



WEYMOUTH Public Schools

Strong Schools  Strong Community



QUINCY FAMILY RESOURCE CENTER

provides community-based, multi-cultural programs, support groups, early childhood services, information, referral resources, and education for families with children ages 0-18. See below for some of the current programs or visit <https://quincfamilyrc.org> for more information and a calendar events.

GRANDPARENTS RAISING GRANDCHILDREN

Come and meet other grandparents who are raising their grandchildren at this support group. Meets on Mondays 6-7:30pm. Childcare and food provided. Please contact Ann for more information at 617-481-7227 ext. 141 or amacdonald@baystatecs.org.

RAISING AN LGBTQ TEEN

First Monday of every month a guest speaker will discuss LGBTQ issues and information on raising an LGBTQ teen. Childcare and dinner is provided. For more information or to RSVP, contact Candice at 617-481-7227 ext. 193 or ckunigenas@baystatecs.org

SOBER MOMMIES

Fridays from 10-11am. Support group for mothers in recovery; provides a space to talk about balancing recovery and motherhood with those who understand. Contact Julie Maida at julie@sobermommies.com

FAMILY RESOURCE NEWSLETTER

Winter, 2019

WHAT IS ANXIETY

Anxiety is a common emotion that everyone experiences at one time or another. In many ways, anxiety can be helpful as it protects us from potential dangers within our environment. It is important to teach children about these dangers and how to be aware of their surroundings. However, anxiety can become a problem when it interferes with an individual's participation in daily activities, such as attending school, sleeping, or spending time with friends.

HOW TO HELP CHILDREN WITH ANXIETY:

1. Remind your child that they are safe and adults are there to help them if they need it.
2. Validate your child's feelings while emphasizing their ability to cope through situations perceived as stressful.
3. Praise younger children for being brave as they participate in feared activities. For example, say, "I know you were scared but I am so proud of how brave you were going to school!"
4. Be aware of your own reactions. Children learn how to respond to situations by watching the adults in their life. If your child sees you afraid of a bug or dog, they will think it is something they should be scared of too.
5. We want to protect children from difficult feelings. Allowing your child to stay home from school may seem like it will help your child feel better. However, by doing so, children learn to avoid stressors instead of learning the skills needed to cope. Learning to cope is an important part of childhood and adolescence. Talk to the counselor at your child's school, who can help you and your child develop a plan for working through these challenges and/or stressors.



RETHINK THE DRINKS

is a campaign by the Substance Abuse Prevention Collaborative (SAPC) to educate our community on the legal and health impact of underage drinking. Visit www.rethinkthedrinks.com for more information.

The brain isn't fully developed until we reach our mid-20s, particularly in terms of executive functions, which are responsible for decision-making, impulse control, memory and learning. SAPC notes that "Research demonstrates that alcohol use before the brain is fully developed increases one's risk of developing addiction later in life. In fact, research shows that kids who begin drinking before age 15 have a 40% chance of developing alcohol dependence, while those who wait until age 21 to begin drinking have only a 7% chance of becoming alcohol dependent".

You can help your teen make responsible decisions by talking to your child about alcohol early and often. Dinner time and driving in the car are perfect times to talk. It's also important to know your facts, listen and avoid criticism. Help your child deal with difficult situations, by discussing or even role-playing ways to avoid peer pressure.