AMCMS

COUNSELING CONNECTION

FEBRUARY

Social Connections

Parenting is hard, y'all! For the next few Counseling Connection newsletters, we are focusing on ways to help strengthen family relationships. Each Counseling Connection will focus on one of the five protective factors from the Strengthening Families Protective Factor Framework.

1. **Parental Resilience - JAN**
2. **Social Connections**
3. **Knowledge of Parenting & Child Development**
4. **Social & Emotional Competence of Children**
5. **Concrete Support in Times of Need**

Social Connections + Screen Times

Screens *can* be useful when it comes to creating and keeping social connections. However, it is important to remember that screen time can also negatively impact social connections within your inner circle. Setting screen time boundaries can be helpful when fostering healthy social connections. Try these tips to create an environment where social connections can thrive:

1. put your phone away when you are having a conversation
2. watch educational and entertainment programs with your teen and discuss together
3. participate in activities that do not include screens

The idea of Social Connections is defined as the ability and opportunity to develop positive relationships that lessen stress and isolation and help to build a supportive network.

The saying, "it takes a village" sums up this concept. Who do you reach out to when you need help, advice, or just a place to vent? Building connections in our community with your neighbors, friends, family, other parents, parishioners, etc. helps to strengthen family relationships by providing a space to feel connected and supported. Try to nurture this network by meeting your neighbors, participating in library or community activities, and getting to know your teenagers' friends' parents.

Resources:

https://www.dfps.texas.gov/Prevention_and_Early_Intervention/Grantees/social_media_toolkits/strengthening_families.asp

https://getparentingtips.com/tweens-and-teens/

https://www.getparentingtips.com/pdf/parenting-resources/Strong-Communities-English.pdf

Contact Us:

(979) 764-5575

Alex Cockrell
acockrell@csisd.org

Jessica Wilkerson
jwilkerson@csisd.org