

Counselor Corner

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Quote of the Week

"He who sows courtesy
reaps friendship, and he
who plants kindness gathers
love."

- St. Basil

Parenting Tip

Allowances can be a great way to teach children about money.

Avoid connecting allowance to chores. The amount depends on your budget & what you expect children to do with the money. Let your children learn from their mistakes in spending their money. Show empathy and avoid rescuing.

Taken from The Positive Discipline books by Jane Nelsen

Kindness Rocks!!

What a wonderful Random Acts of Kindness week. Thank you to all for focusing even harder on our kind acts. A special thank you to our PTO for bringing Mr. Peace to St. Louis.

HIGHLIGHTS



Technology tip: Please consider checking out the smartsocial.com website for tips and trends in technology and social media. A parent summit is starting soon and will provide lots of information and support for all of us as we try to navigate the "muddy" waters of technology use with our children. There are lots of free resources and videos so if you're looking for a particular topic like "Is it too late to impose guidelines on my child?", you can click here: <https://smartsocial.com/social-media-guidelines/>

If you'd like to learn more about tiktok and its impact on your child, you can click here: <https://smartsocial.com/negative-impact-tiktok/>

App Tip: If you haven't heard of the *calm* app, I highly recommend it. There's a lot of material including music and sleep stories that are free, and of course, you can pay for even more content. There's a new feature of 5 sessions with Lebron James which we've been using with some of the middle school students where he talks about managing his emotions, his inner prep, and the power of sleep.

Podcast Pick

This week I'd like to recommend a podcast I haven't listened to yet, but I plan to. It's called *Calm Parenting Podcast* featuring Kirk Martin. We've had Kirk come speak at St. Louis in years past and he used to live in Northern VA.