

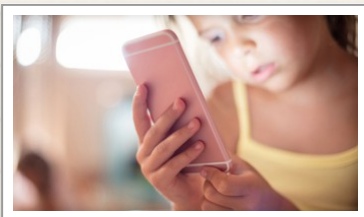
Making An IMPACT

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Helping Others

You can give your child a sense of purpose by having them help others. They could make cards for health-care workers or organize a drive with friends. Another idea could be to set up a neighborhood Google Doc to coordinate the exchange of items people need. Neighbors could consult the document and sign up to leave toilet paper, soap, sugar, flour, and other scarce products at each other's front door.



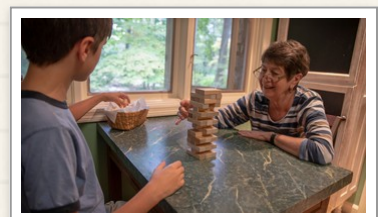
How To Be Careful Online

Although parental controls and supervision are important, it's also important to go over "real life" safety rules that apply online. For instance, they shouldn't talk to strangers or go places that you haven't approved. When they want to visit new websites, they need to let you know so you can make sure it's appropriate. Keep in mind that sites with user comments or chat features usually aren't a good choice because they allow strangers to post or talk to them.

Finally, just like in real life, they should tell you right away if a stranger tries to contact them or if they see something confusing or upsetting!

Increase Attention Span

Suggest that your child do activities that require concentration. For example, putting together a jigsaw puzzle or building a house of cards.





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