

Resources from Counselor/Parent Coffee Hour Summer Series

First Coffee:

- **Goal of this first session:** Supporting parent and student self-care (support group and tools) -
- **Article:** [No, How are You, Really?](#) (9 minute article); **(30 minutes for the group)**

Second Coffee:

- **Goal of this second session (AC):** Continuing to supporting parent and student self-care (support group and tools)
 - Focus on screen time and activity based on feedback from parents
 - Disclaimer: we have no magic wand to make you children do more activities, reading, less screen time but we do have different parenting strategies to help (behavior plan...earn something); incentivizing
 - All screens not created equal (passive/interactive and socializing)
 - Contracts (iRules: What Every Tech Healthy Family Needs to Know about Selfies, Sexting, Gaming and Growing Up)
- **Articles Overview:** Screen Time in the Age of Coronavirus
 - <https://www.common sense media.org/blog/screen-time-in-the-age-of-the-coronavirus> (doing things together parents and their children)
 - 5 Signs of Screen Overload:
 - <https://www.common sense media.org/blog/5-signs-of-screen-overload-and-how-to-handle-them>
- **Transitioning away from screens (25 minutes): (CK can transition)**
 - Creative ways to getting children moving, reading, creating, (typing plan)?
 - [Virtual ASA's:](#)
 - GYFT:
https://docs.google.com/document/d/1VjsE_7RqSmcPtqczLvMqPeCKbelFBhlo9Du-1LrC_q8/edit?usp=sharing