



THE FAMILY RESOURCE CENTER

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The FRC Team

Family Resource Center Team



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FREE WEBINARS

Participate LIVE or watch later,
on our YouTube Channel

 **Family Resource Center**
April 2024 Webinars  Register Online

10-11:30 A.M.

5 APR **Apego: Creando una relación con mi hijo donde se sienta seguro y protegido. (presentado en español)**
El propósito de estos seminarios de web es apoyar y empoderar a los padres a establecer relaciones saludables y seguras con sus hijos (*apego) respondiendo de manera positiva y efectiva a las necesidades de sus hijos.

10 - 11:30 A.M.

12 APR **Supporting the Learning and Recreational Needs of 2e Learners During the Summer**
Learn about how summer can be a time for twice exceptional students to encourage the love of learning, develop talent, socialize, and reflection. Find out about inclusive summer camps that serve students of all abilities.

10 - 11:30 A.M.

16 APR **Mathspace* Mastery: Elevate Independent Learning and SOL Prep**
Join us to see how Mathspace fosters independent learning at every grade level!! This informative session will highlight how your student can use Mathspace to independently tackle math challenges, aligned with their grade-level course.

7-8 P.M.

16 APR **Meet the Author Series: Gifted and Distractable**
Does your child exhibit giftedness and behavioral issues like meltdowns, power struggles, and difficulty relating to their peers? Are they out-of-the-box thinkers requiring different teaching and learning methods?

10 - 11:30 A.M.

19 APR **Proactive Strategies for Effective Communication for Secondary Families**
We will equip you with strategies for navigating the teen years. Uncover the secrets to fostering open communication, building trust, and transforming challenges into opportunities for growth.

10 - 11:30 A.M.

30 APR **Counseling Services in Virginia: How to Get the Help You Desire**
Join a private practice therapist and FCPS's Senior Substance Abuse Prevention Specialist to help attendees understand how to locate and become involved with mental health and substance abuse treatment services in VA.



- Parenting
- Special Education
- Meet the Author
- Academics
- Mental Health
- Alcohol & Drugs

Library-Open All Summer

- **Call or email to order or renew**
- **We can Pony to your school**
- **Keep for 3 weeks**
- **Adult & children's materials**



Confidential Consultations

- Specially trained staff with extensive knowledge and experience of students with learning and special education needs.
- Our expertise continues in the areas of mental health and parenting as well.
- Consultations are free, private, and confidential.



Digital Resources

Summer Activities

padlet.com/FCPSFamilyResourceCenter/summer-activities-q4cnfua1164fws9w

FCPS Bookmarks FRC Family Resource Ce... Professional Devel... 2023-2024 Family R... Family Liaison Forum Procedural Support... FCPS Policies Contact Us | Fairfax... Handy Phone Num... Family Engagement... Schools by Region 2... All Bookmarks

Padlet

Family Resource Center Team + 1 • 1mo

Summer Activities

Activity suggestions to keep your family safe and engaged this summer from the FCPS Family Resource Center. We are not responsible for content on links outside of FCPS.edu. scroll right and down to view all the info.

- Independent Play**
 - How to make slime
 - YouTube
 - Summer Make and Take: How to Make Slime
 - Ingredients: baking soda, contact lens solution, school glue, food coloring
 - 30 Day Lego Challenge
 - 30 Days of LEGO Play
 - PDF
 - LEGO30daysofplay
 - Create something new each day.
- Summer Screentime**
 - Start Your Summer Screen-Time Rules Now!
 - commonsensemedia.org
 - Screen-time Rules for Kids on Summer Break
 - thepragmaticparent.com
 - Digital Citizenship Resources
 - padlet.com
- Teens**
 - Summer Learning: Online Campus Grades 7-12
 - fcps.edu
 - Summer Learning: Online Campus | Fairfax County Public Schools
 - https://www.fcps.edu/academics/summer-learning/online-programs?utm_content=&utm_medium=email&utm_name=&utm_source=qovdell&utm_term=
 - Teens
 - padlet.com
- Water Play**
 - Pool Noodle Water Pouring
 - raisingdragons.com
 - Pool Noodle Pour Station * ages 2+ * Raising Dragons
 - Make potions!
 - Using small, interesting containers and spoons, mix baking soda and vinegar a little at a time. Keep a towel close by for easy clean-up. Let kids experiment with proportions, swirling, stirring, adding water, pouring between containers, etc. Doing it on the floor or kitchen table has the added benefit of gently cleaning
- Calendar Suggestions**
 - Get-A-Life wall
 - Brainstorm any and all activities that might be fun or valuable. Put them on a wall when it's accomplished, put the card in an envelope. Every once in a while review the finished cards. It feels good to have accomplished so much!
- Family-Time Activities**
 - Room Refresh
 - Move the furniture around, change the pictures on the wall, move decorative items from one room to another.
 - Free, Fun, and Creative:
 - decorate using a kitchen bowl to hold things in the bedroom or living room.
 - move a bathroom rug into the bedroom or kitchen.
 - Use a shower curtain for a picnic blanket, table cloth, or bed spread.
 - Use a fitted sheet to cover a chair. Drape a blanket over a couch.
 - stack boxes and cover with a sheet or table cloth to make a side table
 - Want to hide things? Move a couch or dresser away from the wall far enough to fit a box or a few bags.
- Little Adv**
 - Learn to Ge kids - easy to get outsi geography
 - rei.com
 - Play BINGO Neighborh
 - drive.google.co
 - Neighborhood S
 - Make an ad your home
 - padlet.com

