

PARENT

NEWSLETTER

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MISTAKES YOU MAY BE
MAKING AS A PARENT**

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you're certainly not alone.*

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CREAM CONE
KEYCHAINS**

*The cutest little desserts
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AS YOU RAISE
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*Managing technology with
good old-fashioned parenting*

**8 HELPFUL HINTS
AS YOU RAISE**

CONNECTED KIDS

**STRONGER
TOGETHER**

*TMI is a model solution
partnering police, school,
health, and education to
prevent substance use.*

OUR PARTNERS



THE 5 BIGGEST

SOCIAL MEDIA MISTAKES

(YOU ARE MAKING AS A PARENT)

BY LAUREN BROWN WEST-ROSENTHAL

If you're guilty of 'sharenting' you're certainly not alone. While you may love posting every photo of your child, it could also threaten their safety.

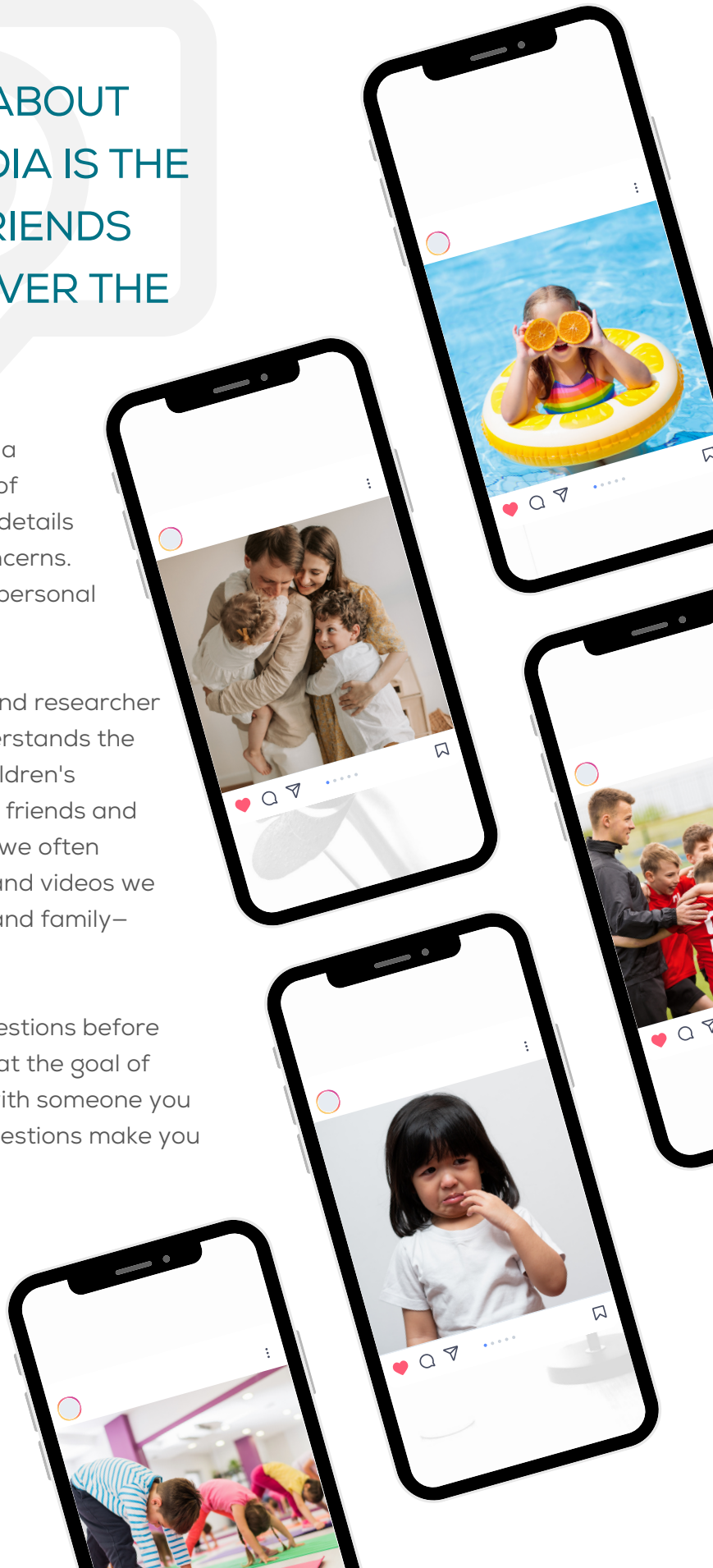
THE HUMBLE BRAGGING ABOUT OUR KIDS ON SOCIAL MEDIA IS THE EASIEST WAY TO KEEP FRIENDS AND FAMILY FROM ALL OVER THE GLOBE CONNECTED.

