

Messages to share with families during Covid-based transitions



During stressful times, it can be helpful to set aside time to connect with your child (ex: playing a game or going on a walk outside). Providing routines/structure during a change can also help.

Talk in the morning about the plan for the day or create a schedule together. How can we support you in your routines when learning from home? Let us know! Thank you for your support and partnership.

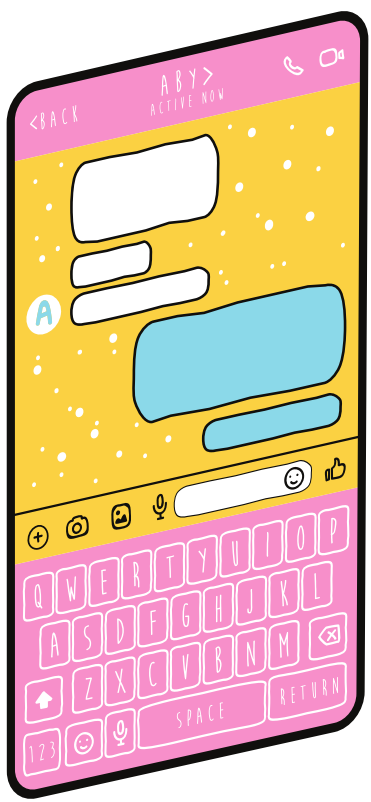
Shifts in behavior/mood are typical in children during times of change. To help, provide chances for your child to talk about and share their feelings. Then, give reassurance to your child by connecting to their feelings.

Share a story about a time you went through a big change or persevered in hard times--what helped you? Let us know if you got a chance to talk about feelings this week. Thank you!



Your child is likely experiencing a range of emotions as their routines shift. Labeling and expressing feelings can help them manage big emotions.

Ask your child how they feel and reflect back what you hear ("I hear you saying..." or "It sounds like you're feeling...Is that right?"). Take time to listen and show you understand how they feel: "It makes sense you're feeling disappointed that you can't see friends - I feel that way too."



Finding ways to care for yourself during a stressful time is important (and can be hard!). Your well-being is important for your family and children can learn important tips and ideas from you about ways to feel calmer during a difficult time.

Think about and share with your child the following: What helps you feel calm during a hard time? What do you do to take care of yourself when things feel overwhelming? Thank you for being a powerful role model for your child!

