How to Help Kids with Effective Counseling by Harry Yadav

Article published on January 25th 2012 | Education

One day a mother duck and her ducklings were on their way to the lake. All the ducklings were very happy because that day their mother was going to teach them new things about the life. They followed their mother quack-quacking along the way. They were very near to the lake when the mother duck saw a fox at a distance. She was frightened and shouted, â€œChildren! Hurry to the lake. Thereâ€™s a foxâ€•. Following their motherâ€™s suggesting, all the ducklings hurried towards the lake. T all her young sprouts, the mother duck played a trick. She began to walk back and forth dragging one wing on the ground.

The fox noticed the mother duck and thought that she was hurt and the fox could easily catch her. When the fox started chasing her, the mother duck ran, leading the fox away from the lake. She saw her ducklings had reached the lake and so she stopped and took a deep breath. The fox thought that the mother was tired and thus he came closer; but the mother duck quickly spread her wings and rose up in the air. She landed in the middle of the lake and her ducklings swam to her. The disheartened fox return back empty handed because the mother duck protected her ducklings from the danger.We adults are the protectors of our young generation.

The parents, grandparents and teachers work as a shield for the children. Apart from physical protection, we always want to offer our child every particular thing that will contribute towards their proper mental and emotional development. Sometime we can find our child facing some internal difficulty. In such cases, counseling becomes most important. Some people may not realize, but dealing with an adult and with a kid is completely different from each other. While we deal with a child, we should always remember that they are not young adults. There are many things that give rise to mental stress among kids. Thus different approaches should be applied while counseling with them. Some of the ways are briefly discussed below:-

1. While starting the counseling with a child, we should first understand the childâ€™s vantage point. Try to let the child involved in the conversion. You can ask the child questions related to the problem that the child is facing and also can seek for their ways of tackling the situation. Asking questions in quasi-third person takes some of the emotion that a child may be feeling out of the immediate situation.

2. Though role playing is quite an old technique, it is still as effective and revealing as it was earlier. In role playing, kids love to play the role of their favorite character. So always let them choose their role; whether they want to play the role of mom, dad or any other person. This game also acts as an way through which kids can vent out their inner feelings.

3. Art therapy can be an incredibly effective form of counseling with children. Although it's helpful, you don't have to be a certified art therapist to use art therapy in counseling. Most children are partial to drawing or art and it can be a nice distraction in a situation where they aren't comfortable verbally communicating how they feel.

Though here we discussed about only three counseling techniques, but there are other multiple ways through which parents, teachers and adults can help the kids to enjoy a prosperous life.

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Article Keywords:
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