



## John Paul II Catholic School Counseling Resources

Does my child or teen need professional help? <https://info.kvc.org/quick-assessment>

Seeking outside counseling help:

[What are my child's options?](#)

[Area Catholic Counselors \(child, family, adult\)](#)

Depression/Anxiety

[8 ways your child's anxiety shows up as something else](#)

[Helping your child overcome a case of the blues](#)

[Anxiety and ADHD: Why they sometimes look the same, and how to tell the difference](#)

[Anxiety and Disruptive Behavior in Kids](#)

Social Media/Technology

[Parents Need-to-Know: Instagram](#)

[Parents Need-to-Know: Snapchat](#)

[When should I get my child a phone?](#)

[Why it is important to monitor my child's phone apps?](#)

[Effects of Screen Time on Kids](#)

[Middle Schoolers and Social Media](#)

## Family/Parenting

[Boundaries, Routines and Early Bedtimes: 13 Habits that Raise Well-adjusted Kids](#)

[When Discipline Doesn't Work](#)

[10 Tips to Help Your Child With Anger](#)

[After-school challenges](#)

[Not naughty--10 Ways your child appears to be acting out \(but isn't\)](#)

[Parenting Cautions](#)

[Great Parenting Advice!](#)

[13 Things I Wish I Knew When I Was 13](#)

[What to Say When Your Child Doesn't Want to go to School](#)

[10 Truths Middle Schoolers Should Know](#)

[7 Things Teens Need to Hear](#)

[Why are our children so bored at school, cannot wait, get easily frustrated and have no real friends?](#)

Social Skills

[Teaching Social Skills for Life](#)

[Play and Social Skills](#)

ADHD/Executive Functioning

[5 Unrealistic Expectations People Place on Kids with ADHD](#)

[What is Executive Functioning?](#)

[10 Ways to Improve Your Teen's Executive Skills](#)

## Relaxation Apps for Kids

[Smiling Mind](#)

[Sleep Meditations for Kids](#)

[Breathe2Relax](#)

[Relax Melodies Sleep Sounds](#)

## Vaping

[Teen Vaping: What You Need to Know](#)

[How to Talk to Your Kids About Vaping](#)

## Stress

[5 Ways to Help Your Kid Cope with Stress](#)

[7 Tips for Helping Your Child Manage Stress](#)

## Suicide Prevention

[Talking to Kids About Suicide--Age by Age](#)

[10 Things Parents Can Do To Prevent Suicide](#)

## Bullying

[Is Your Child Being Bullied? 9 Steps Parents Can Take](#)

[5 Do's and Don'ts to Help Kids Handle Bullying](#)