



WEEKLY PEP TALK FOR OUR SUPERHERO PARENTS

Q: As we start to prepare for a gradual reopening of our town's businesses and parks, I am aware of my own anxiety about my child going to a coffee shop or a park with friends. Any advice to help me navigate this?

A: The transition back to life after quarantine will bring with it fear and anxiety for our families' health, and tough decisions for everyone, especially parents of school age children and teens. Though it has been stressful to shift norms and develop new daily routines, many parents found comfort in the stay put order with their children at home safe from exposure. We are all facing the challenge of creating a new normal as we begin to determine our comfort level with reengaging in the outside world. As parents, it is expected that you will struggle to find your footing in [how we can control the safety of our kids](#) while promoting their independence. Remember it is normal to feel vulnerable and anxious about this gradual reentry into outside activity. You can still be that guiding parent your child turns to while also feeling unsettled and anxious at the same time. Continue to talk with your child about how to safely socialize from a physical distance and to follow your family decisions and local guidelines when they do venture out. If you feel comfortable, talk with other parents to brainstorm ways the young children and teens can reconnect safely.

Q: I have noticed myself and other family members struggling with sleep. Difficulty falling asleep, staying asleep, total insomnia and vivid dreams especially have been plaguing my family. Is this normal right now?

A: The current crisis has led to increased stress and anxiety for all of us. When we experience increased anxiety in a prolonged way, we are more likely to have a disturbance in our sleep patterns and the intensity and [negative content in our dreams](#) including surreal or disturbing images. Our sleep patterns can be linked to our daily happenings, interactions and information we take in each day. Anxiety, decreased activity, and increased screen time during the day can make it harder to maintain proper sleep habits and routines. This can lead to a later bedtime, less sleep overall, midnight or early morning awakening and an increased likelihood we remember our dreams. You are not alone in this as reports of sleep issues and vivid dreams have become a global problem. Here are a few ways [to get unwanted dreams under control](#), including: work to regulate your bedtime and morning routine, try to stay active during the day, reduce exposure to disturbing images and world news, and consider taking a warm bath before bedtime to promote a more peaceful sleep.

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

A: Give yourself laughable moments as often as you can each day. Laughter has shown to have healing properties and can boost your endorphins and immune system. Laughter is a medicine we can all have at any time.

Week of May 18, 2020

Quote of the Week:



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.



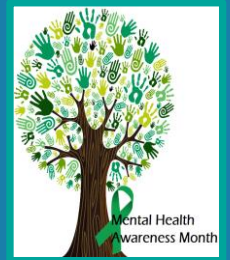
If you want to submit a question, please e-mail:

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