

PARENTING IN A PANDEMIC

In this issue:

- *CONFLICTS at home*
- *Bonding Relationships*

Sometime the ones we love most drive us nuts. That's totally understandable.

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) or
Jocelyn Schultz (Jocelyn.schultz@sd71.bc.ca).

For more editions of Parenting in a pandemic visit:

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

Conflicts at Home

**We're Arguing
MORE!**

Getting cooped up together for an unknown amount of time is tough!

We see reactions or triggers when we are placed in situations that are out of our control. It is a natural response to stay safe.

Like a window, people can tolerate different amounts of stressors before they get triggered.



Some have really WIDE windows that allow stress to pass – They can manage difficult times easier.



Others have very small windows that cannot release – They tend to be explosive, break down, or run away.

Our windows can change shape depending on how we learn to manage stress and arguments throughout our lives.

Healthy Arguments happen in stages:

- 1. Triggered reaction:** When we reach our stressor limit. (Lose it)
- 2. Cooling down:** It is important to call a timeout for ourselves.
- 3. RESOLVE the conflict:**

R	E	S	O	L	V	E
Reach out	Engage in Conversation	Seek to Solve the Problem	Open Up	Listen	Voice Solutions	End on a Good Note

Unhealthy Arguments can end up in abuse:

*Some types are Physical, Mental, Emotional, Sexual, or Spiritual
Abuse is NOT OK!*

If you find yourself or know of someone in care who is in an abusive situation:

Call 911

Ministry of Child and Family Development : 1-800-663-9122

Vancouver Island Crisis Line: 1-888-494-3888

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Bonding Relationships

Our kiddos use their experiences developing relationships with caregivers to help them form healthy relationships in adulthood.

This equation shows the elements included in Secure Attachment to help our Kiddos develop into Adulthood.

Parent Bonding	Self-Confident + Secure Capable Adults
	Safe + Caring + Attention

The Five Love Languages:

Gary Chapman came up with the concept that people speak Love in different ways. Naturally, we speak our own language, but **WE NEED TO LEARN HOW TO SPEAK TO OTHERS.**

To find out yours check out a quiz [HERE!](#)

Love: Kind acknowledgements, affirmations, messages of compassion and admiration
Hurt: Degrading comments, sarcasm, put-downs

WORDS

Love: Soft arm squeeze, hand holding
Hurt: Aggressive, distant, cold

TOUCH

Love: Sharing experiences, interests, emotions
Hurt: Ignoring, Indifference, “meh” attitude

TIME

Love: Running errands, chores, cooking
Hurt: Failing to complete tasks, treated like a doormat

SERVICE

Love: Thoughtful gifts, flowers, physical reminders of love
Hurt: Superficial gifts

GIFTS

It can take time to develop healthy ways to speak someone's love language and conflicts will still happen.

When you feel like you are at an crux and can't recover, there are supports available for you:

Parent-Teen Mediation: 250-335-2343

Kids Help Phone: 310-1234 or 1-800-668- 6868

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Stay Tuned Next Week:

“Internet Safety” will look at establishing safe online habits and help parents discuss unsafe situations like child luring, grooming and predatory behaviors.