

PARENTING IN A PANDEMIC

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It feels like the world is flipped upside-down!

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).

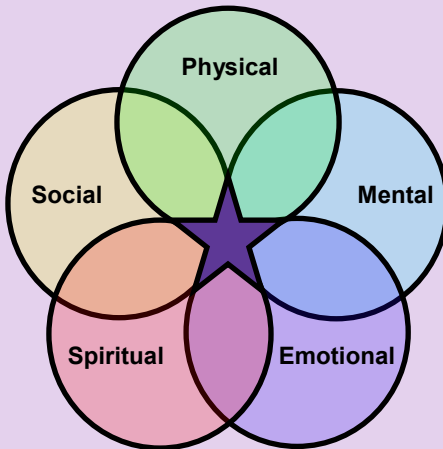
Find Balance

A balanced lifestyle helps people develop all aspects of their lives in harmony. When we focus too much on one area, we create an imbalance in others.

"When our kiddo plays on the phone all night, they wake up tired and their room is a mess."

Living in a balanced harmony means to maintain **healthy** activities in many areas of your life.

Model of Holistic Balance



Practice **balancing together** helps your kids to **identify** when their own balance is out of whack.

"I'm so obsessed with TikTok that haven't gotten out of PJs all week. Ugh! I'm starting to smell like my gym shoes, so I guess I should clean up and shower."

For great ideas to develop Balance with your Family please check out the **"Take Self-Care Booklet"** on Lake Trail's Counselling Webpage.

https://laketrail.comoxvalleyschools.ca/apps/pages/index.jsp?uREC_ID=1064133&type=d&pREC_ID=1357652

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Create a Schedule

When you're isolated, your whole family will need Physical, Mental, emotional, spiritual, and social experiences and exercises to keep healthy and develop **RESILIENCE**.

RESILIENCE is the ability to handle change and stress

Setting up a weekday schedule for your kids to follow can help to regulate some of the stress that they are experiencing because of COVID-19.

A schedule that includes healthy activities in many different areas help them to manage their stress in many different ways.

Tip List to help you make your own Schedule:

1. Does everyone need their own technology time?
LET'S MAKE A DEAL!
2. How can you break up activities so kids don't get restless?
SWITCH IT UP!
3. Can I use images / words to give them ideas?
VISUALIZE IT!
4. Can meals be a time to help each other out?
DO IT TOGETHER!
5. Can you teach your family something new?
SKILL SHARE!

Sample Schedule for Your Home

Daily Schedule		Event options/details
Before 9:00	Morning WAKE-UP Routine	Breakfast, shower, dressed, and set for day
9:00 -10:00	Morning exercise	Walk outside or yoga/stretching
10:00 – 11:00	Academic Work	Assigned tasks – NO/LOW Tech
11:00 – 12:00	Creative Time	Play music, dance, make art, crafting, lego, baking, write poetry, or rhymes
12:00 – 1:00	LUNCH	Prepare, eat, and clean up
1:00 – 2:00	Daily Chores	Clean room, dishes, laundry, and spring cleaning list
2:00 – 2:30	Quiet Time	Write a letter to a friend, read, or play cards
2:30 – 4:00	Academic Work	Assigned tasks – TECH TIME
4:00 – 5:00	Afternoon exercise	Bike ride, jog, or brisk walk
5:00 – 6:00	DINNER	Prepare, eat, and clean up
6:00 – 8:00	Free time	TV, computer, or video gaming
8:00 - BED	Wind down	<u>No stress</u> family activity, reading, or play music

More documents available on our Website to help you create your own schedule. Check out the 'Counselling' page or contact us for help:

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Stay Tuned Next Week:

"Managing Anxiety at Home" will look at ways to help our kids self-regulate in times of stress.