

# Student Support

Helping you and your child thrive during COVID-19

Week of May 5<sup>th</sup> 2020

## STAYING POSITIVE

### *How to remain positive in unsettling times*

Due to the COVID-19 pandemic children must now cope with major changes to everyday life, such as physical distancing and home confinement. Everywhere you turn there is alarming news. It's easy to feel scared and hopeless. This is especially true for elementary aged children, who are too young to process and understand what is going on.

As a parent it is important to help build up resilience. By doing the following things you can buffer children from harm and increase the chances they adapt positively to adversities such as the COVID-19 pandemic.

#### 1. Be Responsive.

Spend quality time with children. Even short periods of time playing games, reading, or going outdoors can bolster a child's sense of safety and security during scary times.

#### 2. Use the Three R's.

Reassure children about their safety and the safety of loved ones; maintain predictable routines (e.g., sleeping, eating, learning, playing); support children's regulation skills by helping them manage difficult feelings (e.g., deep breathing, movement, quiet time).

#### 3. Make time for positive.

As a family make time each day to reflect on the good things around you.

#### Feel good story of the week:

A college student got creative and used sticky notes to communicate with her elderly neighbors and start a beautiful friendship! Read more at:

<https://www.goodnewsnetwork.org/student-uses-stickie-notes-to-befriend-elderly-couple-in-quarantine/>



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