But with safety concerns growing, data from a Norton poll shows that nearly 4 in 5 parents of minors (79%) say they have stopped sharing details about their child online because of safety concerns. With that said, 62% do not want their child's personal information or pictures of their kids online.

Kevin Roundy, the senior technical director, and researcher for Norton, a cyber safety brand of Gen understands the urge. "My wife and I get excited about our children's milestones and are eager to share them with friends and family through social media," he says. "What we often overlook is that the status updates, images, and videos we put out there, even if only meant for friends and family—have a permanent digital presence."

Roundy suggests parents ask themselves questions before they post. "...who will see what you share, what the goal of posting is, and whether you're comfortable with someone you don't know seeing the post. If any of these questions make you feel uneasy, it's best not to share."

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1

YOU'RE NOT DISCUSSING SOCIAL MEDIA SAFETY IN YOUR HOME

Growing up in the digital age, our kids are more connected than ever. I can't tell you the number of times that my daughter has wowed my parents with a texting hack or iPad setting they didn't know existed.

Kim Allman, the head of corporate responsibility for Gen, understands that even though this generation of kids probably knows their way around a tablet and understands the ins and outs of an iPhone better than we do, it's easy to forget that they still have a lot to learn when identifying the risks of social media. Don't mistake their savviness for the ability to make good decisions online.



2

YOU'RE POSTING PHOTOS THAT REVEAL PERSONAL INFORMATION

By posting photos of your children online, you could unknowingly reveal a treasure trove of personal information, such as birthdates and locations, that online predators can use maliciously. A photo from the first or last day of school seems innocent enough—but if your child is in a uniform or holding a sign, it could give away the school they attend. Oversharing personal information online makes families vulnerable to a variety of harms.

Jill Murphy, the editor-in-chief of [Common Sense Media](#), explains that online predators can gather information about a child, monitor the families' activities, and potentially use the images in ways they were not intended to.

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3

YOU'RE POSTING PHOTOS OF OTHER KIDS WITHOUT PERMISSION

It's incredibly important to be mindful of showing other kids in your posts from school events, sports, or family reunions. Murphy says parents should always ask permission before posting another child on their social media accounts. If you're unsure in any way—better be safe than sorry and don't post or crop the other child out of the photo.



4

YOU'RE NOT ADJUSTING PRIVACY SETTINGS

We've already established that exposing a child's personal information could pose significant risks to their safety and well-being. That's why it's of the utmost importance for parents to adjust the privacy settings of their social media platforms. Access should be limited to trusted individuals.

Make sure to take the time to look into the privacy features of the platform you want to share content on, as there are always new features being rolled out. "On Instagram, for example, not only can you make your profile private, but also you can select which followers can see or comment on your story and posts," says Roundy.

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5

YOU'RE POSTING EMBARRASSING CONTENT

Yes, that video of your child melting down in Target or that photo of them naked and reading a book on the potty can seem too good not to post at the moment. But think about how your young kids might feel when they find it online ten years from now.

Roundy suggests making it common practice that all the content you share about your life—especially posts involving your kids— is positive. "Stay clear of negative posts—whether it be something your child might find embarrassing, or information or aspects of their life that would be deemed private," Roundy says. "Posting embarrassing or overly private aspects of your child's life on social media can negatively impact your relationship with them at home, potentially compromising their current or future trust in you as a parent. It can also put them in harm's way by opening the door to bullying from peers that see the content."

THE BOTTOM LINE

The bottom line—think before you post. There's nothing wrong with sharing your child's milestones with family and friends online, but make sure you are considering all of these factors first. Consider your child's safety, their digital footprint, and the wishes of other parents before posting.

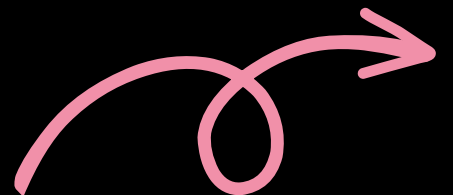
[READ FULL ARTICLE HERE](#)



FELT BALL ICE CREAM CONE KEYCHAINS



- 2 cm felt balls
- Tan felt sheet
- Other colors of felt sheets for the sprinkles (optional)
- Brown marker
- Hot glue
- Keychain parts
- Pliers
- Eye pin



BEGIN HERE.

