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WHOLE SCHOOL. WHOLE COMMUNITY. WHOLE CHILD. NEWSLETTER

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#8

FAMILY FUN TIME

Between school, social media, extracurricular activities, and time with friends, family fun time can often take a backseat in teenager's lives. August is Family Fun Month, offering a perfect opportunity to slow down and assess how much quality time you and your family are spending together. Despite it seeming like just another item to fit into an already packed schedule, studies have shown that the positive impact of this time on families makes it worth the effort.

According to the American Journal of Pediatrics, family fun time strengthens emotional bonds and resilience, enabling teenagers to recover from difficult situations faster than their peers who feel unheard or unsupported by their families. Feeling a sense of belonging is an important protective factor against mental health challenges such as anxiety and depression for teenagers.

Family fun time can also be used as a way for teenagers to develop important skills in a fun and collaborative manner. Setting challenges such as cooking meals together or learning how to sew can be exciting ways for youth to gain valuable life skills while also building confidence and strengthening family bonds.



Additionally, this time can be an amazing opportunity for everyone to get active together! Whether it's nightly walks, playing catch, or going on weekly hikes, engaging in physical activity as a family unit can be a fantastic way to accomplish two things at once. In the month of August dedicate a few hours a week to family fun time to connect while also improving mental and physical health. Check out [this list](#) for more ideas on family fun time activities.



AUGUST IS CHILDRENS EYE HEALTH & SAFETY MONTH



August is Children’s Eye Health and Safety month. This observance emphasizes the importance of protecting eye health from a young age to ensure lifelong visual health. It’s encouraged for children to get yearly eye exams to detect issues early, such as farsightedness, or astigmatism, which can have impacts on learning and development if left untreated. Schedule an eye exam for you and your child now and enjoy a clear, vibrant view of the world! You can find out more on how to be proactive about your child’s eye health [here](#).



The Center for Prevention and Counseling will be holding its annual Recovery Walk on Saturday, August 3rd, at Franklin Firemen’s Pavilion in Franklin, NJ. There will be music, snacks, activities for kids, and all kinds of family fun. Proceeds from registration will go to substance use prevention. Learn more and register at recoverywalk.org.



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FOR PREVENTION & COUNSELING

NJHealth
New Jersey Department of Health
Family Health Services

COMMENTS & QUESTIONS: EMAIL TAMARA@CENTERFORPREVENTION.ORG