



# Doss Counseling

# August 2025

## Consent Needed (New)

Don't forget to complete the counseling consent form for each of your children to allow Mrs. Wilkinson and Mrs. Perez to support your student, if needed. If you have questions or need clarification, please reach out!

Mental Health Services Consent Form:  
[English](#)

Mental Health Services Consent Form:  
[Spanish](#)

## Restraint Collapse

Children often hold it together at school but release big emotions at home- a normal response called restraint collapse. Knowing this can help parents meet those moments with understanding instead of frustration.

## It Takes Time

The new school year brings many changes- new teachers, classmates, and, for our youngest Owls, even a whole new school. It's normal for children to feel excitement, worry, or sadness as they adjust, and these feelings don't necessarily mean something is wrong.

As a parent, it can be hard to see your child struggle, but you don't need all the answers. Listening, showing understanding, and validating their feelings goes a long way. With your support and a little time, most children soon feel comfortable and confident at school.

## Amazon Wishlists

[Mrs. Wilkinson \(PK-2nd\)](#)

[Mrs. Perez \(3rd-5th\)](#)

## Tips for Supporting Your Child:

- Give your child a little downtime before homework or activities.
- Offer connection with a snack, hug, or short conversation.
- Acknowledge their feelings—it's normal to be tired or frustrated.
- Keep expectations gentle; they may need extra patience after a long day.