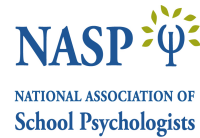


FROM YOUR SCHOOL PSYCHOLOGIST

Helpful Online Resources A Handout for Parents*



Helping Children Thrive • In School • At Home • In Life

Part of my job as a school psychologist is to help parents track down information on various topics affecting their children. I tell parents to view all online sources with caution and stick to sites with the gov, edu, or org domains rather than .com sites. Here are some of the websites that I recommend frequently:

www.nasponline.org

This website of the National Association of School Psychologists provides families with resources on topics affecting children and teenagers ranging from helping your child deal with bullying or the death of a peer or loved one to helping them complete their homework.

www.readingrockets.org

I love Reading Rockets! There are articles about appropriate developmental milestones in preschoolers, interviews with popular children's authors, tips for reading enrichment, and information about what you should do if you feel your child is struggling to learn how to read. There is also a sister site, Adlit.org that focuses on adolescent readers.

www.pacer.org

PACER is funded by the U.S. Department of Education's Office of Special Education Programs to provide training and information for parents of students with special needs from ADHD to visual impairments. This website includes tips and training videos for parents, information about special education in general, and links to a wide variety of national associations where parents can find additional resources specific to their area of need.

www.stopbullying.gov

This government website is managed by the Department of Health & Human Services. The parent page (under What You Can Do) includes statistics on bullying, information on who is at risk for being bullied and bullying others, information on cyberbullying, and tips for talking to your child about bullying. Information about each state's anti-bullying laws and guidelines for parents to follow up with their child's school is also provided.

www.youngwomenshealth.org

Children's Hospital, Boston sponsors this website that contains everything from nutrition and fitness, sexuality, and emotional health. There is even a section where teens can submit their embarrassing questions.