



e-Tips for Families

Connecting with Other Families

Raising children is often stressful and isolating. Knowing that you can vent and share your feelings with other parents who are facing the same issues can be very comforting and affirming. On the first day of school, think about networking with other parents.

A few tips for success:

1. Reach out via phone, email, or social media.
2. Exchange tips for keeping kids focused and engaged.
3. Organize a virtual activity or study group, which has the added bonus of providing social interaction for your child.

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