Parents,

For the topic of our second-term newsletter, we have chosen "The Impact of My Attitudes on My Child's Development." This subject has been within the scope of scientific studies conducted by experts in the field for many years. As a field expert, I can say that when I look back at my own research from years ago, the parenting attitudes of that generation were predominantly authoritarian.

For the past few years, we have been sending a comprehensive survey to prospective parents in our school. This survey includes questions not only about the development of children but also about understanding the attitudes of parents. The answers to these questions, formulated through various means but aimed at the same goal, indicate that 99% of prospective parents have democratic parenting attitudes. It is evident that parents are constantly engaged in research on this matter, attending parenting schools, reading, and aiming to improve themselves for increased awareness.

Then let's do a self-evaluation and ask ourselves a few questions... If we have democratic attitudes, do we determine the rules we create for our child together with him/her? Do we provide time to hear our child's thoughts? What behaviors do we see as “problem” and what behaviors are “acceptable”? Do we talk about this with our child and explain the reasons?

My next questions are as follows: Are we consistent in behavior management? Or are democratic attitudes evolving into child-centered attitudes? Are we turning into parents who yield to every wish of the child, accepting child dominance? Let's please reflect on ourselves and reconsider the boundaries and roles within our own family for the sake of increasing our child's emotional resilience, self-confidence, and understanding that, in challenging moments, the parent is a support rather than just a friend.

At this point, I think you will enjoy reading and benefit from the content we provide in our newsletter, which deals with parental attitudes.

Kind Regards,

Sibel Yalkın
K12 Coordinator of Psychological Counseling and Guidance Center

Preschool

Self-compassion and Emotional Development

Self-compassion can be defined as the ability to offer ourselves the understanding, kindness, compassion and support we need when we go through difficult times. This month in Counseling lessons, we discussed compassion and self-compassion. We tried to find answers to the questions of how we can show compassion to ourselves when we feel disappointed, sad, angry, etc. We listened to stories about the subject and prepared our own compassion bags. You can be a good model for your children by first showing self-compassion to yourself. By acknowledging your own mistakes, being kind to yourself and paying attention to your own emotional needs, you can convey a powerful message of self-compassion to children.

At the same time, trying to understand and empathize with your children's feelings can help children feel understood and supported when they face emotional difficulties, and can help children become more compassionate towards their own feelings. On the other hand, you can show children that mistakes are natural and that everyone makes mistakes from time to time, and you can help them see mistakes as an opportunity to learn from them, rather than blame and punish them. This approach can help children to be kinder to themselves and develop self-compassion. Finally, you can teach your children positive self-talk skills. Children who learn to channel their inner voice in a positive way, to encourage and motivate themselves, can be more successful in developing self-compassion.

Book Suggestions:

Olduğun gibisin...
Bir Pozitif İletişim ve farkındalık hikayesi

BEN SEVGİYİM
ŞEFKAT KİTABI
SUSAN VERDE · RESİMLEYEN PETER H. REYNOLDS

HİÇ HATA YAPMAYAN KIZ
YAZAN: MARK PETT, GARY RUBINSTEIN
RESİMLEYEN: MARK PETT

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Primary School

Bodily Speech Right

As the primary school guidance department, we completed the first semester with preventive guidance activities to support students' socio-emotional development. In order to understand the academic and social needs of our students, we used sociometry and sentence completion inventories. In addition to guidance lessons on the importance of expressing emotions, emotion management, bullying, peer conflict, safe use of technology and safe school rules, we conducted activities on bodily speech rights and child protection.

Accompanied by Mino's 4 Rules Song prepared by Mimoza Child Protection Team, we practiced preventive-protective activities with our students on bodily speech rights. In addition, we organized awareness training where we told students about our school's child protection team and our child protection policy.

We would like to give you some suggestions on how to explain these issues to your students and how you can empower them. Mino's 4 Rules contains four basic rules designed to guide children on bodily voice:

MİNOS'S SONGS

1- Every part of my body is special.
2- My feelings and words are important.
3- I say "No!" if I don't want to.
4- I don't hide, I tell.

These rules aim to ensure that our children respect and protect their right to bodily voice. The "right to bodily expression" emphasizes that children's bodies are their own, private and valuable.

Parents' support of our students' knowledge on these issues and talking about these issues at home will contribute to their emotional development. For this reason, we strongly recommend that you read the parent guide prepared by the Mimoza Child Studies Team.

