

Hello Woodlawn Families!

Here we are on the first official day of 'school from home'. Uncharted territory for students, parents and teachers alike. We are definitely all in this together. We are all feeling the stress, anxiety and uncertainty.

So how do we manage those feelings? How do we help our kids to feel calm?

Here are some of my initial thoughts as we all take this one day at a time...

1. Be kind to yourself. Figure out what new routines will work best for you. No two families will do this the same. Some parents will seem to 'master' this 'school from home' thing. And that's great. We can be happy for them. But what you need to do is figure out what is manageable for you with your circumstance and family situation. That is what is right for your family. If you want help putting together a routine, email me! I'd be happy to brainstorm with you.

2. Stay calm. How do we do that??? Here are a few suggestions:

- Take time yourself to breathe deeply
- Positive thoughts of affirmation such as 'It's all going to be ok', 'I've got this', 'One thing at a time'. You've got the idea.
- Practice gratitude. This may feel difficult to do if you are feeling overwhelmed or anxious. But trust me. It helps. Do it with your kids. Take some time together to talk about at least one small thing that each of you are thankful for. It's a beautiful way to start the day, or end the day, or both!
- Take care of yourself. Basic health practices are HUGE important for our mental and emotional well being, as well as our physical well being. Try to eat nutritiously, get some fresh air, get enough sleep, and keep moving.
- If at all possible, take some time for yourself to do something YOU love. Read your own book, take a bath, listen to YOUR music. Even for just 15 minutes per day.
- Read this quote to yourself over and over and over...

START *where*
YOU ARE.

USE *what*
YOU HAVE.

DO *what*
YOU CAN.

Once you feel grounded yourself, you will feel more ready and able to connect with your own kids in loving ways.

Sit and talk with your kids. Delight in them, whatever they are doing. Eat relaxing meals together and enjoy lighthearted conversation. Play games together. Read books together. Do school work together.

If you can be intentional about those things, a lot of the rest will fall into place. It truly will be ok.

If you are interested in information about how to talk to your kids about the Coronavirus, check out this website:

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

And lastly, if you or your child is struggling emotionally and would like to talk to someone, I would be happy to give you a call. You can email me at skehler@hsd.ca.

I will be back next week, with more ideas and information on ways to help your child stay regulated.

Til then, stay well,

Sandy Caners