

Dear Parents and Guardians,

I am thinking of you going into the holidays. Being a parent myself, I love the time I get with your children at school, and then being able to hear stories and imagine what my own are doing at theirs. One of the special things during the holidays is all of the family time that many get, and/or phone calls, cards and connections. I hope you are all being truly blessed during this time.

As a school counselor I have in years past given some resources for parents during the holidays. This is a time that can be filled with a lot of stress mixed in with the joy, and if you are going through any life changes (or have in the past), such as divorce, illness, or death; the holidays can bring up many emotions that we don't typically allow ourselves to acknowledge in the same way.

The following are some great websites/articles about stress during the holidays, as well as some info for parents regarding parenting resources during the down time ☺

(insert websites)

<https://www.common sense media.org> : A great resource to check parent ratings on movies and appropriate age to view them.

<http://www.apa.org/helpcenter/parents-holiday.aspx>

<http://www.aahealth.org/programs/behav-hlth/adolescent/child-holiday-stress>

<http://redtri.com/events/portland/>

Please also remember that if your family is in financial hardship, or worried about the holiday in this way, I have community resources that can help make it easier on families. Contact I have with families is confidential, and will stay between us.

My email is [bornes@ctk.pvt.k12.or.us](mailto:bornes@ctk.pvt.k12.or.us) and my phone is 971.235.5722.

I genuinely love every day with your children and hope to be a support in any way I can to them and you!

Happy Holidays!

Selena Borne