You can begin by cutting an unrolled cone shape out of your felt. It is essentially a quarter circle. You may need to play around with paper first to get the right-sized template to fit the 2cm felt balls. Once you have your template, cut out all the cones from the tan felt.

NEXT...

Next hot glue the edges together to form your felt cones, then hot glue the felt balls into the cone and onto each other to create a multi scoop cone.

THEN...

You can leave them like this or use a marker to draw on crosshatching lines to create the waffle cone look. You can also cut small pieces of colored felt to glue onto the felt balls as sprinkles.



FINISH IT OFF

If keychains aren't your thing, you could glue a magnet on the back to turn them into decorative magnets or glue them on a skewer to use as cupcake decorations for a party. So many uses for these cute DIY Felt Ball Ice Cream Cones!

[READ FULL ARTICLE HERE](#)



Families Strong Support Group

New Group

**Thursdays Time: TBD
June 8th- August 3rd
2023**

- Snacks and beverages each week
- \$25 E-Gift card for participants

DO YOU HAVE A FAMILY MEMBER OR CLOSE FRIEND STRUGGLING WITH SUBSTANCE USE? IF, YES THEN YOU QUALIFY FOR THIS **FREE**, 8-WEEK SUPPORT GROUP.

REACH OUT AND RECEIVE SUPPORT! WE'D LOVE TO HAVE YOU!



THE
MARTINSBURG
INITIATIVE

A Police/School/Community Partnership
Preventing Substance Use/Overdose, Building Strong
Families, and Empowering Communities



Families Strong WV

A PROGRAM OF THE MOSAIC GROUP

**Contact the group leader,
Rebekah Zimmerman, to get
more details and to sign-up for
the next group!**

**Call or text: 304-582-5641
rebekah.zimmerman@k12.wv.us**



"ONCE THERE WAS A TREE...AND SHE LOVED A LITTLE BOY."

So begins Shel Silverstein's beloved story about a tree that gives her entire self to the person she loves. Silverstein's story, with its simple and beautiful illustrations, has been a gift to generations of readers.



The Giving Tree

by
Shel
Silverstein

[LISTEN ALONG HERE](#)

BY SCHOLASTIC PARENTS STAFF

8 HELPFUL HINTS AS YOU RAISE

CONNECTED KIDS

Managing the new wave of technology in your child's life relies on good old-fashioned parenting.

This whirling, swirling wonderland of information and entertainment offers families amazing ways to connect, learn, and grow. But as parents, we know a blizzard of challenges has come with this trend. Technology has saddled us with a new realm of responsibility for guiding and protecting our kids that we did not have to consider until recently.

We struggle to find a balance when it comes to limiting screen time, are confused by the "net lingo" kids use, and are scared by news reports of sexual predators online. Concerns over virus protection, obesity associated with a sedentary lifestyle, privacy theft, and pornography leave many of us reluctant to embrace the new digital universe fully.

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PING! HERE'S THE GOOD NEWS:

You don't have to be a gadget guru or computer nerd to join in and manage your family's tech habits.

To teach safety and to benefit from technology's wealth of resources, you can use the same parenting skills that work in other areas of life – trusting your intuition, seeking out reliable support, and setting behavioral expectations. These are the main components of raising kids in the technological age. Whether you've just mastered the art of text messaging or have yet to allow your kids to surf online, you can get plugged in.

OLD-SCHOOL PARENTING

All chewing gum, plastic swords, cell phones, and portable game devices are deposited in the kitchen before we sit down at the dinner table.

The video game console is put away during summer, and the bikes and bathing suits are pulled out of storage to ensure the kids spend more time outdoors. Our family computer sits in a main, high-traffic area of our home, just like our television, so I can keep tabs on what's onscreen.

PARENTING NOW

However, new tools for helping you raise and guide your children in a digital world are emerging as the world changes.

Rating systems and Web sites offer up-to-date strategies for and insights into managing the unique nuances of technology that children are exposed to at every age.

TACKLE TECH TOGETHER

Like it or not, today's parents are pioneers, challenged with monitoring, managing, and guiding our children through the electronic forest.

