



# Guidance Newsletter

Bailey Middle School

May 2019

## Making the Most of Your Summer!

### YOUR CHILD AND YOU

#### Fill your summer with special time for the family

Doing activities with your child can strengthen your bond, but you may need to make a special effort during the middle school years when children naturally pull away from parents. Here are some ideas:

- **Start a tradition** that your child might enjoy, such as making banana splits on Sunday nights. Use this time to ask your child questions and listen without expressing any judgements.
- **Explore a new place** with your child, such as a park or town.
- **Learn a new skill with your child**, such as photography or playing tennis. Make sure its something they're interested in.
- **Ask your child** to help you make a memory book about family experiences. Include pictures, stories and mementos.
- **Invite a friend** of your child's to join a family event.
- **Give your child** a new role at family functions – one he or she likes, such as "official photographer".
- **Listen to your child's music** with them. Talk about the songs you like best. Which are your child's favorites?
- **Have your child teach you something.** Thank them and show that you value their knowledge.

### SUMMER CAMPS

Being bored and alone makes risky behavior tempting. This summer, make sure your child is always supervised and fairly busy. Summer camps, family vacations, and club activities are all great ideas. Many places offer financial help.

- <https://www.austinchronicle.com/events/summer-camps/>
- Local high schools offer camps for incoming 9<sup>th</sup> graders
- Most sports teams offer summer camps
- Find out what your child is interested in learning and search online for summer camps near you.

### LIMIT MEDIA & ENCOURAGE READING

Research shows that kids who watch less TV are better readers. This could be extended to social media and video game use as well. Limiting TV/media leads to higher reading scores because TV/media:

- Takes away** from reading time.
- Requires little thinking**, so kids become more passive and less motivated to read.
- Has a fast pace** that over time hurts ability to concentrate.

*To limit TV/media's harmful effects:*

- Limit viewing.** Consider 1-2 hours per day or less.
- Monitor shows, apps, and social media** for both safety reasons and to help your child pick the best programs.
- Promote reading.** Keep interesting reading materials handy and take trips to your local library weekly.
- Help expand knowledge** by reading books with your child on topics they are interested in.

**Be Aware!** Of media's connections with bullying, mental health concerns, and child predators.

<https://www.psychologytoday.com/us/blog/artificial-maturity/201803/parent-s-guide-social-media-use-kids>

<https://www.psychologytoday.com/us/blog/passive-aggressive-diaries/201204/what-parents-can-do-about-cyberbullying>

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