

COUNSELOR CORNER

Linden Elementary School



Setting Up a Healthy Media Relationship With Your Child

Though we have seen this upward trend over the last several years, media and technology have become significantly more prominent in children's lives since the onset of the COVID-19 pandemic. Whether your child is using a cell phone, tablet, or laptop, having clear expectations and open conversations will help your child to build a healthy relationship with media and technology.

Here are some suggestions to try at home:

1. Ask your child questions to learn more about their relationship with technology.
2. Take a moment to notice what your relationship with technology is like.
3. Remember young children don't see the big picture like adults do.
4. Make time for connection and set a schedule based on your child's rhythm.
5. Join your child when they're engaging with technology.
6. Notice what language you're using when it comes to technology.
7. Teach and empower your child to take ownership of their technology.

To continue reading the full article [CLICK HERE.](#)

<https://www.pbs.org/parents/thrive/setting-up-a-healthy-media-relationship-with-your-child>

Parent Resources

Media Guidelines for Kids of All Ages

This helpful online resource offers parents and caregivers clear guidelines on technology usage for children. This resource provides age specific tips to help parents and caregivers navigate this overwhelming topic. [Click here to access the guidelines.](#)

Learn How to Shine Online

The Smart Social website provides various resources to help parents and caregivers keep students safe on social media. The website is easy to use and provides a specific "Parents" resource tab. [Click here to browse these online resources.](#)

Responsible Decision-Making

This PBS Learning Media video helps parents and caregivers teach children to make responsible decisions. This video is applicable to many situations, but can be especially helpful in supporting children as they spend more and more time on devices. [Click here to watch the video on decision making.](#)



Social and Emotional Learning

Children's Books About Technology and Digital Citizenship

Unplugged

By: Steve Antony

When Charlie McButton Lost Power

By: Suzanne Collins

Once Upon a Time... Online: Happily Ever After Is

Only a Click Away!

By: David Bedford

Troll Stinks

By: Jeanne Willis

#Goldilocks: A Hashtag Cautionary Tale (Online Safety Picture Books)

By: Jeanne Willis

Sparks Newsletter

Below is a Sparks newsletter article we sent out almost two years ago. The topic is still very relevant. Please take the time to watch with your children for some interesting and needed discussion.

In today's world we are all trying to know what is best for our children but it is difficult to see what lies ahead for them. The Sparks video below gives some economic insight into the past, present and future. Please share your reactions to this video with you children for their own understanding of future possibilities.

Success in the New Economy

<https://www.youtube.com/watch?v=zs6nQpVI164>



For questions or concerns about career path explorations, please contact Ginny Barrett at vbarrett@cbsd.org.