



## WEEKLY PEP TALK FOR OUR SUPERHERO PARENTS

**Q:** How do I work from home while trying to support my kids every day?

**A:** It's completely understandable if you are feeling overwhelmed balancing working from home and supporting your child's school routines daily. Look at your work load at the start of each day and estimate how much time you'll need to complete priority items. If you are co-parenting, schedule shifts that each of you can take to help your child during the work day. Since it is expected that you will have impromptu work calls and meetings, try to [create basic building block times](#) including: family connection time, independent learning time, meal and snack time, outdoor time, quiet time, independent play time, screen time or technology time and helping time. If there is a bit of family noise in the background of a work call or meeting, be honest about it and know that others will be experiencing the same challenge. Remember your work from home life with your child may look different if you have an [elementary schooler, a preteen or a teenager](#). Start your day with a little gratitude by giving yourself credit for the work you completed yesterday.

**Q:** My teen is a senior in high school. They are beginning to lose hope that they will miss out on many senior activities including graduation ceremony, championships or school dance. How do I support my child during this period of uncertainty and potential disappointment?

**A:** It's expected for your teen to feel sadness, anger and disappointment because they are experiencing loss of experiences and a memory to look back on from high school. As their parent, let them feel their feelings as a legitimate loss. It's okay to validate your child's frustration as [they are grieving the loss of a life milestone](#). Ask your child if they have an interest in brainstorming ways to include the most important people to them in a virtual private graduation ceremony or talking with their peers to create a virtual prom. If you were planning on doing college tours during this time, support your child in doing virtual college tours or do a drive-thru university tour if the campus is nearby. Teenagers are full of ideas to get what they want, and the key piece is that they can see an adult is there to support them.

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

**A:** Take time for yourself to watch or read something uplifting. Healthy distractions are a good thing. If it makes you smile or laugh, take time to watch funny clips on YouTube or a light-hearted TV series. If you would rather read, go to your bookshelf and choose an old favorite or something you have been meaning to get to for a while. Maybe read the same book as your partner or your teen and take time to talk about it afterwards to uplift each other.

Week of April 20, 2020

### Quote of the Week:

"Do what you can, with what you've got, where you are."  
- Theodore Roosevelt

### 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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