

PARENTING IN A PANDEMIC

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There are a lot of new pressures for parents and guardians at this time.

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 counselors are available to work with you.

Please contact:

Jessica Kerekes Rinn (Jessica.kerekesrinn@sd71.bc.ca) or
Jocelyn Schultz (Jocelyn.schultz@sd71.bc.ca).

Guidelines for Parenting

Parents and Guardians play a crucial role especially during COVID-19. We need to support our kids by shifting our own behaviors. Dr. Bruce Perry, a trauma psychologist, gives these

8 parenting suggestions:

1. **Structure your day:** create a routine of activities to focus your kids
2. **Have family meals:** stay connected at mealtime with emotional/behavioral conversations to help regulate your interactions
3. **Limit media:** too much media can prevent kids from maintaining healthy thoughts, behaviors, and reactions to stress
4. **Exercise:** moving the body help to release stress and anxiety; it also helps people sleep
5. **Reach out:** stay emotionally connected to friends and family
6. **Help others:** share strategies with others to help manage life's daily challenges
7. **Practice good sleep hygiene:** this can be helpful in managing stressful emotions
8. **Stay positive and future-focused:** MOST IMPORTANT to help keep your home calm and relieve your kids of some additional stress they may feel right now

For more information, please read the article:

<https://www.psychologytoday.com/us/blog/pulling-through/202004/the-pandemic-toolkit-parents-need>



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Structure is important!

Why structure?

As your family experiences the chaos and uncertainty presented by the current COVID-19 situation, structure becomes a **safety net** for those affected. As an example, many people find **great comfort** in making lists as it helps to direct them in their various tasks. Think of this daily structure as a task list for the day.

**Your kids are
looking up to you!**

Creating a structure in your own life is also important for your kids because you are **modeling positive behaviors**. Consistent rules of expected behaviors offer youth guidance on their conduct. When this is modeled by a caring adult, it reinforces HOW they can also behave appropriately.

Some tips to create rules within your home:

- 1. Use positive terms for expected behavior**
(DO's – avoid Do Not's)
ex: Clean room every morning; Empty dishwasher after lunch; Resolve argument after calming down with "I feel" statements
- 2. Make rules relevant for the age**
ex: consider the maturity and ability of your kids
- 3. Create rules with your kids**
ex: this promotes buy-in from the kids and gives them some power over what they are expected to do
- 4. Be clear and to the point with expectations**
ex: Make your bed right away
- 5. Make household rules for EVERYONE**
ex: Everyone in the house charges their phones in the kitchen to get a good night sleep
- 6. Discuss the impact of rule breaking to help maintain relationships and help them grow and learn rather than punish.**
ex: When the dishes are not completed after dinner, I start feeling stressed out looking at the mess. Having others help with clean-up helps me feel appreciated for making the meal. Do you think you could help me with the dishes?

FAMILY RULES
ALWAYS TELL THE TRUTH
WORK HARD
KEEP YOUR PROMISES
TRY NEW THINGS Don't Whine

Stay Tuned Next Week:

"Create a balanced schedule:" making a Daily Schedule is another way to create structure!