

# PARENTING IN A PANDEMIC

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- *STRONG Parenting*
- *Stress in the Body*

**Staying at home or working and managing full-time care is TOUGH.**

This is scary for ALL of us  
and

**WE WILL GET THROUGH THIS TOGETHER!**

*If you or your family need extra support right now, Lake Trail's counsellors are available to work with you.*

Please contact:

**Jessica Kerekes Rinn** ([Jessica.kerekesrinn@sd71.bc.ca](mailto:Jessica.kerekesrinn@sd71.bc.ca)) or  
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For more editions of Parenting in a pandemic visit:

<https://laketrail.comoxvalleyschools.ca/apps/pages/counselling>

## STRONG Parenting

Being adaptable has played a major role in all of our lives. Yet, we need to maintain balance - we cannot bend backwards for too long without getting serious back pain.



A STRONG model to parenting can help guide you when you:

Feel	Guilt	Have	A lack of knowledge
	Shame		Reduced motivation
	Depression		Difficulty expressing feelings
	Anxiety		

STRONG MODEL	CAREGIVER REQUIREMENTS	TIPS FOR THE KIDDOS
<b>S</b> leep	<ul style="list-style-type: none"> <li>• Sleep helps your <b>whole body</b> recharge</li> <li>• Create a regular sleep regime</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Limit technology</b> before bed.</li> <li>• Regular sleep <b>routines</b></li> </ul>
<b>T</b> ake care	<ul style="list-style-type: none"> <li>• Manage your abilities and limitations to <b>avoid burn out</b></li> <li>• <b>Connect</b> to supports and resources</li> </ul>	<ul style="list-style-type: none"> <li>• Help them <b>recognize when</b> self-care is needed</li> <li>• Direct them to <b>trusting supports</b></li> </ul>
<b>R</b> elationship	<ul style="list-style-type: none"> <li>• What is working well in your bond?</li> <li>• What can be improved?</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Help them</b> to talk about their feelings</li> <li>• Help them maintain <b>positive</b> and <b>supportive</b> relationships</li> </ul>
<b>O</b> wn it	<ul style="list-style-type: none"> <li>• Do one thing for your <b>OWN self-care everyday</b></li> </ul>	<ul style="list-style-type: none"> <li>• Encourage them to do something they <b>enjoy</b> and feel <b>confident</b> doing</li> </ul>
<b>N</b> utrition	<ul style="list-style-type: none"> <li>• Create a <b>healthy</b> meal plan- not too much not too little</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Nutrient rich</b> foods – don't run on empty</li> </ul>
<b>G</b> et moving	<ul style="list-style-type: none"> <li>• Help your mind process stress by <b>moving</b> it out of the body</li> </ul>	<ul style="list-style-type: none"> <li>• Make exercise a <b>family activity</b></li> </ul>

**Parents Please REACH OUT** to your trusting supports if you feel like it is too much. Here's a list available to help guide you [CLICK HERE](#).

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## Stress in the Body

For many of us, we have slipped into an odd daily routine and feel new aches and pains as a result. We might notice messages that our bodies are sharing with us.

It is really important to **practice self-compassion** and develop a **non-judgemental attitude** about our feelings and emotions. The key is to notice and listen.

In order to manage stress, our bodies go into defense and hold it in. To let our bodies release the tension, we need to move it.

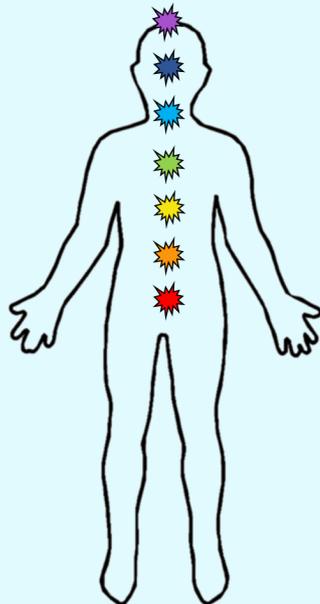
*It's kinda like a dog when it goes for a swim in cold water  
– the dog shakes off that shock!*

Our bodies tell us to deal with our stresses with aches and pains.

*“ATTENTION! Time to listen to your body!”*

The stress answering machine in our bodies could be saying:

**Numbness: Trauma**  
**Insomnia: Loss of self**  
**Headache: Loss of control**  
**Voice & Throat: Oppression**  
**Neck & Shoulders: Burdens and Responsibilities**  
**Breathing Difficulties: Anxiety**  
**Heart & Chest: Hurt**  
**Stomach & Intestines: Fear**  
**Lower Back: Anger**  
**Fatigue: Resentments**



### Healthy vs unhealthy stress management

- ✓ Talk to a counsellor, do yoga or meditation, or even try ecstatic dance.
- ✗ Try NOT to use caffeine, alcohol or drugs as ways to repress stress.

### Create your own Body map [CLICK HERE](#) for a Printable outline

<i>When can you listen?</i>	<b>Take the time!</b>
<i>Where you do feel stress or pain?</i>	<b>Map IT!</b>
<i>What does the pain look like?</i>	<b>Get Creative!</b>
<i>How can you move the stress points?</i>	<b>Wiggle IT!</b>
<i>Who can you talk to about it?</i>	<b>Get Support!</b>

If you or your family need extra support right now, Lake Trail's counsellors are available to work with you.

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## Stay Tuned Next Week:

“Resolving Conflicts with Kiddos” understanding ways to listen fully, speak effectively and maintain our relationships.