

COUNSELING CONNECTION



December 2022 Newsletter



HOLIDAYS AROUND THE WORLD

One of the most beautiful and illustrative ways to learn about another culture is through their celebrations and rituals. Because of the numerous holidays celebrated through the fall and winter months, it is an ideal time to discuss how people celebrate around the world – both the uniqueness of traditions and also the many commonalities.

Christmas

Cultural or Religious Origin: Christianity and Secular

Purpose: To celebrate the birth of Jesus Christ, believed by Christians to be the son of God. For the non-religious, the purpose is to give gifts, receive gifts from Santa Claus and celebrate with loved ones.

Symbols/Practices: Santa Claus who was originally named after St. Nicolas, a bishop in Turkey, who was a giver of gifts to children. The evergreen tree was originally a German tradition. The star is the guiding light that led to the animal manger where the baby was born.

Traditions: Presents are delivered in secret by Santa Claus on Christmas Eve while families are sleeping. Families and friends exchange gifts.

Hanukkah

Cultural or Religious Origin: Judaism

Purpose: To celebrate a miracle that one day's worth of oil lasted for eight days in the temple.

Symbols/Practices: For eight days, Jews light a special candleholder called a menorah.

Traditions: On Hanukkah, many Jews also eat special potato pancakes called latkes, sing songs, and spin a top called a dreidel to win chocolate coins, nuts or raisins. Families also give one gift each of the eight days.

La Posada

Cultural or Religious Origins: Mexico and parts of Central America, Christian

Purpose: Reenacts the journey Joseph and Mary took to find shelter to give birth to their son, Jesus. It is a festival of acceptance asking, "Who will receive the child?"

Symbols/Practices: Candle light, song, prayer, actors dressing as Mary and Joseph

Traditions: People celebrate through song and prayer doing musical re-enactments of the journey. In Mexico and many parts of Central America, people celebrate La Posada in church during the nine days before Christmas. It is a reenactment of the journey Joseph and Mary took to find shelter before the birth of their child, Jesus.

For more information visit:

<https://confidentparentsconfidentkids.org/2020/12/01/learning-about-the-beloved-holidays-around-the-world/>

10 Simple Strategies to Improve Children's Behavior Today (Home/School)

1. Verbally acknowledge children's efforts.
2. Use positive body language to show approval for positive behavior.
3. Use humor with your child/student.
4. Show your child/student that you are happy to see them.
5. Remind your child/student to be proud of themselves.
6. Take an interest in your child's/student's interests.
7. Acknowledge your child/student(s) feelings with [empathy](#).
8. Be open-minded when talking and listening to your child.
9. Be a role model for positive choices.
10. Follow through on your promises and rules (barring unforeseen consequences) and stay away from empty threats.

Parents and teachers often wonder how to discipline a child with behavior problems. Some children truly have challenging behaviors regardless of what strategies we try. However, many children benefit when the adults in their lives make changes in the way they react, respond, or interact with them.

For full article and information visit:

<https://educationandbehavior.com/how-to-discipline-a-child-with-behavior-problems/>