

PARENTING IN A PANDEMIC

In this issue:

- *Post-Pandemic Shift*
- *Reacting to Fear*

The future is still uncertain, but we can begin to create our new normal.

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>

Post-Pandemic Shift

We are seeing some businesses and institutions opening up, but we will still need to follow new health regulations and wellness standards. Creating a new normal might look different as we decide how we need to live differently under this new health reality. *Make sure to stay connected in a safe way!*

Who will you add to your safe circle?

Maybe friends, family, neighbours, or seniors are on your list...

Maybe the changes we make are:

1. *Growing/cooking all your own food,*
2. *Having your kids return to school in some way,*
3. *Staying healthy and active as a family together, or*
4. *Creating a family safety plan.*

One of the most difficult issues with the COVID-19 crisis was that it came upon many of us quickly and we were not able to measure out our future actions. It is important to create a future safety plan from what we learned. This can help us find hope.

Because stock on the grocery shelves is returning to normal (*even toilet paper and yeast*), your family might want to create an **emergency kit** for these sensitive times.

Create a Family Safety Plan

Because we do not know when the next emergency might occur, creating an emergency kit can help manage anxieties of the unknown future.

PrepareBC has created 2 great documents to help families prepare for emergency situations:

[Household Preparedness Guide](#)

and

[Home Emergency Plan](#)

May 21 6:30-8pm

SD71 presents

Speaker Kim Barthel (click link to register)

A ZOOM session **free** to Parents and Families

**Sending our Children to School:
What does that mean after the Pandemic?**

PARENTING IN A PANDEMIC

Reacting to Fear

When scary things happen in our lives, people have natural reactions to fear. In the best of times, we can overcome them. However, when we have trouble processing it or feel threatened, we might do one of the following:

Fight: the defensive reaction of physical or verbal fighting.

Flight: an intense need to run or avoid conflicts.

Freeze: when the body cannot calculate how to react, we freeze in shock.

Fawn: to submit (seem agreeable) to a threat to avoid further pain, more fear or consequences.

Flood: overcome with an emotional reaction that must be released.

Fatigue: extreme exhaustion or entering into a sleep state.

We can develop strategies to *cope, manage, adjust, and heal* from our fears with healthy activities, self-care, and time.

Some simple ways to work through the fear we experience as a result of COVID-19:

1. Limit your media intake
2. Maintain safe distance protocols
3. Connect to someone dear to you
4. Write down your worries
5. Create a plan to overcome fears
6. Take care of your **WHOLE** self
7. **Change your words to positive messages**

Post-Traumatic Stress Disorder

We can develop Post-Traumatic Stress Disorder (**PTSD**) from terrifying events that we experience or witness. You might be developing PTSD if you have longer term traumatic effects that make it hard to manage day-to-day tasks.

Signs that you are experiencing some symptoms of PTSD:

1. *Disturbing memories*
2. *Avoidance of events or people*
3. *Negative changes to mood and behaviors*
4. *Changes to physical and emotional reactions*
5. *Intense symptoms to triggers*

It is time for you or a loved one to get help from a doctor if:

1. The symptoms last longer than one month
2. Your traumatic effects intensify
3. You have difficulty getting your life back to normal
4. If you have thoughts of harming others or yourself

Call 911 if you are in immediate risk!

Lake Trail's counsellors are available to work with you.

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

Stay Tuned Next Week:

Relaxing Island Style: will introduce some healthy relaxation exercises you can do to help manage your feelings.