



WEEKLY PEP TALK FOR OUR SUPERHERO PARENTS

Q: How do I support my child who is upset about life events that will not be happening likely due to COVID-19?

A: One of the most upsetting parts of this pandemic for kids is their [disappointment due to the cancellation of long awaited events](#). To support your child, it's important to be aware of your own emotions. Fear can be contagious and your child looks to you as a parent on how to respond. If you remain calm, they will also feel calm. If your child is feeling worried or disappointed, it's important to validate their feelings. Focus on what you can do now for enjoyment or to support your community together. Schedule with other parents and kids a virtual dance party, arts and crafts virtual play dates, make a virtual team meeting with their sports team or create a happy birthday banner and drive by a friend's house holding the sign. Your child will remember the efforts you put in to make the situation better for them.

Q: How do I support my child who is currently stressed by the amount of work in online learning for school?

A: Kids are very stressed by the sudden unexpected changes from classroom learning with their peers and teachers to [online learning](#). Ask their teacher for ways to support your child to make their learning experiences more oriented to their strengths, interests and skills. Find out the goal of an assignment your child is most frustrated about. If the goal is learning about a time in history by writing about it, suggest a low-stress writing option such as writing a story or creating a comic strip to achieve the goal. A key aspect of school is social development with peers. Schedule structured time during the school day where your child can have phone calls, e-mails, video sessions with classmates focusing on school work. Organizing these activities help children feel less stressed and supported by the adults around them

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

A: Carve out at least 5 minutes a day where you can take time for yourself and be alone. For example, take time to have a hot cup of tea or listen and dance to your favorite song. Do something for yourself that will feed your soul.

Week of April 6, 2020

Quote of the Week:

"Challenges are gifts that force us to search for a new center of gravity. Don't fight them. Just find a new way to stand." – Oprah Winfrey

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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