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SUPPORT Report

VIRTUAL

Out of Care / Kinship Care Provider Drop in

Wednesday July 15
8:00-9:00 PM (PST)
&
Tuesday Aug 4
10:00 - 11:00 AM (PST)

Zoom ID: 858 3771 6954

CHILDREN AND SCREENS: BODY IMAGE AND MEDIA USE: A GUIDE FOR PARENTS

Body image concerns are common among today's youth with some research suggesting that up to 90% of young people report at least some dissatisfaction with their physical appearance.

While social media use is not a sole causal factor in negative youth body image, research indicates it can play an important role in amplifying idealized body types and encouraging negative self-comparison. How does media use affect youth body image – and how can parents and caregivers support the development of healthy body image to counteract the effects of social media?

Sections include:

- **FAQ - How Does Digital Media Affect Youth Body Image?**
- **Tips for Parents to Support Positive Body Image in Youth**

SOCIAL THINKING

SOCIAL LEARNING DOESN'T TAKE A SUMMER BREAK: RESOURCES TO SUPPORT GROWTH ALL SEASON LONG

"Summer brings sunshine, popsicles, and the relief of time off. But for many students and their parents, it can also bring a whole new set of challenges. Changes in routines, more unstructured time, travel, or just the emotional shift from "school mode" to "summer mode" can leave kids feeling off-balance.

The good news? Summer is a fantastic time to build social and self-awareness skills in a low-pressure environment. We've got great resources to guide you!

Start with **Be a Social Detective… on Vacation!**, which turns trips and new environments into fun opportunities to spot social clues and hidden rules. If boredom hits, **Summer Boredom: A Path to Awareness, Curiosity & Action** helps kids turn "I'm bored" into meaningful self-reflection.

Unstructured time can challenge executive functioning, so check out **Executive Function Tips for Summer Break** for ideas on how to stay organized and flexible. Traveling? **Travel Tips to Support Social Communication** has easy strategies to reduce stress and boost connection along the way.

Summer is also a great time for deeper self-awareness. **Teaching Students About Their Learning Strengths and Challenges** encourages kids to see their brains as unique and capable. **The Social Observation Strategy: Doors** offers a simple tool to build curiosity about the world around them and help them figure out the situation. And **Wrapping up the School Year with Social Thinking** reminds us all that social learning is a journey—not a destination.

With these resources, and a little intention, even the summer months can help kids build self-awareness, social observation, and executive function skills."

Browse All Articles

UNDERSTOOD
5 TIPS TO HELP TEENS AND YOUNG ADULTS MANAGE MONEY"

"Teens and young adults need to learn how to manage money, especially as they start getting jobs and being more independent. But certain learning differences like and can make it harder to understand and work with money, make budgets, and monitor spending. Here are five strategies that can make managing money easier.

1.Create a system.
Developing a system can help people keep track of weekly spending.
2.Use a calculator to figure out costs and tips.
Don't be embarrassed to pull out a calculator during money transactions. Doing mental math is hard for some teens and young adults who learn and think differently.
3.Use envelopes.
Figure out the next month's expenses and fill different envelopes with cash for each one. Identify which envelopes must have money in them
4.Try apps.
There are also apps that can help teens and young adults budget and keep track of spending and savings.
5.Set a goal.
Pick a special purchase and figure out how much money to set aside each month to pay for it."

For more information click HERE

TERRY SMALLS: THE BRAIN GUY
BRAIN BULLETIN #109 - SIX SUMMER FOODS THAT ACTUALLY MAKE OUR BRAINS BETTER

"I love summer. One of the great benefits of summer is all the in-season fresh fruits and vegetables that are available. The health benefits for body and brain are endless. But, which "summer foods" are the best for brain health? It turns out that there are six that can help us power through the day, and keep our brains sharp and healthy for life.

Here are 6 "**super summer brain foods**" :

1. **Lemons** - This is probably the most versatile summery food.Lemons add potassium to our systems which improves mood, and helps us think clearly.
2. **Watermelon** - It's hard to imagine anything better on a hot summer day than a fresh, juicy, cold piece of watermelon! Watermelon is a virtual warehouse of benefits for the brain. This mouth-watering treat is full of antioxidants and vitamins.
3. **Peaches** - A great, healthy brain snack! Low in calories, and high in fiber, antioxidants, and folate. Peaches have a proven effect on the central cholinergic system, and they improve brain function tremendously.
4. **Blueberries** - What would summer be without blueberries, a.k.a. "brain berries". Blueberries are one of the healthiest foods we can choose from. They are low in sugar and calories, and high in vitamins C and K.
5. **Kale** - Kale is a brain superstar, and one of my favourites. It's loaded with antioxidants, vitamins A, C, E, and selenium,
6. **Tomatoes** - Our brains loves tomatoes. Low in fat and calories, and high in fiber. Tomatoes are a terrific snack choice. Tomatoes contain lycopene which keeps our cognitive health high. And they improve skin, bone, and eye health!"

Connect with us... SUPPORT TO FAMILY CARE NETWORK PROGRAM

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