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QUICK TIPS *for parents* of school-age kids

It is our goal, as your local Health Department to provide useful information to prevent, promote and protect you and your family's health and wellness.

Food Pantries

1

Is your family or someone you know struggling to afford food? Scan the QR code or visit feedmorewny.org to find a food pantry in your area.

Food pantry list



Parent Discussion Groups

2

Free parent discussion groups held weekly on Fridays in January from 10am-noon. Topics include dealing with disobedience, developing good bedtime routines, hassle-free shopping, and managing fighting and aggression. Classes are in person at the Mental Health Association in Jamestown or virtual by Zoom.

Scan code to learn more



Vaping Resources for Parents

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Studies have shown that the most influential person in a young person's life are their parents/guardians. For most young people nicotine is the first addictive substance that they are exposed to, and vaping is their #1 way of getting nicotine. Talking to young people about substances should not be one 60-minute conversation, but 60 one-minute conversations.

Tips on talking to your teen about vaping