Thank you for your cooperation to ensure that our children grow up healthy, safe and informed. We would like to remind you that we are just an e-mail away whenever you need us.
We hope that it will be beneficial for both you and our students.

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Middle School

Efficient Working Habits

The middle school years are the years when our students undergo changes and developments in both physical and cognitive areas simultaneously. These changes can be quite intense and sometimes even challenging. Issues related to friendship relationships and the quest for independence hold significant importance in children's lives. Therefore, academic responsibilities may sometimes be neglected. The middle school years represent a significant transition period academically. During this period, students encounter more complex subjects and transition to a stage where assignments and exams gain more importance. Responsibilities increase, requiring them to act more strategically. We can mention a set of skills they need to acquire to be able to follow the academic responsibilities required by this period. Among these, productive study habits and self-discipline can be considered the most important.

In order for our students to acquire correct study habits, we have planned the "Productive Study Habits Psychoeducation Program". Over six weeks, we conducted sessions where students could develop skills such as acquiring knowledge about productive study habits, effective planning, understanding and developing goal-setting skills, learning and implementing time management skills in life, improving note-taking techniques, and managing the process of achieving goals.

On Tuesdays after school, we aimed to raise awareness about these fundamental skills regarding productive study habits by meeting with students from all levels.

Especially with the regular participation of students in grades 5 and 6, we concluded the six weeks in separate groups at each level. The feedback we received from students after this study indicated that they learned new study strategies, critical points in time management, the Smart goal technique, the sandwich note-taking method, and prioritization, and they have started to use these in their school lives.

We believe that dedicating time to productive study habits is important both in academic classes and guidance lessons and activities. With this aim, we intend to continue incorporating lessons, activities, and individual and/or group studies focused on productive study habits into the second quarter period as well.

The study habits our students need will become more permanent as they develop and are supported throughout the process. Believing in the importance of school-parent collaboration in this regard, during the parent meeting conducted under the same title, we also addressed the responsibilities that fall on us as adults. We believe that instilling a growth mindset, keeping curiosity alive, and the ability to self-assess, along with the desire to keep learning, will help our students find the right methods for themselves. You can continue to be a role model for our students at home by emphasizing the importance of setting correct goals, self-analysis, and properly evaluating feedback during your conversations.

Just like in any other matter, we would like to remind you that we are just an email away whenever you need support in fostering our students' study habits.

With our best wishes for it to be beneficial for both our students and you..

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High School

Psychological Flexibility and Addictions

As the High School Psychological Counseling department, we have completed a period characterized by intensive counseling activities parallel to the high school program from the return of the mid-term break until now. During this period, we continue our preventive guidance practices and activities to support students' social, emotional, and academic adaptation from where we left off.

Along with individually planned meetings tailored to the needs of our students, we have included procrastination behaviors, factors affecting motivation, and multitasking topics in our counseling sessions. Discussing the role of being supportive and embracing parents in the face of obstacles and difficult emotions encountered on the path towards adolescents' goals, we conducted a parent sharing group titled ***"Reflection of Psychological Flexibility: Strengthening Family Relationships."***

In parallel with the seminar on addictions conducted with all school parents, a student seminar titled "Coping with Addictions" were organized, touching upon cultural and environmental risk factors by Dr. Ceren Koç. Additionally, our ***"Comprehensive Sexuality"*** education sessions were among the student activities we conducted in collaboration with an expert from outside our school.

It should be noted that conversations with young people should not be limited to academic achievements alone. Discussing their dreams, the goals they want to achieve in life, and the values prioritized by their families will strengthen your relationship and support their psychological flexibility. At the same time, sincere and understanding communication will contribute to the emotional development of young people, enabling them to express themselves and cope with the challenges of life.

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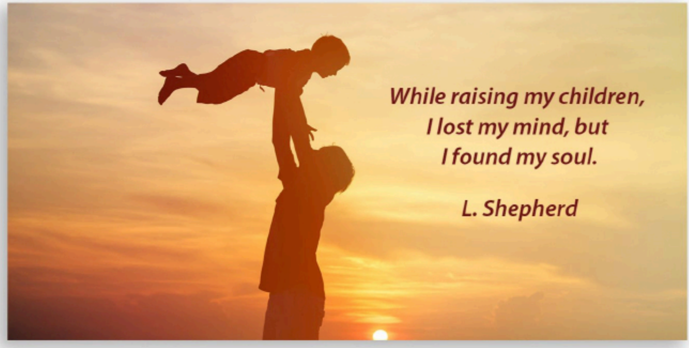
The Impact of My Attitudes on My Child's Development



