



WEEKLY PEP TALK FOR OUR SUPERHERO PARENTS

Q: I've noticed my child's moods are inconsistent. My child has had disturbed sleep with vivid dreams, a short temper and frequent crying. Is this a reaction to the ongoing pandemic? How is this ongoing pandemic different than a one-day traumatic event?

A: It is likely we are all experiencing some variability in mood, motivation and behavior during this prolonged time of uncertainty, change in routine, and social isolation. This is considered a traumatic event and most of our reactions and those of our children will be normal reactions to an abnormal event. Given this is a prolonged trauma as opposed to a one-time traumatic event, these reactions will vary over time and will vary from child to child...person to person. Younger children may be clingier with parents, cry or tantrum more than usual or show regression in their sleep or toileting habits. Teens may show more mood shifts and irritability during these uncertain times as they feel anxious and disconnected from their peers. What is important to remember is that children of all ages are resilient and just need to be supported and guided through these traumatic times by their parents and other trusted adults. Remember as a parent to have your own support and coping strategies in place so you can best support your child. Being available to listen, problem solve, engage in family fun and model self-care are ways to support and help your child navigate this difficult time.

Q: How do I keep my child motivated when I feel exhausted myself?

A: It is expected and normal that during this prolonged period of E-learning and social distancing, that motivation for all ages will ebb and flow. For many parents, it can be difficult to strike a balance as you do not want to condone lack of motivation however being mindful that limited motivation is expected right now. First and foremost, acknowledge to your child that inconsistent motivation is normal and that you will all help each other push through. Children and teenagers are strongly motivated by what they can achieve. Create fun and challenging breaks during the day for your child/family such as building a fort, creating a family board game tournament, listening to music, take a walk or a bike ride, exercising, napping or taking a dance break. You can be creative and flexible with your child to build in rewards throughout the day.

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

A: Do a small random act of kindness for someone in your life. Often times when we feel helpless, an act of kindness for others may provide a sense of peace. Examples may include: sending a card to a friend or relative, sending a food delivery to your local health care center, stringing holiday lights outside for everyone to enjoy or sending someone a song in e-mail that made you think of them.



Week of April 13, 2020

Quote of the Week:

"When you can't control what's happening, challenge yourself to control the way you respond - that's where the power is!"

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:

lori.lacapa@glastonbury-ct.gov
or
dana.segall@glastonbury-ct.gov



Weekly Pep Talk Organizers

Lori LaCapra, LCSW
School Social Worker
Glastonbury High School

Dana Segall, LMSW
School Social Worker
Smith Middle School

GLASTONBURY YOUTH & FAMILY SERVICES

321 Hubbard Street
Glastonbury, CT 06033
Phone: 860-652-7660
Fax: 860-652-7659

Office Hours (Remote):
8:00 AM to 4:30 PM
Monday through Friday