

Straight from the Source

In this interactive series, we will highlight information, resources and opportunities within the Rock Ridge community

THIS WEEK'S SPOTLIGHT: **Family Support**

DID YOU KNOW? Regular dinner time with family has been associated with lower rates of substance use and depression.

WHAT YOU NEED TO KNOW:

High school can be a wonderful and challenging time for students and their families. References are often made to the “angst” of teenage years and the attitude and behavior changes that can accompany this period of growth. Family support is critical as young people begin to develop a sense of themselves as individuals and learn to make healthy decisions with increasing autonomy. While your child may spend more time with friends and devoted to their extracurricular activities, family support is the backdrop with which they approach these things. Parents play a vital role modeling healthy behaviors, providing encouragement and constructive feedback and processing challenges.



WHAT YOU CAN DO:

1. Plan one-on-one time with your child to discuss their week and the week ahead
2. Encourage your child to brainstorm solutions and self-advocate
3. Respect your child's right to their own thoughts/feelings as well as their right to try and fail before succeeding

WEEKLY WELLNESS TIP:

Schedule a fun parent-child outing to set the stage for future one-on-ones and discuss the year ahead.

QUESTIONS OR FEEDBACK FOR OUR UNIFIED MENTAL HEALTH TEAM?

Let us know by emailing the Student Assistance Specialist, Fiona Brown, at Fiona.brown@lcps.org