

Social Work Newsletter



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and
Dignity Act for All
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The recent Presidential election has prompted strong reaction across the United States and children are asking many questions. No matter which side we support there is clearly division and differing points of view which suggest some healing is needed as we move forward. Many families have struggled to explain some of the unusual occurrences and news reports following this election.

Randi F. Marshall (member of *Newsday*'s editorial board) wrote:

“What we could tell all of our children: This country is bigger than any one person. It’s bigger than its president. It has leaders who can lead and lead well. It is filled with people who are loving and caring. Millions of Americans work every day to make this country better. You are loved. Your parents, your teachers, your friends and the adults around you will care for you. They will try to create a world that’s better, a place that’s stronger.”

Alane Fagan, the Executive Director of Child Abuse Prevention Services (CAPS) published the following:

“No matter whom you voted for, or your party affiliation, we can all agree on one thing. We want our children to *feel* safe and we want to *keep* our children safe. So what can *we* do to keep our children safe?

We can start at home.

Remember to keep the focus on family, on our values of love, understanding, compassion, and tolerance. It's also important to keep our family routines and traditions long after Thanksgiving has come and gone. Family traditions offer comfort, security and a sense of belonging to children. During dinner conversations take the lead and help our children cultivate empathy for their classmates, even with those with whom they might disagree. Foster activities that make our children feel lovable, capable, responsible and worthwhile. Let them know that the world is a manageable place with millions of caring people inhabiting it. Let them know that everyone has the right to feel safe, valued and respected.”

As your school social workers, we have already been involved in helping children and families navigate these past weeks. We are available for any student and for any family moving forward. If you have a concern for yourself or your child(ren), please do not hesitate to contact us.

RAISING GRATEFUL CHILDREN

By Migdalia Rosario

Are you raising “grateful children”? The best compliment I ever received was from a waiter who was taking my son’s order. My son started by saying “may I please have chicken fingers and french fries?” (always the same order regardless of the restaurant) and ended the order by saying “thank you very much.” The waiter turned to me and said, “your son has really good manners.”

I realized that all those years of reinforcing with my children that when you receive something, you must be appreciative and respond in kind by saying “please” and “thank you” had paid off.

According to Dr. Froh, Associate Professor at Hofstra, in order to foster a “culture of appreciation” in our homes we need to recognize three things:

- ◆ Intent
- ◆ Cost
- ◆ Benefit

Raising grateful children means helping them understand to identify the intent; that someone put you first, the cost; what was given up for you and the benefit; what you get out of it.

It is equally important to model grateful behavior; we can’t ask our children to be grateful if we are not. Talk about the best parts of your day and encourage your children to do the same.

During this holiday season and all year long, you can encourage your children to do something for someone else. Make giving (food, clothing, toys, books) a habit.

“Gratitude is not only the greatest of virtues, but the parent of all the others.” Winston Churchill

Book Recommendations

Making Grateful Kids - by J. Froh and G. Bono

Raising Grateful Kids in an Entitled World - by K. Welch

For Teens:

Gratitude Journals - a variety of journals can be found on [Amazon.com](https://www.amazon.com) or at your favorite book store.

For Children:

The Other Side: Children’s Picture Book on Being Grateful - by A. M. Marcus

