



A note from the counselling office:

Hello, my name is Kelly Schmaltz and I am the Family School Liaison Counsellor at both Calgary Christian School campuses. I hope that you are all looking forward to a great Christmas season.

My family is getting ready to travel to visit Grandparents, Aunties and Uncles, and Cousins and take a break from work and scheduled days.

During this time, it is easy for our kids to get lost on social media and sharing videos and pictures with friends. As a parent of two teenagers who have phones, I can sometimes worry about what they are seeing on social media and what I wish they had not seen online. I struggle with giving them complete independence vs. monitoring everything they do. I know that may seem like a black and white way of thinking but there has to be a perfect happy medium, right?

As Christmas approaches and many children are looking forward to getting a cell phone under the tree, I know that many parents are hesitant to trust what social media is advertising. I read an article that explains what apps are out there for monitoring your child's phone. I thought it would be useful to send out to our CCS families, as many of our children have cell phones and use them to stay connected to their friends and pop culture. The article is called "7 Best Parental Control and Monitoring Apps of 2023" and I have linked it [HERE for you to read](#).

As we read and see all the choices available, I want to remind you that I do not think that there is one right answer or one right app to choose, if choosing one at all. Every family has their own way of communicating and way of working as a team. Every person has their own struggles and social media does not have the same impact on every child. As a parent with two very different children, I understand that they both have very different needs. For me picking an app is about finding peace and what feels right for my kids and our family.

I hope that you have a blessed holiday spent with family and Friends.



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