

# 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](https://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 it's 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.