

PARENTING IN A PANDEMIC

In this issue:

- *Building Hope*
- *Achievement*

**In the darkness, the light can seem so much brighter.
Be the Spark!**

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>

Building Hope

What is hope?- it is a desire for change for the better.

Hope is often associated with really difficult situations that we desire to work through. Even within the difficult times, it can provide us with inspiration **to create a better future.**

1. Think of a goal
2. Find a pathway
3. Drive inspiration

What do you hope for?

What steps do you need to take?

What gets you excited to do the work?

Ideas to create hope in the community:

1. Working Together
2. Inspiring Moments
3. Showing Gratitude
4. Being Cheerful
5. Greeting Strangers



An anchor is a symbol for hope as it's lifted up from deep waters **to begin new adventures.**

Attitudes

The first steps to achieve a goal or embark on a new adventure are the most exciting and nerve wracking. Our attitude can play a big part in how we approach the things we hope for.

Optimism

an attitude of confidence of positive outcomes in the future.

Always looking on the bright side.



Pessimism

a lack of confidence for the future.

Countering positives with doubt.

How do attitudes affect others around us?

Both optimism and pessimism are VERY contagious.

Think of your choice of attitude as the type of weather you want to see. **Sunny or gloomy**— in each interaction is a choice.

Our brains kind of work like 'monkey see: monkey do'

Did you know that the word CRISIS comes from the Greek word for DECIDE?

What attitude will you decide to have today?

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Achievement

This is so important for developing a sense of mastery throughout your development. **It creates positive self-esteem, feelings of self-worth and belonging.** *"I'm on top of the world!"*

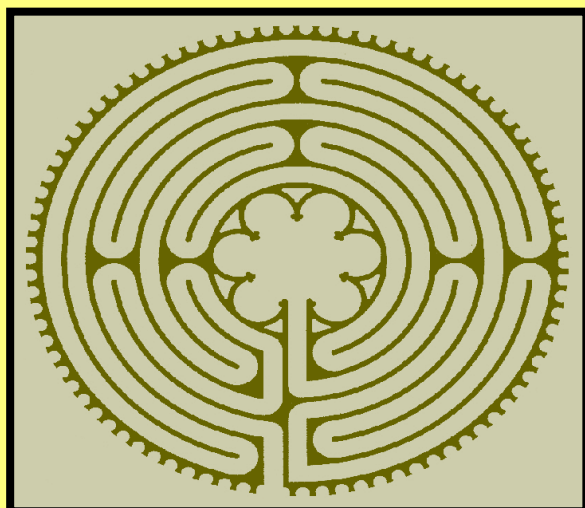
Celebrate your kiddos wins—BIG or small.
They are all building them up towards their ultimate GOALS.

Failure + Success

When we create goals, we hope that we will be successful, but sometimes we do fail. *It can sure sting too.*

Failure has a very important role also in our development.
It is an opportunity to learn and grow.
It also allows our success to feel so much better!

Complete the two mazes below and reflect upon what you learned from these experiences?



Stick with it and create new pathways to solve the problems you face!

Stay Tuned Next Week:

For the Love of Nature - we will explore outdoor activities that help us develop self-compassion through our connection to the natural world.