

If you have any feedback, or any topics you'd like to learn more about in this newsletter, please reach out via email.

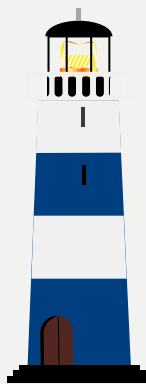
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**Here are a few articles and videos you might find helpful this month:**

Be a lighthouse parent

This article highlights some key points from Dr. Ken Ginsburg's recent book about how parents can stay actively and positively involved in their teens' lives.



On a similar topic, this brief book excerpt explores how parents can become "consultants" in order to raise resilient, self-reliant, and secure kids in an age of anxiety.

If you didn't attend the Power Hour with Scott Fitch about social media, check out the recording of it [here](#). He talked about his presentation to all PCSD middle school students last month and offered some great tips for parents.

If you'd like to learn more about how you as parents can support your kids' healthy technology use, here are a few ideas from Common Sense Media (read the full article [here](#)):

1. Set device-free times and zones
2. Establish screen-time goals for yourself
3. Keep distractions to a minimum
4. Watch and play movies, shows, and games together



I am running a variety of counseling groups at both Barker and Calkins. Recent groups have focused on self-esteem, anxiety and stress, and social skills. Groups are a great way for students to connect with each other around mental health topics, normalize experiences, and learn healthy coping strategies. They occur during the school day on a rotating schedule so as to not disrupt one class.

If you think your child would benefit from a group counseling experience, please reach out!