

From the Desk of the School Social Worker...

Reconnecting with your Children

Sometimes parenthood can feel very stressful or overwhelming. During these times, it may help to “reconnect” with your children, which can be beneficial in changing your perspective about child-rearing. Here are some tips to assist:

- Spend quality time with your children doing some sort of interactive activity or just have conversation with them
- Ponder your children’s positive attributes and tell them what those attributes are and how proud you are to be their parent
- Look at your child when they are not looking at you, such as when they are watching television or sleeping, and let your heart feel the love and care you have for them

School Social Work Week

March 2-9

School Social Workers play a vital role in the academic and personal development and success of children. They are professionally trained in social work and counseling, bring unique skills, knowledge and perspective to the school setting and serve as a vital link between the school, home, and community. School Social Workers believe that all children and youth can learn with the proper support and have the inalienable right to an education that meets their needs. Please contact your School Social Worker if they may be of assistance to your family.