Although heredity has an impact on personality and mental health, environmental factors are much more predominant. If we consider heredity as the soil of human structure, personality is the plant that grows in that soil. Personality and mental health can undergo major changes with parental attitudes (Yörükoğlu, 2023). Parental attitudes affect children's self-perceptions, social relationships and personalities. The foundations of the child's social development are affected by the family's approaches and attitudes (Kanak & Pekdoğan, 2015). Parents can raise their children as happy, caring, sensitive and responsible individuals with their behaviors and attitudes (Yaprak, 2007; Kaya et al., 2012).

Each individual is unique. Therefore, each parent has a unique parenting style. However, these unique parenting styles have commonalities. These commonalities constitute parental attitude types and each parenting attitude has a significant impact on the child's life.

Various parenting attitudes that are thought to affect children's personality development and developmental processes are listed below:

1) Overprotective parenting attitude
2) Authoritarian parental attitude
3) Over-indulgent parental attitude
4) Perfectionist parental attitude
5) Inconsistent parental attitude
6) Neglected parental attitude
7) Democratic parental attitude

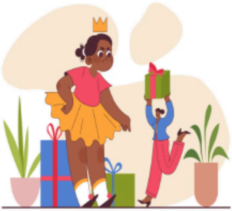
1) Overprotective Parental Attitude:

In this attitude, parents overprotect and constantly control the child. Even situations that children can do on their own are carried out by their parents and children are prevented from learning through experience. As a result, children's self-belief and confidence in themselves are damaged as a result of excessive intervention in every subject. At the same time, families with overprotective attitudes do not give children the opportunity to make mistakes because they restrict children's learning by trial and error. Children are not given the opportunity to solve problems, act independently and make their own choices. As a result, children may feel anxious and restless. This anxiety can lead to problems such as nail biting, bedwetting, lying, school phobia and stuttering. Children who cannot take initiative on their own need guidance and support from the family to relieve anxiety. In their future lives, they may have problems behaving independently, discovering their talents and realizing themselves. This may cause the individual to be unhappy in their relationships in the future and may prevent them from maturing psycho-socially.

2) Authoritarian Parental Attitude:

Parents who exhibit authoritarian and dominant parental attitudes with high control are seen to be strict, intolerant, perfectionist and unconditional obedience attitudes are dominant. In their relationship with their children, parents control the child, observe their every move, control the child's behavior, restrict their choices and prohibitions are in question. The child is expected to be perfect and is not allowed to develop an independent personality and be himself/herself. Children who grow up in a fear area, rules are punished when they do not follow the rules, and their behavior is criticized. Children who are exposed to oppressive attitudes may be quiet, harmonious and gentle, but may be overly sensitive, influenced by others. Children who are controlled by love and pressure cannot distinguish how to regulate and react to their behavior. Parents who adopt this attitude are critical and accusatory. They may see psychological and physiological violence as a part of child education. Because of the anxiety that develops in the child due to these attitudes, the child is observed to be either overly submissive or overly rebellious. The child may resort to lying out of fear, and due to the sensitive nature of the child, frequent crying behavior may be observed. Some children who grow up in this way have difficulty expressing themselves and their feelings in their own living spaces, while others have difficulty expressing themselves and their feelings in their own living spaces.

3) Over-indulgent parental attitude



The over-indulgent family attitude is known as the no-rules, unlimited family type. These families do not set rules for their children and raise their children as free and unlimited as possible. They think that their children can do everything freely and leave them to their own devices. These families give all the control to the child and tolerate all kinds of behaviors of the child, including aggressive attitudes. In these families, there are no limits on behavior and no sanctions are imposed. The defense of over-indulgent families in raising children is under the name of raising "self-confident children '', but in fact this does not happen because the child who grows up with an over-indulgent attitude takes the parents under control and grows accustomed to it. Children who control their parents and get used to it think that they can control and influence other people around them and that everything can be according to their will. They do not accept criticism and because they do not accept criticism, they cannot develop because they have difficulty in becoming aware of themselves, analyzing and evaluating their behaviors. Children who grow up in families with this attitude have difficulty adapting to school life or the environment because they grow up without rules or with very flexible rules. This condition again leads to negative consequences for their development. In an over-tolerant family attitude, a child who gets everything he or she wants without any problems in family life starts to experience dissatisfaction after a while, and this situation causes them to be unhappy with what they get because "getting" becomes ordinary for them. In such situations where dissatisfaction and mediocrity set in, the likelihood of negative consequences such as the formation of harmful habits increases. At the same time, a child who is accustomed to tolerance of misbehavior acts with the idea that these negative habits will be considered normal and accepted because he/she has rarely or never been disciplined in the family and therefore cannot think that what he/she is doing is wrong and has problems distinguishing right from wrong. A child who grows up with this attitude may become an undesirable individual in social environments. The reason for this is that he/she usually tries to get others to do what he/she wants.

