

MON COUNTY SCHOOLS OUTREACH NEWS



"Parenting is not a passive sport. They (children) see every single thing we do and say, and don't do and don't say."

- Jesse Weinberger

The Boogeyman Exists and He's in Your Back Pocket



DAILY CHECK-IN



Take a moment and reflect each day:

- What was the highlight of our family's time together today?
- What was something interesting my child said?
- What was a challenge and how did we handle it?

Ask open-ended questions:

- What was something that made you laugh or upset?
- Tell me about recess and/or lunch.
- How did you feel with your peers?

Connection!

Consider debriefing with no agenda (chores, dinner, errands) in between each big transition of the day to allow for reconnection and communication. This isn't always possible, but even when heading to activities/sports, making meals, bedtime/waking up, active listening and connecting is crucial! It sets the tone for a supportive and loving home environment.

SCREEN TIME

- **Be aware.**
 - Preview content
 - Set parental controls
 - Talk to your children about what they are watching and/or looking at online.
- **Encourage Digital Literacy.**
 - Talk to your children about the accuracy of the content they are viewing. Encourage critical thinking about what is real and what is fake.
- **Be an Example.**
 - Set an example with your own screen time and social media habits.
- **Set Limits.**
 - Communicate when, where, and how long your child can view screen material.
 - Examples:
 - No screens during meal time
 - No screens in bedrooms
 - Limit screen time to 1-2hrs/day

PHONE AND INTERNET FINANCIAL SUPPORT:



The Federal Lifeline program provides financial support toward phone and internet if an individual qualifies. Check to see if you qualify: [Lifelinesupport.org](https://www.lifelinesupport.org)

The ACP is a U.S. Government Program that helps many low-income families with internet and phone. Check to see if you qualify: [Affordableconnectivity.gov](https://www.affordableconnectivity.gov)



UTILITY ASSISTANCE/LIEAP



• LIEAP Assistance will be announced in the next couple of months!

- Need assistance with heat? Contact WVDHHR: (304-285-3175) to see if you are eligible.
- The window for applications begin and end **quickly (1-2 weeks)!**



OUTREACH FACILITATORS

