

# PARENTING IN A PANDEMIC

Issue #12

Page 1

## In this issue:

- Celebrate Ceremony
- Prepare for Summer

## Summertime. Let the living be easy!

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](mailto:Jessica.kerekesrinn@sd71.bc.ca)) or  
**Jocelyn Schultz** ([Jocelyn.schultz@sd71.bc.ca](mailto:Jocelyn.schultz@sd71.bc.ca)).

For more editions of *Parenting in a Pandemic* visit:

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

## **Celebrate Ceremony**

A full summer season is upon us and we are all coming out of hibernation to meet the longer days and warmer weather.

This school year is ending when it feels like students are just getting back to in-person classes. While many are still at home, administrators and teachers are creating ceremonies to help celebrate what we all accomplished.

### **Ceremonies can:**

- Mark a rite of passage
- Acknowledge a transition
- Help us heal
- Unite people
- Motivate us
- Make memories
- Stimulate emotions

A ceremony is a type of ritual that represents our essential moments in life. They reflect our unique cultures, beliefs, hopes, traditions, and spirituality. When we come together in ceremony, it gives us all a sense of belonging and unity.

## **Summer Solstice Celebrations**

This is a special celebration as it marks the longest day of the year! Our days will now get shorter and shorter until December. It might be an interesting time to create a unique ceremony as a family.

### **Some things you can include in your own celebration or ceremony:**

- **Themes** (*nature, light, warmth, joy*)
- **Poetry** (*create a summer intention in style*)
- **Music** (*play a great album*)
- **Procession** (*activities that will be a part of your day*)



## **Solstice Quote:**

**“This is the solstice, the still point of the sun, its cusp and midnight, the year's threshold and unlocking, where the past lets go of and becomes the future; the place of caught breath...”**

**-Margaret Atwood (excerpt)**

# PARENTING IN A PANDEMIC

Issue #12

Page 2

## Prepare for Summer

1. **Make a Regular Schedule**
2. **Set up Rules** - *Safety*
3. **Limit Screen Time** - *Allowable hours*
4. **Create a Chore List** - *Break it down for who is responsible for each room*
5. **Draw from the “I’m BORED Jar”** (*click link*)
6. **Create Learning or Nature Activities**
7. **Find Support and Help** (*click link*)

## Disappointment:

*Sadness    Managing expectations*

It can be a hard time for all members of a family to manage the disappointment of changed plans this summer.

### **Focus on:**

*What you can control      What is positive in our life  
How to re-evaluate our views, behaviors, and expectations*

## Summer Blues

Seasonal Affective Disorder (SAD) is often referred to in the Winter, but increased sunlight can have similar effects for some kiddos during the summer months.

You might see the following:

1. **Having trouble sleeping** - *Create a “lights out” routine for bed*
2. **Anxious** - *Plan out your day with low-key activities*
3. **Loss of appetite** - *Stick to a regular set time to have meals*
4. **Feeling drained in the sun** - *Wear sunglasses and a hat*
5. **Cranky** - *Hang out in comfortable, cool places*

## COVID-19 concerns:

As COVID-19 restrictions ease, we need to remember that we have to stay safe until we can find a cure.

### **Don’t let COVID-19 Apathy set in!**

- Stay 2m away from people
- Limit how long you’re exposed to others
- Wear a mask when in close proximity

## Summer vacation plans:

Summer vacation does not need to take place in an exotic location to be fun - it can happen in your backyard!

**Check out these ways that you can have a vacation experience without leaving your home:**

**Create scrapbooks of previous vacations** — what were ways that you created lasting memories?

**Plan a new “Future” destination vacation.** Where would you stay, tourist attractions, and budget?

**Find mindful LOCAL Options** — practice photography, enjoying a new outdoor activity, or visit your favorite park.

**Try a virtual tour** - Many of museum and galleries have online tours to see the exhibits

## **Stay Tuned Next Week:**

**Prepping for this Fall** - we will explore how to prepare your family to begin the school year in September.