4) Perfectionist Parental Attitude:

Parents with perfectionist parental attitudes are very difficult for children to please. Whatever the child does, the parents want more. Perfectionism in parents manifests itself not only towards the child but also in the whole family life. Parents who exhibit this kind of attitude want to see in their children the goals, wishes and desires that they have not been able to realize or fulfill in their own lives. In this attitude, parents expect their children to achieve goals above their potential and to do everything perfectly. When the child is unable to do what is desired within these pressures, he/she experiences a sense of failure and insecurity. He/she feels disappointed, thinking that he/she will never be the child his/her parents want him/her to be, that he/she will never achieve the success they aim for and that he/she has disappointed them. This creates a vicious circle and reinforces the child's failure. Since parents who adopt this attitude usually focus on children's failures, children's anxiety levels increase and they may tend to fail. For a healthy development, parents should expect a realistic level of success from their child that is appropriate for his/her development. It is important to establish a balance between the child's capacity and parental expectations.

5) Inconsistent Parental Attitude:

Unbalanced and inconsistent attitudes may result from differences of opinion between the parents or from different reactions of the mother and father to the same situations. In addition, the mother and/or father may react differently to the same behavior of the child from time to time. For example, if the parent sometimes warns the child in a soft tone about a responsibility that the child has to fulfill, but at other times responds to the same situation with a loud voice, the child does not adopt and learn this responsibility. This situation also leads to inner restlessness and confusion in the child. Similar attitudes lead to distrust of parents and then to anxiety. For example, if the father who appreciates the child's request to help him while washing the car reacts to his child's request by saying "Go away!" because he is angry at that moment, the child struggles with where and when to do which behavior. He/she does not know how to behave and has difficulty making decisions. At the same time, this inconsistent approach affects the child's inability to defend his/her views and ideas openly and to become an individual who accepts everything he/she is told and cannot take initiative. In addition to all these, it may also cause the child to develop a reactive personality structure that is quick to anger and exhibits impulsive behavior.

6) Neglected Attitude:

When parents are neglected to the material and emotional needs of the child, ignore the child and leave the child alone. Parents with a neglected attitude do not spend enough time with the child and do not spend quality time with the child. The child's academic success and mental state are not monitored by the family. Research shows that children whose parents have an indifferent attitude feel lonely, their sense of trust is damaged, and they tend to be aggressive. Children who are raised with a neglected attitude also tend to be disinterested in studies, do not recognize rules, do not make long-term plans, drop out of school and start working at an early age, and leave the home where they live with their parents.

7) Democratic Parental Attitude:

Democratic parental attitudes provide opportunities for children to make their own decisions and express their ideas. These opportunities encourage the development of autonomy and independence skills. It helps build self-confidence and self-esteem in children as they are able to make their own choices and take responsibility for their actions. It also encourages open communication between parents and children, which can help build trust and understanding. Parents accept the child as an individual. The child feels accepted and approved in all circumstances. The family gives the child the freedom to recognize the child's own self. The boundaries of acceptable and unacceptable behavior in the home environment are clear and distinct for the child. Within these limits, the child has the opportunity to make free choices. Instead of giving advice to the child, the expected and desired behaviors are clearly stated. At the same time, the child takes responsibility for the implementation of the rules. The child has a right to speak. The child's feelings and thoughts are respected. There is no unnecessary restriction and pressure on the child. Parents prepare developmental environments in line with the child's abilities and wishes without pressuring the child. The child is encouraged to express his/her thoughts. Democratic parenting also helps to develop a sense of responsibility in children. Because they are allowed to make their own decisions, they are more likely to take responsibility for their actions and understand the consequences of their choices. This can help develop essential life skills such as problem solving and decision making. In conclusion, as scientific research has shown, democratic parenting attitudes are highly effective in helping children develop self-confidence, establishing healthy relationships with their peers and environment, and being psychologically healthy.

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