

### Counselor's Corner

Parenting can be relentless. Non-stop. Exhausting. Sometimes you may wonder if anything you are doing matters. Children often don't look like their habits are ever going to improve. The changes can be so small that you may feel you will never witness the progress you want. You may have to back away from the picture you see to get a broader view. You might need to look at the forest and not the trees.

Just like your pediatrician tells you to relax when your 3 or 4 year old is not yet potty trained, you may need to remind yourself that "this too shall pass." Do you know many 15 year old who aren't potty trained? Right.

Being a parent and being relaxed sometimes seems like 2 things that can't live together. Relaxing doesn't mean stop trying. It means keep trying, keep shaping, keep molding and then let your work evolve. You are the yeast in this loaf of bread. Keep the conditions right and let that bread rise!

Remember, If you don't make sure that YOU are getting a break now and then some things can begin to fall apart. Nurturing yourself trickles down to the little ones.

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The Teaching Never Stops