

WEEKLY PEP TALK FOR OUR SUPERHERO PARENTS

Q: What if you learn that your teen is meeting up with their friends when they say that they are going for a walk alone during the social distancing pandemic?

A: A lifeline for teens are their social contacts. Many parents are wondering if their kids are meeting up with friends when they go for a walk on their own. We know some teens might try to push the limits and even do something that they say they are not. Review with your teen the reasons for social distancing during this time and brainstorm ways that they can safely connect with their friends. Allow your teen to identify a way they can connect with friends online (virtual dance party, virtual game night, virtual movie night or video games). You can also suggest going for a walk with your teen to have a family bonding activity.

Q: How do I create structure for my young child when school is not in session?

A: A great way to create structure and routine for your child is by teaching your child mindfulness or being in the present moment. During a busy routine of your own, you can have your child practice mindfulness techniques. You can have a child practice when waking up, during meals, going for a walk, while doing online school work, during free time, or bedtime. Focus on doing one technique very well each day instead of trying to do many or all. Use the tool of Family Mindfulness Schedule in your home.

Q: What's a quick self-care strategy for me as a parent during this time?

A: Give yourself time to unplug from electronics. Let your brain rest from online activity for 30 minutes a day. Try 15 minutes to start and build up to 30 minutes.

Week of March 30, 2020

Quote of the Week:

"We don't have to do all of it alone. We were never meant to."

~ Brené Brown

Words from GYFS:

The Glastonbury Youth & Family Services team of clinicians and school social workers have been fielding questions from our community. Since it is likely you are having similar questions during this unsettling time, we thought we would share these questions and responses with the entire community.

If you want to submit a question, please e-mail:

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Weekly Pep Talk Organizers:

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