

DOSS COUNSELING



August 2026

RESTRAINT

Collapse

If your child is coming home exhausted, sensitive, or dysregulated right now, remember that home is their safe place to finally release all the focus and energy they held in all day. Give your family time to settle into a new routine, and check out [this article](#) for easy ways to ease the evening transition!

WHAT ARE YOU reading?

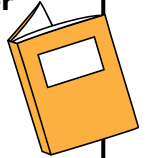
Because books bring people together! Here is a look at what's currently on our staff nightstands!



Nicole Matheny, Kindergarten Teacher

Kin by Tayari Jones and Theo of Golden by Allen Levi

"Theo of Golden was given to me by another Doss parent and it made for a great feel good read to start my summer break!"



LISTEN to this

Check out [this podcast episode](#) from Texas Special Education Educators about the importance of different types of play.



MRS. PEREZ PK & 3rd-5th

Natalie Perez is a licensed LPC and former AISD Counselor of the Year. She is a coach's wife and mom to two boys, one who is a Doss owl. She roots for Texas Tech! Click [here](#) for her wishlist.

MRS. WILKINSON K-2nd & Life Skills

Kara Wilkinson has been in education for over a decade. She has a son and daughter, both at Doss. She is married to a proud "Yankee" and is forced to root for all New England sports. Click [here](#) for her wishlist.



upcoming EVENTS

Fri 4 Sept: GT Information at Parent Principal Coffee. 8:00 am

Wed 23 Sept: [Parenting with the Brain in Mind Free Webinar.](#) 9:00 am

Thurs 24 Sept: [Crianza con el Cerebro en Mente Seminario Web Gratuito.](#) 9:00 am