While it can be tempting to avoid dealing with this reality before your children have scratched the tween years, in truth, holding out may cause you to miss a valuable opportunity to teach digital life skills at a crucial learning stage. Like teaching manners and respect to your child when he's little, laying a foundation in tech habits and safety is a lifetime lesson. Without it, your child may learn his values from his peers.

Approaching the use of technology with knowledge and practical management, as in many other areas of family life, lessens anxiety and offers big rewards. There's no way around technology's huge role in our children's lives, so when we embrace it without fear, we embrace the future.

[READ FULL ARTICLE HERE](#)



EVERY CHILD DESERVES A GOOD START

If you have an Infant or toddler at home and have concerns about their development with moving, talking, hearing, vision, playing, learning, or growing, we are here to help.

West Virginia's Infant and Toddler Early Intervention Program. Telehealth and In Person appointments are available at NO COST TO YOU.

(304) 267-3595 ext 132





A MODEL SOLUTION

TO A NATIONAL PROBLEM

Our mission is to prevent substance use disorders, build strong families, and empower the Martinsburg community through police, school, community, health, and education partnerships.

1

Increase awareness

of how to prevent substance use disorder through community empowerment.

2

Mitigate negative consequences

Resulting from substance misuse or trauma through community interventions, medication overdose.

3

Identify, risk stratify and offer appropriate interventions

for individuals experiencing risk factors of trauma or substance misuse.

4

Evaluate and report performance.



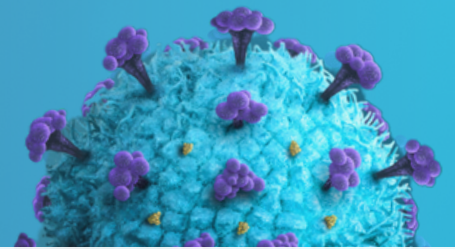
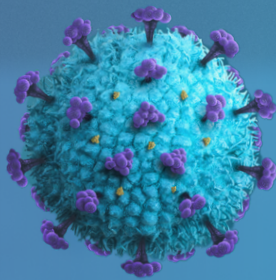
THE
MARTINSBURG
INITIATIVE

A POLICE, SCHOOL, COMMUNITY, HEALTH, EDUCATION PARTNERSHIP



COVID IS STILL ALIVE AND WELL.

Protect yourself and others.



GET YOUR
VACCINE



WEAR A
MASK



WASH YOUR
HANDS



West Virginia
Immunization Network

A PROGRAM OF The Center for Rural Health Development



THE MARTINSBURG INITIATIVE
A POLICE, SCHOOL, COMMUNITY PARTNERSHIP

FIND US HERE

- PIKESIDE LEARNING CENTER PRE-K
- BERKELEY HEIGHTS ELEMENTARY SCHOOL
- BUNKER HILL ELEMENTARY SCHOOL
- BURKE STREET ELEMENTARY SCHOOL
- OPEQUON ELEMENTARY SCHOOL
- ROSEMONT ELEMENTARY SCHOOL
- TUSCARORA ELEMENTARY SCHOOL
- WINCHESTER AVENUE ELEMENTARY
- EAGLE SCHOOL INTERMEDIATE
- MILL CREEK INTERMEDIATE SCHOOL
- ORCHARD VIEW INTERMEDIATE SCHOOL
- NORTH MIDDLE SCHOOL
- SOUTH MIDDLE SCHOOL
- SPRING MILLS MIDDLE SCHOOL
- MARTINSBURG HIGH SCHOOL
- MUSSELMAN HIGH SCHOOL

Contact info@themartinsburginitiative.com
to become a mentor.

OUR PARTNERS



*City of Martinsburg
Police Department*



Berkeley County Schools



Shepherd University



*Washington/
Baltimore High
Intensity Drug
Trafficking Area*



*Drug-Free Communities
Support Program
Funded by ONDCP*



CAMP SUNSHINE

GRADES K-3*

FREE!

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- ✓ CRAFTS
- ✓ FUN!

JULY 31 - AUGUST 3

9:00 AM - 12:00 PM

BURKE STREET ELEMENTARY

FOR MORE INFORMATION, EMAIL
INFO@THEMARTINSBURGINITIATIVE.COM



REGISTER HERE



STRONGER TOGETHER



themartinsburginitiative.com

515 W. Martin Street, Martinsburg,
WV 304-267-3510, x 13519

*grade completed by the child in the 2022-2023 school year