

Heatly Newsletter

Need More Information?

Contact our office if you are having trouble talking to your child about dating or if you suspect a dangerous relationship. We have many resources to help you and child have an open and effective relationship!



He loves me...

As Valentine's Day approaches, we see our students pairing off as "crushes" develop. These "crushes" can happen with students as young as third grade. Of course, the course of the "relationship" in third grade is much different from that of a high school student. How should parents approach dating or "crushes", especially as they form so early in age? According to the About.com parenting page, you should begin talking to your child as early as possible about your expectations and general guidelines for dating. You may need to alter your conversations to make them age appropriate, but give your child a general idea of how you think dating should be approached. Always ask if they have questions and do your best not to jump to conclusions or avoid a subject because you are uncomfortable. Your child will sense your

feelings and may feel that certain topics cannot be addressed with you, for fear that you would be upset with them. Don't assume that one conversation about dating will cover everything either. Speak to your child often and ask about dating in their class. Pre-teens and teenagers are more likely to talk about the dating practices of their peers than about their own dating life. That conversation may be the perfect transition into a discussion of their interest in dating.

"Crushes", as mentioned earlier, can form as early as third grade. Usually, a crush is based on the other student's personality, rather than as a love interest. You may hear your child say that he/she is "going out" with another student. These "relationships" are usually short winded and occur on an in-school basis.



For young students it is not so much a relationship than it is a matching of names together. Although the seriousness of the relationship is not comparable to a high school relationship, feelings can still be hurt, especially if someone does not want to "go out" with your child for various reasons. Teasing could ensue, making the child feel bad about the situation. Try not to shrug off your child's feelings, no matter how young they are. Recognize and discuss the situation with your child. It may be helpful to talk to your child about how you might feel in such a situation, as they are sometimes unable to process their emotions on their own. For more advice on teen dating, please see: http://parentingteens.about.com/od/teendating/Teen_Dating_Dating_Tips_for_Teens_and_Parents.htm

He loves me not...

Contact Our Office!

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Teens often form "crushes" or date other people often. When the relationship is over, you teen may be angry or upset with the other person. Although you should give your child time to grieve the relationship, provide open communication to help your child cope

with the breakup. Here are more tips on how to help:
~ Try not to minimize your child's feelings
~ Realize and respect that it will take awhile to get over the relationship
~ Encourage your child to still take part in activities with friends, even if they

are sad.
~ Discuss with your teen the negative aspects of the relationship, so they are able to learn what they ultimately want in a partner.
For more information, please see: http://www.momlogic.com/resources/teen_dating.php