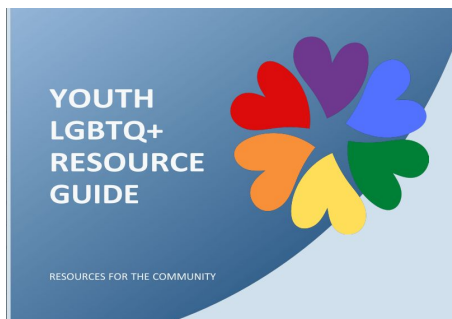
Summer Guides

[Summer Survival Guide](#)

[Summer camps Guide](#)

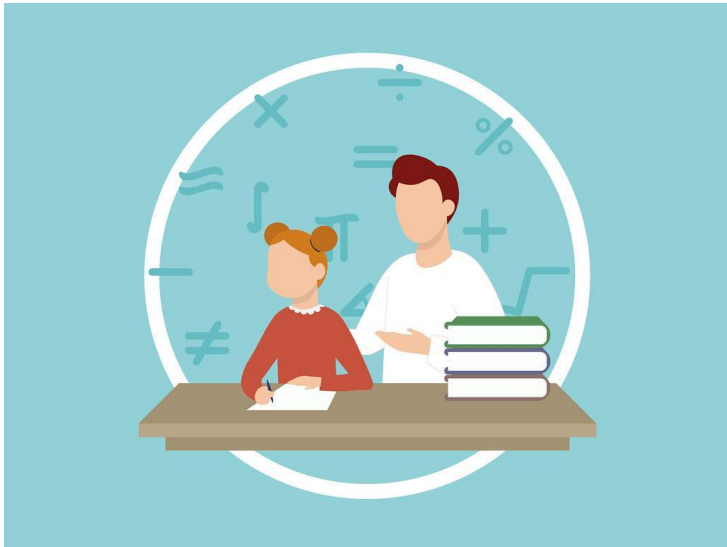
[Summer activities](#)

Resource Guides for Families

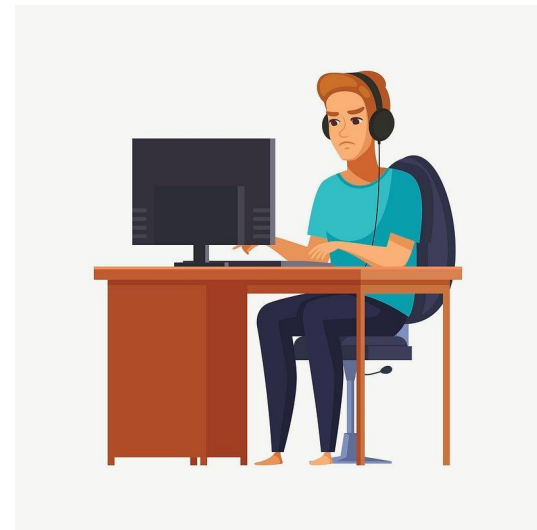


Tutoring Options

FCPS Tutor List



Tutor.com



Resources for Back to School

FRC Pack with books and digital resources already bundled.



PRC Packs: Parent Series

Back to School: Elementary Edition

Materials in this Pack

- Books

For the Elementary Schooler

- [Pete the Cat, Rocking in My School Shoes](#) by Eric Litwin
- [Making Friends is An Art!](#) by Julia Cook
- [I Can Do Hard Things: Mindful Affirmations for Kids](#) by Gabi Garcia

For Adults:

- [The Learning Habit: A Groundbreaking Approach to Homework and Parenting That Helps Our Children Succeed in School and Life](#) by Stephanie Donaldson-Pressman, Rebecca Jackson, and Robert Pressman
- [Stress Free Kids: A Parent's Guide to Helping Build Self-Esteem, Manage Stress, and Reduce Anxiety in Children](#) by Lori Lite

- YouTube Video:

- Setting the Stage for School Success: <https://youtu.be/rsytAUWhwz4>
Strategies to prepare your family for the first weeks of school including:
 - Setting routines
 - Organizing spaces and managing time
 - Preparing for homework
 - Understanding the role of electronics



Resources to Dive Deeper

- Library Materials:

- eBook: [How to Talk So Kids Will Listen & Listen So Kids Will Talk](#) by Adele Faber
- [The Art of Screen Time: How Your Family Can Balance Digital Media and Real Life](#) by Anya Kamenetz

For Elementary Schoolers:

- [Bubble Gum Brain: Ready, Get Mindset—Grow!](#) by Julia Cook

- Digital Resource Collection:

- [Back to School Resources padlet](#)
- [Resources for Elementary School padlet](#)

Contact us at frc@fcps.edu or [703-204-3941](tel:703-204-3941) for other related resources, webinars, and book recommendations.

Contact Us

Email us: FRC@FCPS.edu

Call us: 703-204-3941

Website: <https://www.fcps.edu/frc>



https://twitter.com/frc_fcps



<https://www.facebook.com/fcpsfrc/>



<https://www.youtube.com/c/FCPSParentResourceCenter>