

Message from America !!!

Very recently we received an e-mail from Jennifer McGregor in the United States of America who had been visiting our web site. She suggested that we should include the following references for our readers. This is so singular that we decided to include her list here. Granted, there are bound to be some Americanisms and a few elements not best suited to readers in the U.K. but it seemed best to include her contribution in its entirety. For those who do not want to key in the web site addresses this is also going onto our own web site at www.dagb.org.uk

Hi,

A few weeks ago, I got to spend some time with my mom & dad. We were chatting about what an impact the internet has made in helping parents make the best choices for their kids, but my mom raised an important point: "Sure, parents have the internet, but do they have the time?"

What an aha moment!

I couldn't get that idea out of my head. I decided to put together some helpful parenting resources covering some of the major issues today's youth are facing, and hoped you might help me distribute them. I think they could really benefit your audience!

10 Things Parents Need to Know to Help a Struggling Reader

http://dyslexia.yale.edu/PAR_10thingstohelpchild.html

The Parent's Guide to Opioid Education and Abuse Prevention

<http://drug-and-alcohol-treatment.net/parents-guide-opioid-education-abuse-prevention/>

10 Ways to Encourage Smart Snacking

<https://childdevelopmentinfo.com/development/10-ways-to-encourage-smart-snacking/>

Signs Your Child is Being Bullied

<http://www.stompoutbullying.org/index.php/information-and-resources/parents-page/tip-sheet-signs-your-child-being-bullied/>

Creating the Optimal Living Environment for a Child with ADHD

<http://www.homeadvisor.com/r/creating-the-optimal-living-environment-for-a-child-with-adhd/>

How to Help Your Technology-Addicted Teen Break Free

<https://www.washingtonpost.com/news/parenting/wp/2016/05/03/teens-say-theyre-addicted->

[to-technology-heres-how-parents-can-help/](#)

Helping Teens Build a Healthy Body Image

<http://www.cnn.com/2014/01/09/living/parents-teens-healthy-living-body-image/>

12 Ways to Help a Teen Handle the Emotional Challenges of Moving

<https://www.redfin.com/blog/2016/09/12-ways-to-help-a-teen-handle-the-emotional-challenges-of-moving.html>

7 Things to Do Before Your Kid Goes to College

<http://time.com/2855449/parents-kids-college-tips/>

I hope I can help parents take a load off their plates...and their minds!