

PARENTING IN A PANDEMIC

In this issue:

- *Changing Times*
- *Transitioning Future*

If we could imagine positive changes in the world, what would it feel like?

These are changed times 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) or
Jocelyn Schultz (Jocelyn.schultz@sd71.bc.ca).

For more editions of Parenting in a Pandemic visit:

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

Changing times

Change is an external, outer world happening that marks the beginning or the end of something. Changes might affect our behaviors, actions, schedules, and so much more.

Cycle of change:

1. **Precontemplation:** self-analysis of risky behaviors
2. **Contemplation:** confirm ability to change and obstacles
3. **Preparation:** create plan and goals
4. **Action:** seek out supports and celebrate successes
5. **Maintenance/ Relapse:** develop long term strategies for success.

Change as a River

Change is a process you have to be willing to make, just like going for a paddle down river.

Do you have a willingness to undertake change?

Are there things you can do to prepare to be successful?



Paddle downstream – the river takes us for a ride

Paddle upstream – it takes much more effort because the river keeps pushing us back

When we only go with the flow – we are not in control of our path and destiny

Fork in the river – gives you a choice. We need to make sure we are on the right path – if we go in the wrong direction, we will be working towards the wrong goal

Rapids – Hard times to get through change

Careful not to let things fall out of the boat – We can lose friends, or supplies, if we lose focus on what's important

Capsizing our boat / tipping over – We need to reassess if we have the right supports and knowledge in place to help us get to our goal



“It’s only after you’ve stepped outside your comfort zone that you begin to change, grow, and transform.”

— Roy T. Bennett, Author

PARENTING IN A PANDEMIC

Issue #11

Page 2

Transitioning future

What impact do transitions have?

Unlike change, transitions happen internally; an inner world shift caused by a change event. Transitions are the changes that affect our identity.

Transitions are actually harder to make because they take more time and energy.

3 Stages of Transition:

1. **Intense Emotional Experience:** end / loss / letting go
2. **Neutral Zone:** low energy/ anxiety/ skepticism
3. **The New Beginning:** exciting newness, optimism, commitment

Transitioning to Healthy Local or Global Communities

When people are faced with abuse, addictions, systemic trauma and oppression, there is a need to rebuild their worldview and relationships to prevent the continued negative effects of an unhealthy system.

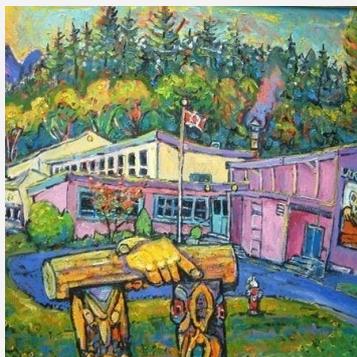
Creating a healthy, balanced future requires:

Reclamation Reconciliation Self-Determination

Transitioning with Age

Our kiddos are facing the end of a school year and, for some, it will mean a transitioning from Child to Teen or Teen to Adult.

Our Lake Trail Middle School has developed a video for incoming and current students to get familiar with the staff and school site for September 2020-2021. Check it out [HERE](#).



Our Grade 9 students can have a sneak peak of Georges P. Vanier High School [HERE](#) or register with their homeroom

Stay Tuned Next Week:

Summertime is coming - we will explore how celebrations can prepare us for the summer and coming fall back to school.